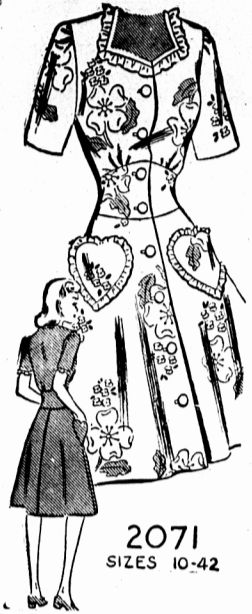


Woman's Realm Social and Personal Fashions Literature

Needlecraft For The Home



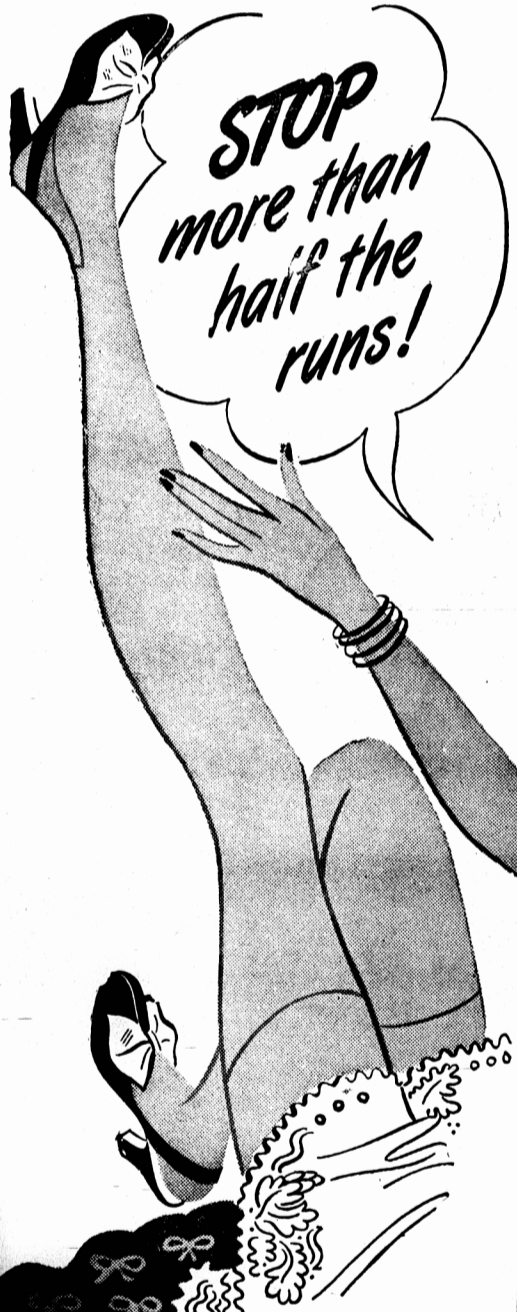
GAY HOME FROCK
Smart and pretty — that's you in this bright little dress, with its all-encompassing midriff and quick, convenient neck-to-hem closing. No. 2071 in size 16 requires 3 1/4 yd. 35-in fabric 2 3/4 yd. ruffling. Send 20 cents for PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish.

Address, Pattern Department the Charlottetown Guardian.
Name _____
Street Address _____
City _____ Province _____

A Morning Smile

Old Lady—Tenspece a pound for candies. That's very dear, ain't it? Grocer—Yes, but you see they are dearer now on account of the war. Old Lady (in surprise)—Lor-a-mussy! You don't say so. Ain't they a 'lightin' by candlelight now?

Milard's kills pain



STOP more than half the runs!

A Daily Dip in LUX cuts down runs 50%

Here's something you should know about precious stockings. A famous test laboratory washed three groups of stockings—washed some with strong soap, washed some with cake soap, dipped others in gentle Lux. Then all were strained and pulled as in actual wear. Tests proved conclusively that stockings washed in gentle Lux have 50% fewer runs. Preserve the elasticity of your stockings by washing them in Lux suds every night. And when you get Lux, remember, the large size is an even better buy. JOIN THE LUX DAILY DIPPERS.

TONIGHT—dip your stockings in—**LUX**

A LEVER PRODUCT

Build Resistance to COLDS!

Everyone can enjoy greater freedom from colds this winter if they build up lesser resistance. Father John's Medicine is rich in vitamins A and D—this nutritive tonic has been an accepted family remedy for more than 95 years. Millions have proved the effectiveness of Father John's Medicine—Get a bottle from your druggist today.



Father John's Medicine

Living & Leisure The Woman's Realm

"Perhaps you feel you're just an obscure cog within the turning wheel that we call Life; Yet you are needed and can give your help. To hasten victory and lesser strife. The tasks that you perform may simple be—this is just a faint 'blush' of color. Earrings balance the whole machine. And don't forget, when you make up your mind, change your makeup accents to complement the new hair."

HINTS FOR THE HOUSEWIFE

- (1) To make eggs whip better, add a dash of salt.
- (2) Not a speck of the yolk must get into the whites which are to be whipped.
- (3) To prevent salt from lumping, mix with cornstarch.
- (4) To prevent boiled frosting from hardening, add a pinch of cream of tartar.
- (5) If a tablespoon of coal oil is added to a gallon of water when washing linoleum, it will retain its gloss.
- (6) Salt will remove the stain from silver caused by eggs when applied dry with a soft cloth.
- (7) Rhubarb scalded a few minutes before cooking will require much less sugar.
- (8) To melt chocolate, put the squares in a saucepan and place over steam.
- (9) Oilcloth pasted down on the table with flour paste will wear longer than if it is tacked on. Waxing the oilcloth will add to its wear.
- (10) Two small cakes cook more quickly than one big one.

NEW HAIRDO HELPS MORALE

No matter how becoming your hairdo, no matter how well it suits your personality there comes the day when every woman wants to "fix her hair in a new way!" And "fix her hair in a new way!" takes its inspiration from the mid-Victorian era.

First, make your hair manageable and lustrous with a liquid shampoo. You can do this so easily

BEAUTIFUL LINENS ARE ALWAYS ADMIRABLE

MOTHER'S
PLEASEANT SLEEPER
GOOD NIGHT DREAMS
GOOD MORNING

DESIGN NO. 527
Floral motifs in sprays and groups, as well as individually, add to the beauty of hand embroidered pillowcases. Hot iron transfer pattern No. 527 contains all motifs shown with complete instructions. To order pattern: Write or send address with 15 cents in coin or above picture with your name and address to Needlework Bureau, Charlottetown, Guardian, Design No. 527

NAME _____
STREET ADDRESS _____
CITY _____ PROVINCE _____

and your hair falls so easily into the deep front waves and the curling fringe. Brush your eyebrows into shining "wings," as the fringe accents your eyes, but blend them until it is just a faint "blush" of color. Earrings balance the whole machine. And don't forget, when you make up your mind, change your makeup accents to complement the new hairdo.

OUR SICK FRIENDS

Sometimes when a friend is ill we feel guilty because we have not visited her. Honestly, often we Friends too often stay too long and tire the patient. I know of two women who went to see a sick friend, and they arrived just before lunch was finished and stayed for over four hours. Probably they felt they had been very kind, but actually the woman being visited was exhausted. A neighbor had a broken leg and one day she had twenty-callers would visit her. This poor soul had a sleepless night, as a consequence. When friends are seriously ill, do not call as it is too tiring. When they are convalescing, a stay of a few minutes is long enough. If there is more than one caller stay on the same side of the bed so the patient is not tired out turning from one to the other. Watch your conversation. Forget all the doleful happenings in the neighborhood. Don't tell the patient she looks so well, she is just bluffing and managing to get a holiday in bed. On the other hand don't tell you hope she is not as sick as she looks. A woman who had a baby recently said the doctor had been very wise in not allowing any visitors the first week as she had a good rest. The second week brought visitors and she was tired most of the time. Our friends like to be remembered when they are sick, but do let us use common-sense. —Exchange.

DO YOU HATE TO GET UP IN THE MORNING?

Doesn't it feel swell to wake up in the morning clear-eyed, refreshed, full of pep? Yet so many, especially over 40, get up tired all over, with aching joints, never really feel their best.

HOUSEHOLD HINTS

1. Does not rot dresses or men's shirts. Does not irritate skin.
2. No washing today. Can be used right after shaving.
3. Prevents under-arm odor, helps stop perspiration safely.
4. A pure, white, antiseptic, stainless vanishing cream.
5. Awarded Approval Seal of American Institute of Laundering—harmless to fabric. Use Arid regularly.

When separating the yolk from the white of an egg break it into a funnel over a glass. The white will pass through and the yolk will remain in the funnel.

When cooking pancakes dip the spoon in milk or water and the batter will drop off the spoon easily.

If an egg has a very thin shell or is chipped and likely to crack when being boiled add a few drops of vinegar to the water.

HAVE ANOTHER SLICE!



YOU SAID IT... tastes swell

—to bake bread just right, use Fleischmann's FRESH Yeast

You'll turn to bread especially these days as an essential high-energy, low-cost food. It supplies Vitamin B, and it's a fine *stretch* for other foods, too. If you bake bread at home—don't risk any failures. Use Fleischmann's fresh Yeast. It has been Canada's favorite for over 70 years because it gives such good bread every time. Ask for Fleischmann's fresh Yeast, with the familiar yellow label. At your grocer's.

MADE IN CANADA
SUPPLEMENT YOUR DIET by eating 2 cakes of FLEISCHMANN'S fresh Yeast every day. This fresh Yeast is an excellent natural source of the important B Complex Vitamins.

Dorothy Dix Says—

WIFE MAKES OR BREAKS A MAN No Husband Ever Gets Anywhere Whose Mate Is Spender Instead Of Saver In Home

A young woman who is about to be married asks: "What can a wife do to and for her husband? The answer is: A-plenty. When a man marries he practically puts his fate into his wife's hands, and unless he is a sort of human Gibraltar he ends up by being what she made him. A tradition and the law make the husband the head of the house, and probably every optimistic bridegroom thinks that he is going to be no trick at all to change Angel Face a little nearer to his heart's desire. He never suspects that she will just automatically adopt all of his ways, habits and opinions yet, ninety-nine times out of a hundred, it is Angel Face who rules the roost and who makes him over according to her taste.

WIFE ALWAYS INFLUENCES MAN

Why wives should have so much more influence over their husbands than their husbands have over them is one of the mysteries of the marriage relationship that nobody can explain. It just is. And we tacitly recognize this phenomenon when we say, "he ruined him, but we never speak of a husband having changed his wife by even so much as a hair of her head."

A familiar example of this is to be found in the fact that the average married man has no friends outside of his business or professional first: being a bride does it to give her husband's old cronies such a slice of cold shoulder when he brings them home to dinner with him that they never come back for a second helping.

WOMEN KILL GENIUS IN SOME MEN'S SOULS

The explanation is that they had married women who put out the fire of genius in their souls. I think now of a brilliant young man I knew who would have risen to the top of his profession if his wife had not wrecked him by a few cents of a brilliant young man, who had already gotten a good start climbing the ladder of success and from whom we looked for great things, who just slumped into nothingness after they married. And we wondered why.

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. Persons who have intelligent questions to ask no price control is invited to send them in writing to the Women's Regional Advisory Committee of the War Times Prices and Trade Board.
- Q. I have an essentially certificate which entitles me to buy small arms ammunition but my sporting goods store refused to sell it to me a few weeks ago. I was told I would have to get another certificate before I could make another purchase. Is there a new regulation on small arms ammunition?
- A. A new small arms ammunition order was released in January but if you are an essential user and have already received an essentially certificate from your Ration Board, the new regulation just requires that you renew it. All essentially certificates for purchasing small arms ammunition expired December thirty-first of last year.
- Q. My grocer claims that the ceiling price on onions is higher this month because of fall storage charges. He therefore, charged me two cents a pound more than he charged in December. Is this right?
- A. Yes, from December to June the price of onions is permitted to add storage charges to the maximum prices they can charge for onions. These provisions were made so that a uniformity of supply could be maintained throughout the year. But it would seem that two cents more a pound for onions is excessive unless, of course, your grocer was selling below the ceiling price last year.

PROTECT MY GROWTH I'M A WARTIME CHILD



I need the VITALITY ELEMENTS Stored IN QUAKER OATS!

Retaining of most means restriction of protein and B Vitamins, basic vitality elements needed for growth... health... stamina!

Delicious whole-grain Quaker Oats is our richest essential replacement source of protein. As much protein as pork chops or eggs—more than any other natural cereal, whole-grain or otherwise.

Quaker Oats is also the richest thrifty source of Vitamin B1, essential for good nerves and digestion. Contains as well phosphorus, iron and the other vitamins of the B complex... elements which are restricted in the diet when less meat is used.

Protect family health these wartime days! Serve the vitality elements in whole-grain Quaker Oats regularly for breakfast! Use Quaker Oats in your cooking and baking. Order a large thrifty package today!

Delicious! Whole Grain QUAKER OATS

Truly Canada's Favorite Breakfast Food

THE COOK'S CORNER

MARMALADE NUT BREAD

- 3 cups flour
3 teaspoons baking powder
1-2 teaspoon salt
1-4 cup sugar
1-2 cup chopped nuts
1 tablespoon grated orange rind
1-2 cup orange marmalade
1-2 cups milk
1 egg
- Method: Sift together the flour, baking powder, salt and sugar. Add the nuts, orange rind and marmalade. Beat the egg thoroughly and add to the milk, and stir this mixture into the dry ingredients. Mix just until the dry ingredients are moistened. Turn into a greased loaf tin and let stand for 15 to 20 minutes. Bake in a moderate oven (350 deg. F.) for about 1 hour. Cool and wrap in wax paper. Let stand for at least 24 hours before cutting, as with the first loaf.

Don't ridicule your child or any child if it is worse than rude. It is close to barbarity.

WHAT GIVES COCOA ITS FOOD VALUE?

The high food value of Cocos depends almost entirely on its Cocoa Butter content.

PERFECTION COCOA is guaranteed to contain 22% Cocoa Butter, which gives you the maximum obtainable of rich, energy-giving, food-building properties. For a delicious body-drink, be sure to ask your grocer for PERFECTION COCOA.

Regardless of price, there is none better. Yet PERFECTION COCOA costs less!



ONLY 27¢ FOR A FULL POUND

Why Pay More?