

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



**'But Murgatroyd — you don't have to wait until morning before you eat your crisp delicious Grape-Nuts Flakes.'**

"I don't? Then pull up a cake of ice and we'll sit down to a couple of bowls of these malty-rich, honey-golden Post's Grape-Nuts Flakes!"

"Son, you'll be able to wrestle a walrus on all that grand nourishment in Grape-Nuts Flakes: carbohydrates for energy; proteins for muscle; phosphorus for teeth and bones; iron for the blood; and other food essentials."

## Ellen's Diary

By an Island Farmer's Wife

St. Patrick's Day came to us at Alderley yesterday with blue skies and brilliant sunshine, mellow on the yards and lawns. It seems to me I remain to James as we lingered over our Sunday breakfast "that April has lent a day to March in honour of the old world." James raised his eyes to contemplate the scene from the window. Fields and meadows bare and only a sight of the old world left in the woodland on the slope of a hill towards the East. "It is remarkable," he said, "how Spring-like it has become. And together we "minded" former St. Patrick's days. One when a nephew to him was born, there were sleigh roads that year, warm and sunny though with a thawing wind, really warmer than it is today," he recalled. James was more inclined to converse yesterday morning than he had been the previous night when with Jack I had made a late return from a visit down the river and my entrance soft as it had been had interrupted his beauty sleep. And after his own little bit of writing and because he had called in a stern voice, I had gone dutifully up the stairs at his bidding, and when I opened the bedroom door, I began to talk. "And is it?" I inquired "that you are forgetting the Salsgirth. When you are returning your home at this hour of the night? Have you no thought for the morning, women's more inclined to converse, which refused to meet the brightness of the light I held and he smiled a flicker of a smile which expressed no displeasure, only contentment. Alderley is a quiet spot, when a pre-Sabbath quiet envelops the house and the quiet of the mother of the family is left at home.

**His busiest time is just starting**

These first steps will burn up plenty of energy—See that he gets SAFE Wholesome Silverwood's Irradiated Evaporated Milk every day—nourishing and a body builder.

**"Good Milk Makes Good Meals"**

BUY SOME TODAY

**Silverwood's**  
Irradiated for Vitamin "D"  
EVAPORATED MILK  
IMP

## 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.

Q. How much notice must I give a tenant when she is over 15 days overdue with the rent?  
A. A tenant who is 15 days behind with rent has no protection whatever from the Rentals regulations. This comes under Provincial law and we suggest that you consult a lawyer as to the proper procedure in giving notice, etc.

Q. Is a passenger going to England allowed to take food and if so how much in the clothes you date be seen in again?  
A. It would be difficult to answer this question in detail without knowing exactly what you are planning to take. Would suggest that you contact the Customs Branch of the Department of National Revenue for this information. We are sure the agent where you purchased your ticket for England would have copies of such regulations at his office.

## Living & Leisure THE WOMAN'S REALM

**BLouses FALL INTO TWO CATEGORIES**

NEW YORK — Blouses, when one can find them, fall into two categories. The first is blouses high necked and snug at the waistline and sleeves. The other type has sleeves, it may be buttoned at the yoke, it may have exquisite bands of embroidery and beauteous puffed sleeves as fancy as a baby's christening robe, or may be real silk tailored man's fashion.

**HINTS ON ETIQUETTE**

If a demitasse is served after dinner, cream and sugar may be passed with it, allowing those who prefer to drink their coffee black to do so and those who do not drink it that way to have the "trimmings."

**BE EXPOSED!**

Prepare yourself now for a walk in the sun later. It would not be hard to do with the delicate-looking sun dresses now finding their way into the stores. They'll be frontless and backless, in fact many will be topless to a degree that is—but not to the degree that has had the fashion world so agog.

Flannels, too, have at least a dual role, for your shorts disappear under a skirt. A fitted jacket goes over the sun-back top to make a smart street costume. Slacks seem to be giving way to play suits—in feminine styles, of course. However, cuffs or otherwise, while making their debut this season will be blimmer playmate, cute in flowery prints for slim "teen-agers."

## Modern Etiquette

By Roberta Lee

Q. Isn't it poor form to type a signature on a business letter?  
A. Yes, unless it is supplemented by a pen signature. Sometimes this is advisable when a person's signature is very illegible.

Q. Should one food be served two ways at the same meal, like orange juice and orange sherbet, or potato salad and mashed potatoes?  
A. No.

Q. A hostess knows that her guests smoke, should she provide cigarettes?  
A. Yes.

## Cook's Corner

**BANANA BRAN MUFFINS**

¾ cup sifted flour  
2 ½ teaspoons double-acting baking powder  
1 ½ teaspoon soda  
¾ teaspoon salt  
2 tablespoons sugar  
1/3 cup milk  
¾ cup mashed ripe bananas (about 2 large bananas)  
1 well-beaten egg  
1 ½ tablespoons melted shortening  
1 ½ cups bran flakes  
Sift flour once, measure, add sugar, and sift again. Combine milk, bananas and egg. Add to flour mixture, add shortening, then fold in bran flakes. Fill greased muffin pans two-thirds full. Bake in hot oven (425 degrees F.) 15 to 20 minutes. Makes 8 large muffins.

## Better English

D. C. Williams

1. What is wrong with this sentence? "Please direct all of your letters to me."  
2. What is the correct pronunciation of "appreciate"?  
3. Which one of these words is misspelled? Vanilla, Manila, umbrella.  
4. What does the word "palpable" mean?  
5. What is a word beginning with De which means "the Ten Commandments"?

**ANSWERS**

1. Say, "Please address all (omit) of your letters to me." 2. Pronounce third syllable shi as in ship, and not a pre-si-ate. 3. Manila. 4. Easily perceptible. Intellectually: obvious. "So of those who deal with the palpable and often unmistakable facts of external nature." — Holmes. 5. Decalogue.

## How Can I !!

By Anne Ashley

Q. How can I launder white silk garments and prevent them from turning yellow?  
A. Dissolve a teaspoon of powdered borax in enough cold water to cover the article that is to be washed and let it soak for about 15 minutes. Wash in tepid water and while suds, and the silk will not turn yellow.

Q. How can I treat rough, dry hands?  
A. The hands will be benefited by soaking them in warm olive oil for about fifteen minutes, about twice a week.

Q. How can I cause paint to adhere more to the surface?  
A. Before painting, rub the surface of the tinware thoroughly with a piece of rough pumice stone, or fine sandpaper. Then apply a thin coat of shellac varnish, before painting.

## Dorothy Dix Says — Gossip and GI Wife

### Soldier's Mother Assassinating Name Of Innocent Consort

DEAR MISS DIX: I am an ex-serviceman and was a prisoner of the Japs for two and a half years. I have seen people tortured and beaten to death, but I came back to my home town to witness a woman enduring a crueler fate by being killed by gossip. The victim is the finest, sweetest wife any man could ask for, yet her mother-in-law has started tales about her that are absolutely false, but that are breaking the heart of the soldier. In the last three months she has gotten so thin she is just a walking shadow of her former self.

A consultation of doctors can find nothing the matter with her physically, but we, who know her, know that the mental agony that her mother-in-law is inflicting upon her is killing her. She won't fight back. All she says is: "I know I am absolutely innocent and I think my husband loves me enough not to believe the tales my mother-in-law is telling."

Should we write to her husband, who is in Japan, and tell him what his mother is doing? **EX-VETERAN.**

**NO SENSE OF DECENCY**

ANSWER: No one can stop a vicious woman's tongue, and any mother-in-law who would defame her son's innocent wife is beyond all remorse and all sense of decency, so any chance of changing her attitude is remote. However, if she is really killing the girl with her gossip, certainly the husband should, at least, have a chance of being told of it in time to save his wife's life.

But one of the tragic phases of the situation is that nothing that he can say to his mother is likely to help her from going on with her smear campaign, and it will almost drive the man crazy if, on account of his military duties, he is prevented from coming home and defending his wife.

Not long ago a soldier wrote me that no matter how much a man loved and trusted his wife, and no matter how honest and honorable he knew her to be and how devoted and loyal to him she was, when he was thousands of miles away from her and when he heard the lurid stories that were current in the army about unfaithful wives, he couldn't keep from going wild with jealousy and being filled with suspicions.

Nothing in all the war has been more terrible than the number of possessive mothers who have taken advantage of their sons being separated from their wives to try to break up their marriages by implanting doubts of their wives' loyalty in their minds, and doing all they could to alienate them from their wives. Many have succeeded in their evil purpose. And friends could do no worse.

DEAR MISS DIX: I am 20 years old and the mother of three kids. I have a good husband, but honestly I am so bored I could die. Is there any cure for boredom?

**BORED SOUL**

ANSWER: Well, I should think that any woman who had three babies to wash and feed and keep from committing suicide every hour of the day and most of the night, wouldn't suffer from boredom. I would think she would have an acute attack of nervous prostration, and that by the time she had pulled the youngsters out of each other's hair a thousand times a day and had answered a million calls for Mother, she would be too exhausted to even crave any amusement. She would be like the old woman who said she hoped there wasn't any resurrection. She hoped when she died she could lie in the grave a billion years and rest.

But there is only one cure for boredom. It is finding excitement and pleasure in whatever you are doing, whether it is breaking rocks, or running a government, or being a baby-tender or a glamour girl. Your children indicate your remedy. Concentrate on them. Find entertainment in the development of their minds. Kids are a lot of trouble, but they are amusing little pets if you know how to take 'em.

DEAR MISS DIX: Has a divorced woman the right to continue to wear her wedding ring? My friend says she does, just as if she were a widow. Which of us is right?

**A. C.**

ANSWER: You are. A divorced woman has forfeited her right to a wedding ring. Her social status is that of a single woman.

## CRAMPS, NERVOUS TENSION

One of the Best Known Medicines to Relieve

**CRAMPS, NERVOUS TENSION**

of "CERTAIN DAYS" of the Month

Take this Effective Medicine Throughout the Month!

Over 100 Million Bottles Sold!

Lydia E. Pinkham's Vegetable Compound does more than just relieve monthly pain caused by female functional periodic disturbances. It also relieves accompanying weak, tired, nervous, cranky feelings—of such nature. The reason this medicine is so effective is because it's a *sterine sensitive*—it has a soothing effect on one of woman's most important organs.

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Pinkham's Compound is made from wholesome roots and herbs plus Vitamin B1. It HELPS NATURE. One of the best known and most effective medicines of its kind.

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!

**Lydia E. Pinkham's VEGETABLE COMPOUND**

## Morning Smile

**SO THEY DO**

Wife (discontented) — John, do you think I'm going to wear this old squirrel coat all my life?  
Husband — Squirrels do, darling.

**WRONG TREE**

"Your methods of cultivation are hopelessly out of date," said the crop adviser to the old farmer. "Why'd be established if you got even 10 pounds of apples from that tree?"

"So would I," replied the farmer. "It's a peach tree."

## FRONTIER COUNTRY IS FASHION THEME

CANBERRA, March 24 (GP)—Latest fashion craze with Australian women draws its inspiration, not from Paris, New York or London, but from Australia's frontier country, the Northern Territory, where men are still men, and women are few and far between.

Blimped, casual trousers of hard-wearing cotton, topped by easy, open-necked, checked shirts, long sleeves rolled above the elbow, near-uniform of the outback stock-rider have been introduced to the city, and are making friends fast.

Belts with pouches of solid, fast-leather, trimmed with silver and reminiscent of long and carefully polished saddles leaved hard-wood, while plaited kangaroo skin, soft and supple makes belts to accentuate the positive waistline of wide, cowgirl skirts, flared about the ankles. Handbags are being modelled on the flap-over saddle-bag, while shoes seek the elegance of soft, shining brown riding boots. Colors are based on brown, with clear desert yellow, and the grey-green of the salt-bush topping the popularity.

**LAUNDRYMAN'S DOZEN**

WATFORD, England (GP)—The latest London story comes from this London suburb. A local laundry will collect only 12 articles from each customer until its labor force is rested.

**ACADIA'S RECONVERSION PROGRAM ACHIEVED!**

The instant wartime restrictions were lifted, ACADIA BAKING POWDER went right back into the protecting arms of the All-Metal container.

Protective... because it's All-Metal.

Popular... because it's easy-to-open.

Order Economical, Double-Acting Barbour's Acadia Baking Powder Te-Bag!

## Household Scrapbook

**Transplanting Maple Trees**

The best time to transplant a maple tree is the early spring, before any buds have appeared. Dig a hole for the tree when the ground is soft, and preserve as much of the root as possible. This refers to trees not more than six or eight feet high. Then trim down the crown of the tree.

**Without Crumbling**

A nail cap be driven into a plastered wall without crumbling the plaster if the nail is first dipped into hot water or melted paraffin for a few minutes.

**Mud Stains**

Let the mud stains dry on the clothing, then break the crust and rub lightly to prevent driving the dirt into the material. If there are any remaining marks, rub with a little alcohol.

## Needlecraft — FOR THE HOME —

**DIONNE QUINTS' CHEST COLDS**

use this effective rub for CHEST COLDS

One — Joking Mammae — Breaks!

A wise mother will certainly buy Musterole for her child, because Musterole is rubbed on the Quintuplets' chests, throats and backs whenever they catch cold!

Musterole instantly begins to relieve coughing and aching muscles. It actually helps break up painful congestion. Makes breathing easier. Fine for grown-ups, too! In 3 strengths!

**MUSTEROLE**

**CROCHETED SHAWL**

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**HERE'S REALLY PROMPT RELIEF! ADOLESCENT PIMPLES**

Use Cuticura—preferred by many nurses and doctors—for the most effective relief of adolescent pimples, rash, blotches. Clean up blackheads, whiteheads, and skin eruptions. CUTICURA SOAP AND OINTMENT

**DUETS by JO FISCHER**

DO YOU REALLY EXPECT ME TO GET ALL THIS WASH OUT TODAY?

DON'T WORRY SADELL! GOT YOU SOME EXTRA CLOTHESLINE!

BUT YOUR AD SAID IT WAS JUST LIGHT LAUNDRY!

OF COURSE! WE SEND THE DARK THINGS TO THE CLEANERS!

DESIGN NO. E-92

This pretty shawl is crocheted in a lacy shell stitch design, which is easy to do. Pattern No. E-92 contains complete instructions.

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