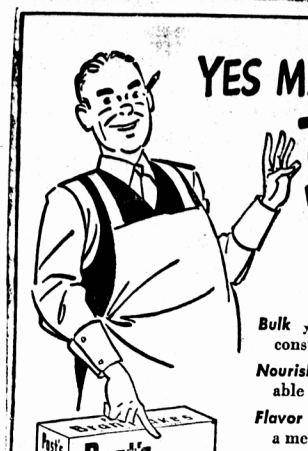
Woman's Realm — Social and Personal — Fashions — Literature



YES M'AM, I SAID TRIPLE VALUE

Bulk you need to prevent constipation.

Nourishment from the valuable other parts of wheat.

Flavor that makes breakfast a meal to look forward to.

I have Post's Bran Flakes in the regular or in the Giant Economy Package. Let me have your order today.

Post's Bran Flakes are equally delicious and effective as a cereal or in bran muffins. Sugarless muffin recipe on the package.

A Product of General Foods 8208

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. We live in a village and have always kept a pig or two for meat. Do we need to apply for a slaughtering permit?

A. No, provided you do not raise more than two head of livestock of any kind within a year, and provided you kill such livestock, or have it killed for you, to furnish meat for your own family. You must, however, register with your Local Ration Board as a meat producer and surrender coupons for meat of your own kill which you consume. This surrender is at the rate of one coupon for every two pounds of meat so consumed. However, you are allowed to keep half your meat coupons falling due each month and may use these to buy other kinds of meat as required.

Q. Can you tell me why chocolate bars seem to be so scarce?

A. This is principally due to much-increased demands for such bars to keep the armed forces supplied. It is considered only right upon the production of these commodities.

Living & Leisure

The Woman's Realm

Who is the patriot? Only he
Whose business is the general good.
Whose keenest sword is sympathy,
Whose dearest flag is brotherhood.
—Frederick Lawrence Knowles.

TOILET GADGETS SHOULD BE CLEAN

A truism of the workroom which is worth taking home from the war plant, or borrowing if you do not work outside of home, is: "A good workman uses clean tools." Keeping your toilet articles clean, keeping supplied with essential, and keeping them in order, will save your many minutes between alarm clock and departure to the day's activities.

You should have an efficient beauty retreat at home. It can be a frilly and flattering dressing room, or just a window ledge. Either offers the constant suggestion to keep scrubbed and well groomed.

Throwing away old, never-used beauty aids may start you on the path of orderliness. A good efficient beauty spot, like a neat medicine cabinet or clothes closet contains only articles which are in service. Others clutter and encourage carelessness.

It is much easier to keep a comb clean that to let it go till it is so soiled that cleaning is a job. Swish yours through a bowl of warm water containing some borax every few days. Powder puffs should be cleaned as often, and as thoroughly. If you use one made of cotton or wool, wash it in warm suds, press in a towel, and dry in sunshine. Better, if you can afford it, use thin puffs which come a dozen or so in a package, and dispose of them when they're soiled.

Cleansing tissue are as useful for the toilet shelf as paper towels are in the kitchen. Use them to clean lipsticks often. If you have lipstick brushes, you probably realize they're precious nowadays, and should be kept in perfect condition. These, and eyelash and eyebrow brushes, clean easily. Just hold them under the hot water spigot, then dry with cleansing tissue and put in the sun.

HOT LUNCH

Something new in industrial nutrition programs —mass production of "hot boxes" for workers— is being worked out by the U. S. Department of Agriculture nutritionists with W. P. B. assistance in obtaining the critical materials needed. The "hot box" is a folding unit, about the size of a regular lunch kit, guaranteed to keep food piping hot for about five hours. It's a particular boon to men in the fields, in the mines, or on projects far removed from plant cafeterias.

GRADE A BEES

By careful selection and breeding, high-producing strains of honey bees have been developed to produce 50 per cent. more honey than the common stock. The new model bee will add tons of honey to much-needed supplies for wartime America.

RARE BREW

Tomato juice seem to belong very definitely to the twentieth century, but the following advertisement appeared in the year 1765: ""Tomato juice may now be obtained from New York and Philadelphia pharmacists for $2 a pint."

DRAWSTRING STYLE GROWING POPULAR

Right into the sartorial scheme and appears on both sports and dressy fashion. Its casual charm is especially adapted to the little cotton frock that is smart enough to go any place on a hot summer day. Julie Bilshop wears one, an enchanting frock of beige and blue chambray with a row of buttons marching down the front. The deep drawstring neckline has a ruffled edge and the drawstring-finished sleeves have similar detail.

DIAGONAL LINES EXTREMELY SMART

Diagonal lines are extremely smart when one has a figure that can be chalked off in such a conspicuous fashion. One will find such lines in the newer dresses, one reason for them being that the basic silhouette has to be embellished and camouflaged, otherwise we are all going to get very tired of it long before we are given permission to discard it.

CANNING CORNER

Cherries are ripe, and if canned now will bring a taste of summer into many winter meals. Either sugarless canning or canning in the usual way in syrup will give successful results. Perhaps yo will want to do some with, and some without sugar this year. If so, plan to use the cherries you can in syrup as canned fruit and the sugarless ones for pies and puddings.

Here are some points that will be of help when you are canning cherries.

For sweet cherries, the Consumer Section, Dominion Department of Agriculture, recommends a syrup made in the proportion of 1 cup sugar to 2 cups water. This amount will be sufficient for three pints of cherries. For sour cherries a syrup in the proportion of 1 cup sugar to 1 1-2 cups water is advised.

CIRCULAR LUNCHEON DOILIES

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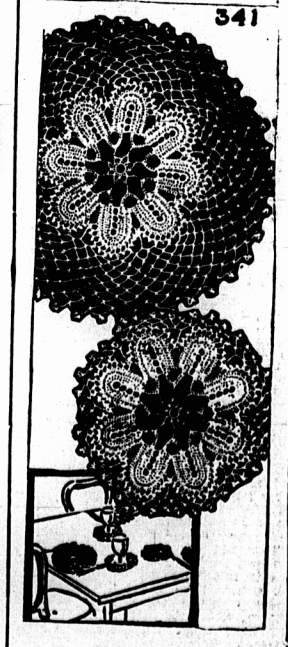


DESIGN NO. 341

A crocheted circular luncheon doily with matching small doilies is easy to create. Pattern No. 341 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, Charlottetown Guardian, Needlework Department,

Design No. 341

NAME - - - - - - - - - - -

STREET ADDRESS - - - - - -

CITY - - - - - - - - - - -

Dorothy Dix Says—

WOMAN WHO DOESN'T PRETEND FOUND BEYOND ALL CRITICISM

Writer's Advice To Homely Ones To Change Type Ignores Men's Desires For Honest Wives

A noted writer on that always absorbingly interesting topic to women about how to be beautiful though homely advises them to change their types. After their personalities. Cultivate a fresh line. Put on a new act. Dress differently. Comb their hair another way. In short, make themselves over after a different pattern.

To many women this is superfluous advice so far as their outer selves is concerned. They have spent the best years of their lives and untold strength and energy and money in tryiny to circumvent Nature and make of themselves something they were never intended to be. Also, they have demonstrated that while the leopard may not be able to change his spots, it is no trick at all for a woman to camouflage hers.

DAUGHTERS STRANGERS TO MOTHERS

All of us have seen our fat friends turn into emaciated stringbeans. We have seen their hair go every color of the spectrum, from platinum to scarlet. We have seen pale, anemic girls' cheeks suddenly bloom with roses, and husky, healthy girls turn as pallid as a sheeted corpse, until we have reflected that it is a wise mother who knows her own daughter at sight these days.

Also, it is just as common for women, who all seem to have sheep blood in them, to follow any leader in their way of thinking and talking as it is for them to take a reef in their skirts if they are wearing them short, or to let down their hems if street-sweepers are the fashion. Our grandmothers swooned at the sight of a mouse. Like as not granddaughter is a lion-tamer. One season all the girls are angels, the next they are toughs. Two or three years ago girls boasted that they could drink men under the table. Now, thank Heaven, they are going in strong for tomato juice.

And so it goes, and the ability of women to take on a new incarnation even in this life is conceded, but my contention is that it is a mistake for them to change their types, as this eminent authority suggests, because their new personalities never fit them. They bag and sag in vital places, or pull at the seams, as borrowed clothes do, and are sure to give way at critical moments.

NATURALLY QUIET GIRL CAN'T BE FUNNY

A quiet mouse of a girl, for instance, realizes that she doesn't make any splash in society and that some other girl, who has quick-silver in her veins and wit on her lips and who says and does outrageous things, is always the life of the party. "Ha," says the mouse to herself, "vivacity is the thing! I'll be giddy." But when she tries it her antics fall flat. She isn't a cute youngster, bubbling over with high spirits. She is a monkey on a stick. Nobody laughs at her funny stories. They just seem vulgar.

Same way with the big girl who tries to imitate the baby-child type. She is something to make strong men weep when she rolls her eyes and looks through her curls and asks fool questions, and when she curls up on a soft or sits on her feet she doesn't look like a kitten you want to pet. She resembles nothing so much as a performing elephant.

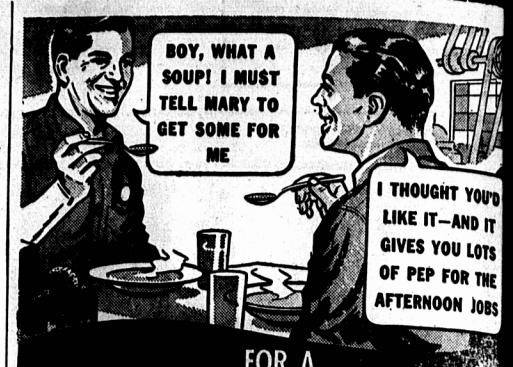
Hence, my advice to my sisterwomen is not to attempt to change their types, but to be themselves. Find out what are their strong points and reinforce them, but not to try to make themselves something they are not and can never be.

GIRLS SHOULD NOT STEP OUT OF CHARACTER

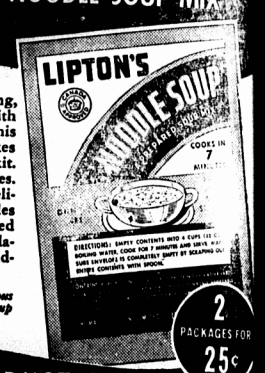
Don't pose as a highbrow if you are a lowbrow. Don't pretend to be rich if you are poor. Don't brag about your dates if you are a wallflower. Under Heaven there is no woman so ridiculous as the one who carries about wherever she goes some abstruse book, yet who doesn't even read the daily papers. None who so fills us with pity and contempt as the one who takes paying guests for company, and only works in a store because she is so tired of society. None so forlorn as the girl who tells about the millionaires she refused to marry, yet never has a date.

Be yourself. There is no charm in the world more compelling than sincerity. The woman who is just herself, from her clean gray hair down to her comfortable shoes; who doesn't pretend to be younger than she is, or richer than she is, or more intelligent than she is, is above and beyond all criticism.

So is the girl. Many a girl, in trying to imitate the kind of a girl she thinks attracts men, loses the man she might have had, for men loathe pretense and are afraid of it. What they are looking for in a wife is an honest girl who is what she is and will stay that way, so they will know what they are getting when they marry her.



FOR A WARM, INVIGORATING "LUNCHTIME LIFT" PACK LIPTON'S NOODLE SOUP MIX IN HIS LUNCH KIT



Make his lunch more nourishing, invigorating and appetizing with Lipton's Noodle Soup Mix. This delicious Lipton product takes minimum space in his lunch kit. He can cook it in seven minutes. And every day he can enjoy a delicately seasoned soup with oodles of delicious noodles and toasted onions...and with a chicken-y flavour that beats even the finest old-fashioned slow-simmered soups.

Remember, there's no shortage of this famous Lipton product. Pack Lipton's Noodle Soup Mix regularly in his lunch kit.

AA-18

A PRODUCT OF LIPTON'S

The Packers of LIPTON'S FULL-FLAVOURED (Small Leaf) TEA

CUT OFF FROM LOVE

but he doesn't know why

The girl of his dreams—is lost to him!

Love cannot blossom where "B.O." spreads its blight.

Yet *anyone* can be guilty of "B.O." without knowing it. Why take chances? Bathe with *Lifebuoy*—the one popular soap especially made to stop "B.O."

You'll love Lifebuoy's rich, velvety suds. They're mild and gentle, yet extra cleansing. That clean invigorating scent tells you you need not fear "B.O." Though Lifebuoy's scent disappears before you're dressed, its protection *remains!*

FROM HEAD TO TOE IT STOPS "B.O."

NEW ADDED INGREDIENT, NEW VANISHING SCENT, SAME PROTECTIVE LATHER

TAKE THAT TIRED LOOK OFF YOUR FACE!

Not Vitamins—but Iron—May be what You Need To Put Pep in Your Step and Fresh Sparkle in Your Eyes.

If that constantly tired feeling has got you *looking* down in the mouth as well as feeling that way—try Dr. Williams Pink Pills.

Persistent fatigue that finds you as weary in the morning as if you had had no sleep, that makes you too listless to eat, that *takes your energy*, is often caused by a lowering of the iron level in your blood. This condition may also have a further reflection on health, for without sufficient iron your body may not be able to get the full advantages of the vitamins and protective food elements in what you do eat.

Don't let this state of affairs go on and on until you are really sick. Get Dr. Williams Pink Pills today from your druggist—see how good it feels when you pep up with more iron in your blood.

A Morning Smile

"I'll go walking with you as soon as I change my traffic cop shoes."

"Why do you call them that?"

"If I park them too long in one place they pinch me."

Bill "These are the ruins of a castle built by William the Conqueror."

Wealthy Aunt: "Yes, but why on earth did he build it so far from the railway station?"

TRURO, N.S., Aug. 10—(CP)—At the opening session here today of the annual meeting of the Rebekah assembly, Marie Richardson, Glace Bay, N.S., was elected president to succeed Agnes Coffin of Charlottetown.

Other officers for the coming year are: vice-president, Florence MacCallum, Truro, N.S., warden, Jessie Baxter, Antigonish, N.S., Secretary, Mary Harrington, Bridgewater, N.S., treasurer, Beulah Speedy, St. Stephen, N.B.

BABY'S CONSTIPATION SERIOUS IF NEGLECTED

BABY'S daily movements are something of which absolutely accurate track must be kept. When he missed something must be done at once. Constipation is serious for baby.

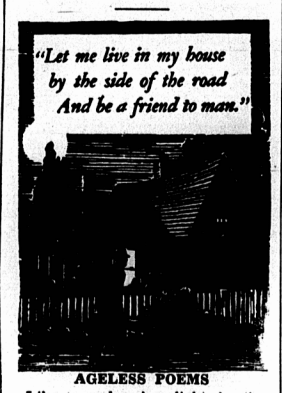
Mrs. John T. Reid of Haegeler, Ont., has this to say: "Having had seven children a girl having used Baby's Own Tablets for all seven, can say they are the best and gentlest regulator for children—safe and effective for the tiniest infant. During teething Baby's Own Tablets were a boon to me as they cleared up at once any digestive disturbances or fretfulness."

Equally effective for simple fever, diarrhoea, upset stomach, colic, simple croup and other minor ailments of babyhood.

Quick in their action. Sweet-tasting—*easily crushed to a powder, if desired.* Do not contain opiates or stupefying drugs. Each package contains analyst's certificate. Get a box today. Sickness so often strikes in the night. 25 cents. Money back if not satisfied.

Home Service

You Always Find Cheer in These Favorite Poems



AGELESS POEMS

Like a welcoming light in the dusk, an encouraging word from a friend — these lines from the loved poem by Sam Walter Foss. Do you remember how it ends?

'Then why should I sit in the scorner's seat,
Or hurl the cynic's ban?—
Let me live in my house by the side of the road
And be a friend to man."

Other poems encouraging in dark moments and full of solace are included in our 32-page booklet. Poems that are immortal because they have been read and loved by millions through the years.

Who has not heard the words from William Ernest Henley's "Invictus":

"Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul."

Our booklet is full of the world's best loved poems which have been read in every country, translated into every language. Some of them you knew already; a few you have heard as songs. But you should read them all, for among them you will find material to cheer you on your way.

Send 15 cents in coins for your copy of World's Best Loved Poems to the Charlottetown Guardian Home Service, address. Be sure to write plainly your name, address and the name of booklet.

Name

Street Address

City Province

HEALTH LEAGUE OF CANADA

TORONTO, Ont.—In a follow-up study of 4,766 patients discharged from the U. S. Public Health Service Hospital at Lexington, Ky., after treatment for drug addiction, it was found that 74.7 per cent of the patients had relapsed and 25.3 per cent had remained abstinent. The figures excluded those who had died or could not be traced.

"The general belief that a drug addict can never be cured is not supported by this follow-up study," The Journal of the American Medical Association, comments.

THE COOK'S CORNER

RAISIN SCONES

Sift together 3 cups sifted flour, 3 teaspoons baking powder, 1 teaspoon salt, 1-3 cup sugar. Then cut in ½ cup shortening or other fat, add ¾ cup chopped raisins. Beat well 1 egg, then add to it ¾ cup milk. Add to flour mixture to make a soft dough, adding a little more milk, if necessary. Toss on to a floured board, roll out ¾ inch in thickness, and cut in triangles. Brush with a little cream, and bake in a hot over of 425 degrees F. about 12 minutes, or until done.

You Women Who Suffer From HOT FLASHES then CHILLY FEELINGS

If you—like so many women between the ages of 38 and 52—suffer from hot flashes, weak, dizzy, nervous feelings, irregular periods, are blue at times—due to this middle age period in a woman's life—start taking Lydia E. Pinkham's Vegetable Compound at *once*. It's one of the most effective medicines you can buy that's made *especially for women*, to relieve such painful distress.

In fact—taken regularly Pinkham's Compound helps build up resistance against such symptoms. It also is a fine stomach tonic.

Thousands upon thousands of women—rich and poor alike—have reported benefits. Lydia Pinkham's Compound has proved some women's happiest days can be during their "40's." Made in Canada. *Worth trying!*

Needlecraft

For The Home

GAY JUMPER

To Wear All Summer Long

When a good-looking jumper like this takes up its residence in your clothes closet, you know for sure that you have a friend in need — a friend you'll rather overwork because you know it makes you look your best. Trim and trig in line, easy to make, easy to care for, it meets the present-day cry for togs that are simple and practical, and yet have an air of distinction.

Style No. 2579 is designed for sizes 10 to 20. Size 16 requires 2⅞ yards 39-inch fabric for jumper ;and 2⅛ yards 39-inch for long-sleeved blouse.

Pattern is handcut to United States Standard Measurements and includes chart with step by step instruction.

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

Name

Street Address

City Province

BLACKHEADS

Get two ounces of peroxine powder from your druggist. Sprinkle on a hot, wet cloth and apply to the face gently. Every blackhead will be dissolved. The one safe, sure and simple way to remove blackheads.