

Woman's Realm Social and Personal Fashions Literature

WHEN CHILDREN Catch Cold

It is usually because their resistance is lowered.

Build up their vital reserves of strength with the aid of Father John's Medicine. This body-building medicine has been used successfully for over 85 years both in the treatment of colds and to help rebuild strength and vitality. Free from alcohol or harmful drugs, it is absolutely safe for children and adults.



Made in Canada
Father John's Medicine

Living & Leisure The Woman's Realm

If your nose is close To the grindstone rough And you hold it down There long enough In time you'll say There's no such thing As brooks that babble And birds that sing. These birds will all Your world compose—Just You, the Stone And your earned old Nose.

—Wilfred Peterson.

GOOD GRAVY

Gravy is one of the best of butter savers and we are all apt to use more of it these days. Most everyone likes their gravy a good rich brown. Remember your gravy will never get any browner after the water is added, so stir it well to get all the little brown bits off the bottom of the pan before you add the water. A thick gravy may be made in two ways. You may stir the flour in to hot fat, as for roast gravy, then add the water; or you may stir the flour until smooth with a little water before adding. This method must be used for stews and such like. If you are making a thin gravy as for steaks or chops, the fat in the frying pan must be sizzling hot before the water is added. If the fat is not hot enough the fat and the water will separate. The gravy should be cooked at least three minutes to take away the starchy taste of the flour, and of course it needs to be generously seasoned with salt and pepper. Save left-over gravy to add to soups.

TIPS ON BUYING SOCKS FOR MEN

These days you're giving snore and more thought to conserving your own wardrobe, but don't stop there. Keep your eye on your husband's too. Next time you buy him socks, carefully examine the toes and heels for reinforcement. Be sure the ribbed tops are elastic enough so that his foot may go in and out without strain, and make sure that socks with patterns have no loose ends of colored threads inside, which may ravel.

See that the ribbing is attached properly to the leg of the sock and pull to make sure that all loops are caught. Keep them clean and warm by regular washing. Per-spiration warning and advice for harmful to a man's socks as it is to your own sheer rayon hose.

MANY HAZARDS TO BE AVOIDED

Make Your Home Safe, an article in a recent issue of Hygeia, a warning and advice for the careless home-lover, who disregards hazards which exist in his home, may find himself a hospital patient as the result of an accident.

The more obvious dangers, such as loaded firearms, toys strewn around the floors and on stairways, bottles of poison not properly labeled, sharp-edged implements and matches within reach of children, are readily recognized, but the less obvious, but other less noticeable contributing causes of accidents within the home also require attention.

Stairways should be ample in width and constructed with a proper consideration for the horizontal as well as the vertical spatial relations. A size 11 foot, says the article, does not fit well on a seven-inch tread. Wide, shallow treads are easier on both the muscles and the heart.

Open drawers should never be used as a step-ladder in reaching for a dish on the top shelf, it is pointed out, and chairs and tables should not be used as substitutes for step-ladders.

Super-waxed floors are a potential danger, too it states, and rugs should be kept in good repair to avoid the possibility of catching the feet in frayed borders, etc. The wearing of soft bedroom slippers and old broken-down shoes, no matter how comfortable, may result in a wrenched or sprained ankle.

Rubber mats should be used in bathrooms, declares the article, and a handle provided for the hand to grasp firmly. Gas heaters, and stoves which are known to be leaky should not be used. Electric cords should not be pulled from sockets with the current still turned on, and electrical appliances should not be used if they have a defective wiring.

Included in the list of things to avoid are the removing of silver with unsterilized needles, and the breaking of corns and calluses with knives and saws; both contributing causes of dangerous infection.

New under-arm Cream Deodorant
Stops Perspiration

1. Does not set, does not irritate skin. Does not include alkali.
2. No washing so dry. Can be used right after shaving.
3. Instantly stops perspiration for 1 to 3 days. Prevents odor.
4. A pure, white, pleasant, sensitive deodorant.

Awarded Approval Seal of American Institute of Laundering for being harmless to fabric.

ARRID is the largest selling deodorant

39¢ a jar

Made in 1941 and 1942

KNITTED RED SOCKS AND SLIPPERS

998

DESIGN NO. 998

Bed socks and slippers are easy to knit and quickly made. The high-top slippers are a popular favorite. Pattern No. 998 contains all the materials needed, illustration of stitches and 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, Needlework Department, Charlottetown, P.E.I.

NAME _____
STREET ADDRESS _____

Dorothy Dix Says—

MOTHERS' SMILES CHEER MEN THROUGH MONTHS OF WARFARE

Wife Deserting Service Man Should Read How Hitler Treats Women And Children

DEAR MISS DIX—The other day I read in your column the letter from the mother who told of her smiling instead of crying at the station when she went to see her boy off when he started to the front. Thank God I have a mother like that, and my last memory of her is of her smiling bravely when we parted and doing her best to make it as easy for me as possible, for she knew, and I knew, how hard the parting was.

If mothers and wives knew just how much it means to us to have women we love so much brace us up, instead of pulling us down, there wouldn't be so much weeping at the stations and so many women clinging to their men and saying: "I can't let you go. I'll never see you again." We need to think that our wives and mothers are safe and happy at home. That is what we are fighting for. For them to cry all over us when we part and write us how miserable they are takes the last bit of morale out of us.

PRIVATE JOHN W. C.

WRITE BRAVELY TO SERVICE MEN

ANSWER—I commend this letter to all mothers who have sons on our far-flung battle line. Many of them do not realize that not all their tears, though they do not all their tears, bring the man they love back to their arms or save them from the dangers they are facing when they bite back their tears and keep busy making comfortable homes for their families, doing war work and turning a cheerful face upon the world.

But there are other women who are indulging themselves in an orgy of grief that is undermining their health and making nervous wrecks of them. They do nothing but sit and brood over a situation that they cannot change. And worst of all, they selfishly pour out their sufferings in a morbid bid for sympathy upon their husbands or sons, regardless of how they are adding to their burdens.

For to the boy who loves his mother and the husband who loves his wife, nothing is so terrible as know that she is pining away with grief and that he is not there to comfort her; that she is sick and that he is not there to take care of her. He is none too happy at best. He has had her. He is worn and tired with his country's call to protect the land. And when to all of this the misery of those he loves is added it takes the last bit of heart out of him.

So, mother and wives and sweethearts, if you must pour out your sorrows on paper, do so, but burn the letter instead of mailing it. Write private, cheerful letters to the men at the front if you have one particle of affection for them.

DEAR MISS DIX—Last February I enlisted in the Air Corps as an aviation cadet. My wife threatened to leave me if I did, and she made her threat good by going and taking our two-year-old child with her, and she has refused to see me or let me see the child ever since.

She went back to her people and her mother has made it a point to let me know that she is divorcing me with other men. What must I do? I need of money as her parents are wealthy and she has had a good business training and is amply able to support herself.

I was not forced or drafted into the service. I enlisted voluntarily because I wanted to, and felt it was my duty to my country. Do you think clearly and has done everything he could to make her happy, is justified in leaving him because he has joined the army? What should I do?

M. L. MACC.

WIFE MUST REALIZE MEN FIGHT FOR THEM

ANSWER—Your wife evidently belongs to the class of women who want to wish the job of defending their country off on other women's hands, while she keeps her safe at home and makes him do her bidding. Someone should call her attention to what has happened to the young married women and the girls in the countries that Hitler has conquered. Their children were taken from them and they were sent by the thousands to the camps of the Germans army to be the victims of the soldier-wives, such as she is, if we lose this war.

Our soldiers are fighting not only to defend our country, but to defend our womanhood. For a fate far worse than death will be theirs if they fall into the hands of the Germans and the Japanese. It is a pity that your wife and the women like her don't read in the papers and magazines the articles that are being published that were written by the orphans and sons from going to the front. They would urge them on.

Personally, I don't think that you are leaving much in losing a wife you are doing your patriotic duty, but inasmuch as you still love her, I would advise you to just let the divorce matter ride. Don't think of getting one from you when your only offense is in not obeying her. Tell her that you will do nothing about it during the war. That will give her time to think it over, and she may come to her senses and realize that she loves you and respects you because you had the courage to do what you thought was right even in defiance of her.

DEAR MISS DIX—My sister and I are nice girls. Good-looking, and we have no dates. We would like to have some boy friends. Our father is very pleasant to what little company we have and permits us to use his automobile. How can girls like us get into circulation?

LONESOME.

ANSWER—Now, when practically all of the young men have been drafted into the army, boys are just about as scarce as hens' teeth and an afraid you will have to content yourself with having good times with the girls.

The best way for girls to get into circulation is by entertaining. Ask groups of young people that you would like to know so go for Sunday dinners, or on hay rides or things like that. People will always go where there is good food to be had.

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 who have intelligent questions to ask on price control are invited to send them in writing to the Women's Reginald Advisory Committee of the Wartime Prices and Trade Board, Chappell Building, Charlottetown.

Q If I do not use all my ration of sugar, tea or coffee, may I sell it to a friend?

Q How do I use my ration book?

Q Can I take all the books belonging to my household to the retailer?

A Yes. But you must not use any book belonging to anyone outside your own household.

Q Can I purchase my rations at any store?

A Any store which regularly deals in sugar, tea and coffee in the ordinary course of business.

A Take your Book with you to the store. The coupons must be detached in the presence of the store-keeper. You can if you please detach an entire or part of a sheet of coupons and give them to the storekeeper, and he can deliver your rations in accordance with the rates upon which the coupons become valid. If you have your groceries delivered, the necessary number of coupons must be detached in the presence of the delivery man and given to him.

Q How much sugar do the SUGAR coupons represent?

A Each sugar coupon represents One pound sugar.

Q How much tea and coffee do the SPARE A coupons represent?

A Each SPARE A coupons represents—

T—ounces of tea; or Eight ounces of coffee; or that quantity of coffee concentrate or substitute containing coffee, to make 25 cupsful.

Q How soon is a baby entitled to a ration book?

Directly after birth. Application should be made to the nearest ration office.

Q What should be done with a ration book on the death of its owner?

A It must be returned immediately to the ration office by the next of kin.

A Morning Smile

Sam: "Look heah, boy, jes' what kind of life you been livin'?"
Rastus: "Oh, ordinary, jes' ordinary."
Sam: "Well, if you pulls any mo' aces out o' yo' shoe yo' ordinary life is soon' to mature."

When the kind-hearted woman shut the door and turned to return to the kitchen, she found herself faced by her irate mate.
"Why on earth must you feed every tramp who comes to the door?" he demanded.
"You've no idea," she replied sweetly, "what a relief it is to see a man eat a meal without finding fault with the cooking."

HELPS PREVENT MANY COLDS

from developing

Put a few drops of Va-tro-nol up each nostril at the very first sniff or sneeze. Its quick action aids Nature's defenses against colds. Follow VICKS' directions in folder. **VA-TRO-NOL**

Home Service

Charming Table Manners Win Gala Dates Galore



Used Napkin Left Under Plate

It's the little things that count in table manners and a smart hostess is oh, so aware, whether you observe them or not.

Naturally, after a dinner party, you don't fold your napkin. But it's what you DO with it that counts. The lovely girl in our sketch correctly half-folds hers and puts it under the edge of her plate.

When she is served first she knows it's all right to begin before the others—but what counts is, she doesn't dive right in, table manners being based on the idea that you're not starving!

On a restaurant date, she knows it's the man's place to choose a table and pull out the more desirable seat for her; but if it's a double date she'll sit opposite the other woman.

She herself is a charming dinner hostess. Offering a second helping she says "Will you have some lamb?" not "Will you have some MORE lamb?"

Knowing such fine points you can't possibly worry about making slips. Our 32-page booklet tells what silver to use for each course, how to eat unusual foods. Gives tips for restaurant dates, teas, but-ter, formal dinners.

Send 20c in coins for your copy of "Good Table Manners" to the Charlottetown Guardian Home Service, address. Be sure to write plainly your name, address and name of booklet.

Name _____
Street Address _____
City _____ Province _____

Name _____
Street Address _____
City _____ Province _____

Code in Your Doze?

Ugh! SCRATCHY HAWKES ALWAYS PLAYED HAVOC WITH MY NOSE, BUT NOW I USE SOFT, SOOTHING KLEENEX TISSUES. BOY - WHAT A RELIEF!

(From a letter by E. P.)

IF YOU CAN'T GET KLEENEX AT YOUR DEALER'S TODAY . . .

PLEASE realize that the popular demand for Kleenex exceeds the production at this time . . . that our armed forces are using and are entitled to considerable quantities of their favourite tissue.

Steps are being taken to assure you of Kleenex and your dealer will have a supply in a day or so. We are grateful for your patience.

Sweeping Beauty!

WHENEVER I BREAK A GLASS I USE A DAMPENED KLEENEX TISSUE TO PICK UP THE SMALL SLIVERS!

(From a letter by L. G.)

P.S.—ONLY KLEENEX HAS THE SERV-A-TISSUE BOX!

Needlecraft For The Home

MAKE IT IN CREPE OR TRIN WOOL

And You Have a Strapping Frack Yes, young-looking, good on the figure, a dress that takes kindly to jewelry or other accessories, this makes a happy choice for now and months to come.

Style No. 2020 is designed for sizes 10, 12, 14, 16, 18 and 20. Size 16 requires 3-4 yards 39-inch fabric.

Hat No. 2072 (one size, easily adaptable to any head-size) is a separate pattern.

Name _____
Street Address _____
City _____ Province _____

Name _____
Street Address _____
City _____ Province _____

WORKERS GO FOR DRESS-UP FROCKS

NEW YORK.—By way of passing on a rumor about war workers, it seems that volunteer workers who wear uniforms while on duty have a tendency to go to the other extreme during their leisure hours. They are demanding frivolous and feminine blouses, negligees and such things as they wear after work.

On the other hand, house collections, and white blouses especially (but some of the colored ones, too)

How to relieve MONTHLY FEMALE PAIN

You who suffer such pain with tired, nervous feelings, distress of "irregularities"—due to functional monthly disturbances—should try Lydia E. Pinkham's Vegetable Compound. It has a soothing effect on one of women's most important organs. Also a fine tonic for the stomach! Made in Canada.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

2020
SIZE 16-20

MRS. ROOSEVELT VISITS MONTREAL TO LEND HER VOICE TO THE CANADIAN AID TO RUSSIA FUND



MRS. ROOSEVELT STOPS TO TALK TO MRS. AND MR. BAKER. MRS. BAKER HAS BEEN A RED CROSS WORKER. MEETS RUSSIAN MINISTER PROOF GOODY.