

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

## Living & Leisure THE WOMAN'S REALM

### A GUIDE TO PEACE

We need a guiding light again. As wise men did of old. We need a beaming star, as when the shepherds watched the fold.

We need a mystic afterglow. To warm up hearts and minds. We need a guide, like long ago to narrow path; one finds.

We need a humble spirit, and to follow in His way. We need a guiding, loving hand to bring us Peace today.

—By Jean M. Crayke, R.N.

Avalanches in the Himalayan mountains are the most terrifying in the world because often they are of tremendous size.

Sunae is a valuable shrub to protect soil from erosion because it grows in rough places with poor soil; at the same time it can be a valuable cash crop because it yields a tanning material needed in leather-making.

A clever hostess has discovered a practical way to use a little left over fruit juice. She places a package of cream cheese in a bowl and slowly pours the fruit juice in, beating as she pours until it forms a paste just thick enough to form into balls. These may be dipped in minced or finely chopped parsley, or sprinkled with paprika. Served with salad they are delicious.

Bread should rise in a moderately warm place. If too cold a place it will be heavy. If too hot, it will be sour.

When using canned asparagus for salad use only the tips. The stalks can be saved for a casserole dish or a cream of asparagus soup.

Chop left over cabbage. Mix with a rich cream sauce, turn into a baking dish, sprinkle with bread crumbs or cheese. Bake until lightly browned (in a pan of hot water).

### SHOULD DEVELOP GRACEFUL WALK

Suppose you are tall. Instead of apologizing for height with a slack carriage, use it as an advantage to enhance your distinctions. The girl who fails to use a tall-making carriage and a good walking technique is overlooking a bet for exciting envy in little women.

A tall-making carriage takes up all the space that belongs to you. For it, your figure is straightened out, head and chest are up, stomach is in, feet are parallel and toes point slightly out.

For your walking technique, walk with your chest leading. Shift weight evenly from the ball of one foot to the ball of the other. As you redistribute your weight, practice a motion that is almost a spring toward your toes. This gives you that look of alertness literally described as being "on your toes", resiliency of step and a forward movement, which accentuates the positive.



## QUINTUPLETS

use this effective rub for

## CHEST COLDS

**Coughs—Sore Throat—Bronchitis**

At the first sign of a cold—the Quintuplets' chests, throats and backs are immediately rubbed with Musterole. Musterole instantly starts to relieve coughs, sore throats and aching muscles of chestcolds. It actually helps break up painful congestion. Makes breathing easier. Fine for grown-ups, too! In 3 strengths.

## MUSTEROLE

## Household Scrapbook

**Softening Pain Brushes**

If one has not painted for some time and finds that the brushes have become dry and hardened, heat some vinegar to the boiling point and soak the brushes in this for about twenty minutes. Then boil gently in strong soapuds for a few minutes, and they will be like new.

**Sweater Sag**

Knitted wool sweaters often have a tendency to sag at the shoulders. Thus spoiling their appearance. This can be prevented if a strip of ribbon the length of the shoulder from neck to armhole is attached securely at each end to the sweater.

**Hardwood Floors**

Spots on hardwood floors can often be removed by wiping over them with a soft cloth dampened in rubbing alcohol. Then apply a good coat of wax.

## Modern Etiquette

By Roberta Lee

Q. Is it ever permissible to take food into the mouth from the point of the spoon?

A. Never. Food should always be taken from the side of the spoon.

Q. May a hostess ever invite a woman to any social function, without inviting her husband?

A. Yes; an invitation to the husband is not obligatory.

Q. How long before the appointed date of a wedding should the invitations be mailed?

A. From two to three weeks in advance.

## Dorothy Dix Says—

### Supporting Old Folks

#### Parents Should Provide For Old Age Rather Than Depend on Children

DEAR MISS DIX: My father has been a man who has always made good money, but has spent it freely on his family. Now he is old and feeble, unable to continue work, and he and my mother are dependent on their children. There are three of us, but my sister feels that she cannot ask money of her husband for her parents' support. My brother offers to pay one-third when it becomes necessary. But both of them think that I should bear the burden because I am unmarried.

This means that I will have to live with my parents, and I left home because our home life was so unpleasant, for my father has a terrible temper and mother gets on everybody's nerves. Also, I will have to give up marriage because my fiancé is neurotic and in ill health and would never have the courage to accept the responsibility of my family.

#### SACRIFICE FOR DAUGHTER

The prospect of never being able to buy a pretty dress for myself again, never being able to see my boy friends except in the presence of my old-fashioned parents, of listening to their religious views, of putting up with a collection of old newspapers, buttons, pictures and even rocks with which mother litters the whole house, of listening to Mother nag Daddy and him storm back at her, is a ghastly future. Yet how can I evade it?

ANSWER: The only sensible thing for you to do is to refuse to be made the family goat. Tell your brother and your sister that they are just as much obligated to support your parents as you are and that you will chip in with your third, but that you will not assume the whole burden.

But your predicament calls attention again to the mistake that parents make in spending all of their income on their children instead of laying up something for their own support in their old age. It is a common thing to hear parents boast that they are investing everything in their children, and that they expect their sons and daughters to repay them by supporting them when they are old.

They think they are being kind to their children when they live in an expensive way and entertain and dress their daughters beautifully and give them social advantages, or when they send their sons to high-priced colleges, because they figure that the girls will be able to make better marriages and the boys to secure more lucrative jobs.

But, in nine cases out of ten, it would have been far better for the children if the parents had saved enough of their money to make them self-sufficient independent than it was to become parasites upon them. For it is seldom that a husband wants to support his wife's parents, and it is practically never that a wife wants her husband's father and mother to come and live with them, or is willing to share his income with them.

Their own pocketbook is a better reliance for old people than dependence on their children.

DEAR DOROTHY DIX: I have been keeping company with a widow for some time and we are anxious to be married and settle down, but she has two children, a boy of 12 and a girl of 16. The boy doesn't mind, but the girl opposes her mother getting married. She tells her mother that if she continues to keep company with me, she is going to leave home, and that she will take care of her mother in making them. The mother doesn't know what to do—whether to give up the man she loves in order to keep peace in the family, or wait to marry him until the daughter gets out on her own. The question is: Does the daughter have the right to dictate to her mother as to whether she should marry again, or not? What do you say?

ANSWER: The daughter is very foolish in trying to keep her mother from marrying a good man who loves her and who will take care of her. She is also very selfish, for she will not hesitate to leave her mother when she falls in love and wants to marry. But certainly she can make things very unpleasant for all concerned by her opposition, and I should think it would be a good idea to put off marriage for about a year in the hope that she will come to a more reasonable frame of mind.

The mother should make the girl fully understand that she is going to marry you, and that she had better look for that job that will make her self-supporting.

## Better English

D. C. Williams

1. What is wrong with this sentence: "I am trying an experiment."

2. What is the correct pronunciation of "homage"?

3. Which one of these words is misspelled? Parallel, nickel, pickle.

## DESIGNS FOR MANY ITEMS



DESIGN NO. 796  
Odd bits of left-over floss from the sewing basket are used to embroider these designs on children's clothes, towels and luncheon sets. Hot iron transfer pattern No. 796 contains 25 motifs with complete instructions.

To order Pattern: Write or send above picture with your name and address with 20 cents in coin, or Postal Scrip to Needlework Bureau, The Charlotte-Town Guardian, Design No. 796

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

## 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 members. Persons who have intelligent questions to ask on price control are invited to send them in writing to the Women's Regional Advisory Committee.

Q. I have a workshop at home and in my spare time make various kinds of novelties. I would like to sell these to retail stores. Do I need a license or any other permission?

A. Yes, you do need a license. Apply to the representative of the W. P. T. B. in the district where you reside. You may also be required to have prices fixed. The writing of floor of the board will also give you complete information if you send him details of the goods you will manufacture.

Q. I purchased a pair of nylon stockings the other day and there was no grade stamp on the stockings. I thought all nylon hose were supposed to have the grade marked on them.

A. Nylon stockings must be marked with the word "nylon" and the gauge number. If the stockings are special or first quality, the grade does not have to be stamped on the stockings. However, if they are seconds, irregulars, sub-standard or third, and we inform you, they must be stamped on the stockings. Each stocking must be marked in this way.

## Morning Smile

At the art museum the sign "Hands Off" was conspicuously displayed before the statue of Venus de Milo.

Child (dryly)—Anybody could see that.

## A WILLING HELPER

A local Romeo's face appeared in the window of his beloved's bedroom. "Get a move on," he hollered, and let us see this sloping buskiness over with.

"Be quiet," cautioned Juliet. "Papa'll hear us and spoil all our plans." Romeo: "He's down on the ground holding the ladder."

## Ellen's Diary

By an Island Farmer's Wife

Monday came to us this morning in a blinding rain. The weather was in direct contrast with yesterday's tranquility. Yesterday the only disturbing sound in our court was the raindrops to disturb our later "sleeping in" and the incessant "clack, clack, clack" of the raindrops on the waste-gates below. This comes to us indoors, like far-off thunder in the distance of some hours, through the slates of some one of our Sabbath visitors asked, when the calm and peace of nature had fallen, and we were returning about the kitchen fire.

"That" James returned "is like the old fellow said to me at the mill one day: 'I can't hear a word you're saying, for your dam roaring!'—that is the sound of the water through the sluices tonight." I may say, the dam is not ours, but the several pieces of music, which come from the falling water, are the joy of the night, the mighty tumult of it in times of freshet; the sleepy tune of it, that comes in an open window, together with the chorus of the pond singers on a night in June. This morning however, the restraining boards, and the usual sound of the fall of the water that came to us, when we were about our work.

No idle steps, we took this morning. "Now what's this I hear?" James looked up from his breakfast to inquire. It was Mac, by horse and sleigh, returning for the time, to "the staff" at Alderlea. James had said "we may as well have our chores. Ellen" and so we were proceeding with it in a pleasant leisurely fashion, until Mac's coming reminded us of our duties. Then it was, our new week of work began. The men hurried to the barns. I saw James' hat in the mud, perhaps to quieten them, for sheep are the silliest things, with their bleating betraying short-comings that should not be let known beyond the family circle. Jeanie hastened with the morning scratch to her hays; I drew the Guernsey heifer's milk to a pail and went as fast as I could with it to the newly-bought calf. "A-hem!" Mac said, observing our belated activity "it's a wonder to me, how people who forget to get up in the morning, ever get any work done."

But presently Jock and his helpers were off to a thick grove in the woodlands to cut lumber. "For what?" I asked Jock, when I noticed the axes and saw. "For a bit of scantling or boards or plank. There's always some repairing to be attended to." And James picked up the loose ends (Continued on Page 3)



"Have a care Jack Dalton! Unhand that package of crisp, crunchy, delicious Grape-Nuts Flakes!"

"Curses! Follod again! Every time I try to make off with some malty-rich, honey-golden Post's Grape-Nuts Flakes I'm stopped by this guy Curly Crisp!"

"And why not? That's a neat package you've got there. Those Grape-Nuts Flakes supply carbohydrates for energy; proteins for muscle; phosphorus for teeth and bones; iron for the blood; other food essentials."

## Cook's Corner

By Anne Ashley

### GINGERBREAD SQUARES

These squares are delicious with or without a topping of sauce or whipped cream.

2 cups sifted cake flour  
2 teaspoons double-acting baking powder  
1/2 teaspoon soda  
2 teaspoons ground ginger  
1 teaspoon ground cinnamon  
1/2 teaspoon salt  
1/2 cup butter, margarine or shortening  
1 cup sugar  
1 egg  
2/3 cup molasses  
1/2 cup sour milk or buttermilk

Sift the flour once, measure it, add the baking powder, soda, spices and salt and sift together three times. Cream the fat, add the sugar gradually and cream together until light and fluffy. Add the eggs and beat well; then the molasses. Add the flour alternately with the milk a small amount at a time, beating after each addition until smooth.

Bake in a greased pan, eight inches square, in a moderate oven (350 degrees F.) for 50 minutes, or until done.

Cut in squares and serve plain or top with molasses whipped cream, made by folding two table-spoons of molasses into one-half cup of cream, whipped. Sprinkle with moist, sweetened coconut.

This recipe may be baked in greased cup cake pans in a moderate oven (375 degrees F.) 20 minutes, or until done. Makes two dozen cup cakes. Frost with your favorite topping.

## How Can I !!

By Anne Ashley

Q. How can I make bottles leak-proof for taking in my luggage on a trip?

A. Any bottle can be made leak-proof after the cork has been tightly fitted into it. It is dipped into melted paraffin. Then tie a piece of heavy paper over the top to make it even more secure.

Q. How can I remove automobile grease stains from my clothes?

A. Try rubbing some powdered magnesia into the fabric and letting it remain for two or three days. Then brush it out and remove any clinging powder with a soft cloth.

Q. How can I prevent apple cider from becoming hard?

A. Add one-tenth of one per cent of benzoate of soda. If the cider is to be sold, the benzoate of soda content must be stated upon the label of the container.

cream, made by folding two table-spoons of molasses into one-half cup of cream, whipped. Sprinkle with moist, sweetened coconut.

## Needlecraft - FOR THE HOME -

FOR PRINT OR PLAIN

A frock just right for early Spring, its simple cut, its softly flattering neckline, make it an excellent choice for the young, average and mature figure; and it makes up equally well in plain or printed fabric.

No. 2828 is cut in sizes 12, 14, 16, 18, 20, 42, 44, 46 and 48. Size 36 requires only 3 yards 30-inch fabric.

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. Include postal unit or zone number in your address.

Address: Pattern Department, The Charlotte-Town Guardian, Pattern No. 2828

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

## FEET "KILLING" YOU?

HERE'S REAL RELIEF! Rubbe in Cuticura Soap and Cuticura Ointment. More than Cuticura. Talcum. Glycerin.

## CUTICURA

2828 12-46

## You Mothers Know

The health value of Irradiated Evaporated Milk. Get Silverwood's—it is unsurpassed for babies and the whole family—it is pure whole milk in concentrated form with all the goodness left in—it's SAFE—Those who use it prefer it.

## "Good Milk Makes Good Meals"

## Silverwood's

Irradiated for Vitamin "D"

## EVAPORATED MILK

BUY SOME TODAY

### DUETS by JO FISCHER

MY AUDITOR SAID I CLEARED 50 THOUSAND LAST YEAR, DEAR.

WHY HOW WONDERFUL! NOW DO I GET MY NEW SABLE?

TAKE IT EASY BY THE TIME I PAY MY TAXES, WE'LL BE BANKRUPT!

COULDN'T WE GO BANKRUPT NOW WHILE WE'RE AHEAD?

JO FISCHER

## YOUR SHIRTS NEVER LOOK HALF-WASHED

### WHAT'S YOUR WIFE'S SECRET?

I ALWAYS DO MY FAMILY WASH WITH QUICK-LATHERING SUNLIGHT—JUST A TOUCH AND SUNLIGHT'S EXTRA SOAPINESS GETS RID OF DIRTY, HARD-TO-REMOVE SPOTS IN A JIFFY

SEE HOW MANY EXTRA SERVICES SUNLIGHT GIVES YOU!

SUNLIGHT'S SO MARVELOUS YOU CAN USE IT FOR ALL YOUR "WASH-UP" JOBS

DISHES • POTS AND PANS • WALLS • FLOORS  
WOODWORK • FURNITURE

Yes! Get CLOTHES BRIGHTER ALL OVER WITHOUT HARD SCRUBBING

Say "goodbye" to clothes that always look "half-washed". With quick-lathering Sunlight on the job, everything, even your finest washable colors and grimest work clothes, come brighter, sweeter and cleaner all over!

Just a touch of Sunlight on the extra dirty spots such as collars, edges, cuffs, hems—then wash clothes the way you usually do—and you'll be delighted at the bright gleaming results.

And don't forget, economical Sunlight's extra soapiness is also marvelous for dishes and all cleaning jobs.

FOR THE BRIGHTEST SWEETEST WASH YOU EVER SAW YOU CAN'T DO WITHOUT SUNLIGHT

SUNLIGHT SOAP A LEVER PRODUCT

## Do You, Too, Suffer From MONTHLY PAIN

With its tired, nervous, cranky feelings?

This Medicine is Very Effective to Relieve Such Distress

Lydia E. Pinkham's Vegetable Compound does more than just relieve monthly pain when caused by female functional monthly disturbances. It also relieves weak, tired, nervous, cranky feelings—of such days—when due to this cause. Pinkham's Compound has a soothing effect on one of woman's most important organs.

It's one of the most effective and best known medicines you can buy for this purpose to relieve such distress.

Thousands Upon Thousands of Girls and Women Helped

Pinkham's Compound is made from wholesome roots and herbs plus Vitamin B<sub>1</sub>. It HELPS NATURE.

Thousands upon thousands of women have reported benefits. If you suffer like this—we urge you to give Pinkham's Compound a fair and honest trial. See if you're not delighted with results.

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

## Needlecraft - FOR THE HOME -

FOR PRINT OR PLAIN

A frock just right for early Spring, its simple cut, its softly flattering neckline, make it an excellent choice for the young, average and mature figure; and it makes up equally well in plain or printed fabric.

No. 2828 is cut in sizes 12, 14, 16, 18, 20, 42, 44, 46 and 48. Size 36 requires only 3 yards 30-inch fabric.

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. Include postal unit or zone number in your address.

Address: Pattern Department, The Charlotte-Town Guardian, Pattern No. 2828

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

FEET "KILLING" YOU?

HERE'S REAL RELIEF! Rubbe in Cuticura Soap and Cuticura Ointment. More than Cuticura. Talcum. Glycerin.

CUTICURA

2828 12-46

You Mothers Know

The health value of Irradiated Evaporated Milk. Get Silverwood's—it is unsurpassed for babies and the whole family—it is pure whole milk in concentrated form with all the goodness left in—it's SAFE—Those who use it prefer it.

"Good Milk Makes Good Meals"

Silverwood's

Irradiated for Vitamin "D"

EVAPORATED MILK

BUY SOME TODAY