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

Living & Leisure

The Woman's Realm

THE ORDINARY SEAMAN

He doesn't wear a uniform
Of a tailored Navy blue,
He may never be too stylish,
But he's loyal, fine and true.
He's the stoutest, bravest fighter
That the world has ever seen,
He's the Ordinary Seaman
Of the Mercantile Marine.

He's the lad upon the tanker
With its precious load of oil,
He's the one who mans the freighter
With the products of our toil,
He's the one who dares the raider
And the lurking submarine,
He's the Ordinary Seaman
Of the Mercantile Marine.

Let's give credit to our Air Force,
And the boys in khaki, too,
Let's give credit to our Navy,
And wherever it is due,
But don't forget the vital cog
In Britain's war machine,
He's the Ordinary Seaman
In the Mercantile Marine.

THE BOSS EYE

In human beings one eye usually is the "boss eye," performing most of the work of seeing, according to the Better Vision Institute. Right handed persons are right-eyed and vice versa.

DESIGN NO. 1267

About one hour is all the time required to crochet this attractive hat. It is made of cotton and costs so little one may have several. Pattern No. 1267 contains complete instructions.

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

Charlottetown Guardian,
Needlework Department,

Design No. 11267

NAME - - - - - - - - - - -
STREET ADDRESS - - - - - -
CITY - - - PROVINCE - - - -

BANKED IN BIBLE

Most treasured possession of an 83-year-old woman admitted to a home fo the poor in London, England, was a Bible and for more reasons than one. An official of the home revealed that when the woman was undergoing medical treatment $1,240 was discovered stowed away between the leaves of the book.

FUR LINING OF COATS REMOVABLE

NEW YORK—The big excitement in fur-lined coats lies in the fact that many of the linings may be buttoned in, and unbuttoned out. Blended lapin comes in a 100 percent beige wool fleece coat made on the balmacaan lines with reglan sleeves, split back, large brown and beige buttons. The lining buttons in with ease. Remove it, and you have the difference between a warm winter coat, and one that you can use all spring. Chesterfields, tuxedos and boxy models also hold their own in the collections.

HINTS ON ETIQUETTE

Watch your table manners when dining with strangers. Do not eat too fast; take moderately-sized bites only, and chew with the lips closed.

CARE OF DRAINS

To keep your drains in good order, flush them out at regular intervals with plenty of hot water and one of the communcial solvents available at your grocer's. In using the solvent, take care that it does not touch the enamelled surface of your sink. To keep it from doing so, pour through a funnel, directly into the drain.

OLD POWER PUFFS

Old powder puffs may be washed and used to polish shoes or silverware.

MILK NECESSARY TO SUPPLY RIBOFLAVIN QUOTA

Have you had your riboflavin today? Unless you have had half a pint of milk or its equivalent in cheese in your day's meals the answer is almost certainly "No," according to Dr. L. B. Pett, Director of Nutrition Services at Ottawa.

"What's this ribo-what's-its-name anyway," you ask; "I thought calcium was the important food element in milk?"

It's true, Dr. Pett explains, that milk is the best food source of the mineral calcium, but it is also true that milk is necessary if adults as well as children are to get their quota of the important vitamin, riboflavin.

Children who do not get enough riboflavin, grow up into stunted adults; while grown-ups whose diet does not supply enough of it may suffer from sore, inflamed and watering eyes, cracking of the skin at the corners of the mouth and a lack of vigor.

Riboflavin has a couple of aliases, for it is known also as Vitamin B$_2$ and Vitamin G.

Eggs, green leafy vegetables, meat and whole grain cereals are among the other foods which contain riboflavin; but Dr. Pett points out that unless adults have at least half a pint of milk a day in some form, it is very dififcult for them to get even the small amount of riboflavin that the body requires, from other foods.

It's a common custom in many houses to cover pantry shelves with oilcloth. Another very good and little known trick is to seal the edges of the oilcloth with transparent Scotch tape. No dust gets under and the oilcloth does not curl. The dishes slide easily and the whole thing can be wiped off easily and quickly with a cloth wrung out of soap suds.

If you have a few odd little bits of material scattered around —not enough to make anything big such as a rag rug or a patchwork quilt —you might wash them all thoroughly and use them to make a patchwork chair pillow. Such pillows use up scraps, add color, comfort and interest and at a low cost give a charming touch to a bedroom, sun-porch or informal living room.

SETTLED BY DUTCH

British Guiana was first settled by the Dutch.

Dorothy Dix Says—

TIRED BUSINESS MAN GREATER MYTH THAN NEW SULFA DRUGS

Wife Gets Heavy End Of Job But Males Clever Enough To Originate Universal Excuse

A woman reader of this column wants to know why bachelors are immune to the degenerative disease commonly known as being "a tired business man," whereas married men are almost universally afflicted with it. She says that up to the time that she and her husband were married he was full of pep and energy and that, although he worked hard, he was always ready to step out of an evening to places of amusement and could dance by the hour without shwing any evidence of fatigue.

Almost as soon as they were married, however, he fell a victim to this dread malady, and now, although he labors no longer hours than he did before marriage, he suffers from such a case of chronic weariness that she finds it almost impossible to get him to take her out even to the neighborhood movies, or to do any little chore about the house. Also, his nerves seem to be strangely involved, for instead of being the good company, and lots-of-fun date he used to be, he now requires to be constantly cheered up and amused, and his conversation, if any, has become little more than a series of grunts and uh-huhs.

HUSBAND'S COMPLAINT COMMON

"I should be greatly alarmed at the state my husband is in," writes this young wife, "except that the older wives, whom I have consulted, tell me that he has only caught the married man's complaint—he has become a tired business man—and while this is hard on wives, it is never fatal to husbands."

I am glad to add my word of confirmation to that of the other wives and assure this bewildered wife that there is no need for her to worry over her husband's condition. She only has to get used to it, and find that while he is too feeble to walk the baby with the colic at night, or take care of the children on Sunday afternoons, he is in fine fettle to play 18 holes of golf; that while he is too worn out to play cards with the neighbors, when it comes to sitting up in an all-night poker game he is right there; that while he is too weary to sit through a serious play, he is miraculously refresned by witnessing strip tease ladies pull off their stuff.

Talk about the miracles wrought by the sulfa drugs! They are nothing compared to the cure-all remedy devised by the man who first invented, and put across, the myth of the tired business man, which is the best all-around alibi that human ingenuity has ever concocted for things which they do not want to do. Especially around home.

Now, of course, being either a husband or a wife, and in particular being parents, is no picnic for either sex, but when you come down to brass tacks it is the female of the species who gets the heavy end of the job. Hence, if anyone has a right to complain of being overworked and having priorities in coddling, it is the wives and mothers.

TIRED BUSINESS MAN GETS THE BREAKS

But do they get it? Not so. It is the tired business man who arrogates to himself the right to act like a sore-headed bear around home and have his wife take it, and like it. It is for the tired businses men that girl shows and musical comedies are run. It is the tired business man who is supposed to have the right to divert his weary mind by stepping out with cuties.

But nobody pays any mind to the tired housewife. Her husband doesn't try to cajole her into a merry mood after she has done a hard day's work. He slams the door behind him and goes out where he will find more agreeable company. No chorus of handsome gigolos is devised to make her forget what a day she has had with the children. Nor does husband excuse her for amusing herself with a little flirtation because she was worn out with the monotony of domesticity. He hauls her into the divorce court.

The indisputable proof that men really are cleverer than women is shown in the fact that they have beaten women to this tired stuff, which is a flimsy excuse that covers every sin of omission and commission. Also they have not originated the theory that man's work is harder than woman's work, and that it is more fatiguing to sit at a mahogany desk than it is to wrestle with a cook stove and sewing machine and vacuum cleaner, but made it stick. We might just as well have had the tired housewife, who had to be petted and catered to, as the tired business man, only men thought of it first.

A Morning Smile

POOR WELCOME

His mother-in-law had written to say that she was on the way to live with them for the duration of the war. As she approached the house she saw a large crowd. Pushing ther way to the front, she gasped when she saw what damage a midnight fire had done — at the heap of bricks and charred furniture.

"Dear me," she sadi, her face livid "I didn't think he'd go as far as that."

CRAMPED FOR SPACE

In order to make room for Fall arrivals LIBERAL DISCOUNTS will be given on SUMMER CLOTH and

Shower-Proof COATS

All Summer Sucker, Gingham and Canadian Spuns (Dresses) included in sale.

New FALL GOODS arriving daily.

KENNEDY'S Ladies' Ready-To-Wear
154 GREAT GEORGE ST.

PROTECT CHAIR COVERS

Almost always, the arms and back of a chair get soiled first. When making slip covers, plan extra small slip covers to fit over these areas. If made of matching fabric to follow the structural lines of the chair, they will hardly show. If tailored to fit snugly, they will stay in place

CHECKED BY SCIENCE

Tuberculosis was the leading cause of death prior to the First Great War.

WASHED OUT?

Maybe This Is Cause Of Your Lack of Pep

You women who feel and look "washed out"—limp and droopy — may be paying the price of hemoglobin shortage in the blood.

The demands of monthly "periods" pregnancy, etc. all conspire to bring about this shortage of the vital red coloring matter in the red blood cells. Try Dr. Williams Pink Pills—a fine balanced tonic of iron and Vitamin B$_1$.

They help increase hemoglobin where there is a shortage of it due to iron deficiency . . . help chase away that "leaden" feeling of tiredness, help pick up your energy and strengthen the nerves. Start your course of Dr. Williams Pink Pills today. Ask your druggist.

DR. WILLIAMS PINK PILLS

Home Service

These Immortal Love Poems Are Cherished by All

ROSE SYMBOLICAL

"O my luve's like a red, red rose
That's newly sprung in June:
O my luve's like the melodie
That's sweetly played in tune!"

—lyrical love words by Robert Burns, the Scottish bard, which have been sung over and over by those who like love songs.

When the poets sing of love, they sing most sweetly:

"Come live with me and be my love,
And we will all the pleasures prove,"

carols Christopher Marlowe in "The Passionate Shepherd to His Love."

Many of these poems you will recognize as old favorites, but all have their message of beauty to ring to you.

They may well be called immortal —for having thrilled and gladdened the hearts of thousands, they will endure forever.

Send 15 cents in coins for your copy of "Imortal Love Poems," to the Charlottetown Guardian Home Service Address. Be sure to write plainly your name, address and name of booklet.

Name

Street Address

City 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 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 Wartime Prices and Trade Board.

Q. I am a school teacher. Am I eligible as a purchaser of a bicycle?

A. Yes, if you require this form of transportation to and from your school if the distance is at least 1-1-2 miles.

Q. I shall be staying at my summer cottage when the next ration book is distributed. How shall I obtain my book?

A. Apply at the nearest distribution centre and give your usual permanent address.

Q. My grocer insisted last week upon my buying a dollars worth of groceries when he sold me a small jar of marmalade. Isn't there a rule against this?

A. Yes. Conditional sales have been outlawed by a regulation of the Wartime Prices and Trade Board.

Q. Why does only one sugar coupon, No. 13, become valid on August 19. Usually two are due at the same time.

A. This is for a two week's supply. By that time you will have your No. 3 ration book in which the other half of the pair will be inserted.

War—25 Years Ago Today

(By The Canadian Press)

AUGUST 27, 1918 —French took Rove and British advance continued to include Delville Wood, Roeux and Greenland Hill. Canadian troops operating astride the Scarpe River penetrated farther east on this sector than any Allied troops since the retreat from Mons 1914.

If You Suffer Distress From Monthly FEMALE WEAKNESS

Which Makes You Cranky, Nervous

If you suffer from cramps, backache, headache, "irregularities", periods of the blues — due to functional monthly disturbances—

Start at *once* — take Lydia E. Pinkham's Vegetable Compound. It not only helps relieve monthly pain but also tired, weak, nervous feelings. This is due to its soothing effect on ONE OF WOMAN'S MOST IMPORTANT ORGANS.

Pinkham's Compound is one of the most effective medicines you can buy made especially for women. Taken regularly — Pinkham's Compound helps build up resistance against such symptoms. Also a fine stomach tonic! Made in Canada.

Needlecraft

For The Home

BUTTON-FRONT DRESS
Favorite Design for Young Girls

The braid trimming and soft gathers are so pretty and becoming, your young daughter will adore it. And here's a fact worth noting —You Mothers —as her charm consciousness goes up, her quota of pranks goes down; For your own peace of mind, then, try this design. For back to school and good right now.

Style No., 3656 is designed for sizes 6 to 14. Size 8 requires 2 1-8 yds. 35-in. fabric with 1 3-4 yds. ricrac. Pattern is hand cut to United States Measurements and includes chart with step by step instructions.

Send twenty cents for pattern Write your name, address and style number. Be sure to state size you wish.

Name

Street Address

City Province

THE COOK CORNER

BLUEBERRY CRUMB CA

One-quarter cup mild-fla fat, 1-4 cup sugar, one cup flour or 7-8 cup all-purpose 1 1-2 teasoons baking powder of salt, 1-3 cup milk, 1-4 te vanilla 2 cups blueberires.

Crumb Topping

One-quarter cup sugar, flour, 1-2 teaspoon cinnam tablespoon butter, 1 tabl mild-flavoured fat.

Prepare topping. Sift flour and cinnamon. Rub in fats.

Cream fat, and sugar and together until light. Add egg, Mix and sift flour, powder and salt. Add to m alternately with milk. Add and pour into a lightly-greas inch square cake pan. washed blueberires on top. Sp with crumb toppine and bake moderate oven, 350F., for 45 utes. Serve hot either plain o top milk or cream. Six servin

Queen Victoria's black silk sol was among articles ex at Norwich in aid of Norfolk Charities Fund. Mrs. W Churchill contributed a Can maple leaf brooch.

On Leave In England Charmian Sees Cornwall, Folkestone, And The Queen

By Pte. Charmian Sansom, CWAC

Pte. Charmian Sansom

The other night I stood on a cliff on the Cornish coast, watching the sun sinking into its bed of pink and mauve clouds. Above, the gulls wheeled and soared in the wind, and below the sea dashed itself against the rocky shore. The only reminder of war, was the trim silhouette of an aircraft against the evening sky.

Dad and I had been fortunate enough to be able to spend a week's leave together and he couldn't have picked a more wildly beautiful spot.

I was amazed to find that the accent of the Cornish people is more like that of Canadians than any other I have heard in England. During one of our rambles, we had a chat with a very friendly farmer who might have lived in Ontario all his lif to judge from his speech.

The village nearby was quite fascinating. The streets were so narrow that when a bus came by, I felt quite sure that it would scrape the houses on either side. The houses are nearly all whitewashed, which gives the village a very clean appearance. Dad was looking for a barber, but his search was fruitless. The barber, they told us, had joined up, and now if you wanted a haircut, you had to wait until Thursday night, when a barber came around from another town! I saw my first thatched roof, and heard my first cuckoo here.

But enough about Cornwall.

English Ignore the Shells

I must tell you about my visit to Folkestone. On a clear day you can see the coast of occupied France from this south-east coast town. In peace-time, it must have been beautiful and gay, but now its gardens are neglected, its houses battered, and its parks mutilated by trenches and bomb craters. Grass is growing up between the pavements.

During the night I was there, two shells landed in the area fired by guns on the French coast. We went to view the damage the next day. One shell had landed in the middle of a road leaving a huge crater, and breaking windows and scarring houses for some distance around. The other had come down in a garden doing no damage.

There was a little boy making mud-pies in the crater it had left. Hardly a day goes by that this coast-town has not at least one "Alert." But the people who stay on, doggedly refusing to leave their homes for a safer place, remain cheerful and philosophic through it all. The English are wonderful people!

The most thrilling thing I have to tell you about though, is the recent investiture at Buckingham Palace, where I watched men from all parts of the British Empire being decorated by the Queen in recognition of their services.

Close to the Queen

I was lucky enough to have a place directly in front of Her Majesty, who looked so beautiful was completely spell-bound, a amazed, for this enchanting completely regal little Queen a smile and a few words for of the 211 men and wome decorated.

The first to come before he Wing Commander Gibson, named "Dam-buster," who h his V. C. for his unparalleled lantry and courage. Then came and women from all corners free world, and I was proud many Canadians among them

Never a dull moment in Lo I was having lunch in a rest the other day, when I noti man sitting at a nearby table waitress assured me that it w Hunter, the movie actor.

I could hardly wait to te room-mates about it. "Hmph" fed Cpl. Cecilia Fleming of O "That's nothing. The other when I went to see the play Watch On the Rhine,' W Churchill and his wife and d ter sat two rows in front of

You just can't win!

Change to OXYDOL and SAVE YOUR CLOTHES IN WARTIME

You'll find OXYDOL washes **WHITE WITHOUT BLEACHING**
CLEAN WITHOUT HARD RUBBING OR LONG WASHER RUNS

Get beautiful white washes this modern way—with OXYDOL's new "Hustle-Bubble" suds: You'll find you just don't need hard rubbing, long washer runs or harsh bleaches.

Cutting down this costly wear and tear can actually double the washday life of clothes. And remember, your wash comes white without bleaching! Yes, except for stains, of course—so clean and white you just don't need harsh bleaches.

"Hustle-Bubble" suds get more dirt—every ounce is richer in washing power than before. These rich suds lift dirt out the active way so kind to clothes.

Use Oxydol for lovely rayons, colors. See how bright and lovely Oxydol brings your washable colors, prints and rayons, too.

Goes much farther. A box of OXYDOL goes much farther than before—washes much more clothes or dishes!

Trade Mark Registered MADE IN CANADA

Get OXYDOL for washing **WHITE WITHOUT BLEACHING**