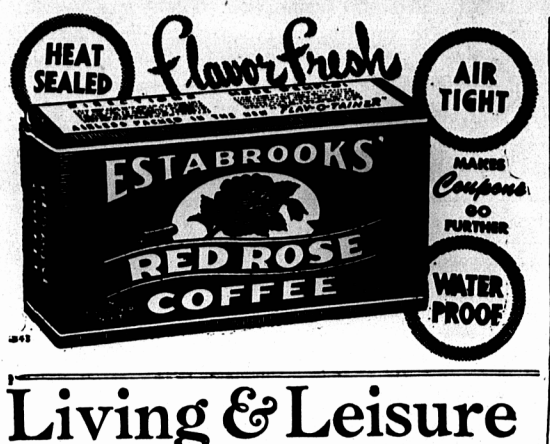
Woman's Realm ⁄ Social and Personal ⁄ Fashions ⁄ Literature



Living & Leisure
The Woman's Realm

OUR NEIGHBORHOOD

Our's is a happy little neighborhood:
All good friends each day;
Each one seeks the other's good
And hopes they're come to stay!

No strife there is: its understood
That "Love's" the golden key;
How happy is our neighborhood,
It means so much to me!

A friend on this side and on that;
A cheery word and smile;
Across the street, a friend to chat,
Rows of friends within the mile!

Our's is a happy little neighborhood,
All good friends each day!
Each one seeks the other's good
And hopes they're come to stay!

Alice Graham,
Chilliwack, B. C.

If hot water taps drip, you're wasting coal. New washers are inexpensive and easy to install. Use hot water sparingly.

Loosely woven and napped woollen fabrics do not stretch to shape after shrinking. Have these dry cleaned.

A sponge-rubber mat on which to stand while ironing will greatly lessen fatigue, as the soft surface of a mat keeps the feet from becoming tired.

To make wall paper washable, apply a thin, even coat of pure white shellac that has been reduced to about one-pound cut.

To darken light tan leather articles such as shoes or belts, rub them with a cloth dipped in ammonia.

Furs stored in a mothproof bag should be kept in the coolest, driest place in the house. Warmth encourages moths and dries out the pelt, while dampness causes mildew.

SCORCHED COTTONS

If cottons scorch while ironing, this is recommended. Plunge into cold water immediately and allow to stand for 24 hours. By that time the marks will have disappeared.

HOW TO TEST IRON

By this time most people know how to wash rayon. They know rayons should be dipped in gentle fine-fabric suds; that they should never be rubbed, scrubbed or twisted; that they should be rolled in a turkish towel to get rid of excess moisture, and never dried near heat. They also know that rayons should be ironed when almost dry with a moderate iron. But there's the problem. What IS a moderate iron —especially if yours has not heat control?. Here is a simple test: Place your iron on a piece of newspaper while you count slowly to twenty. If the paper is scorched in this short time, you can be quite sure that the iron is too hot for rayons.

HINTS ON ETIQUETTE

If you stop playing a game because you are loosing, you show poor sportsmanship and bad manners.

BROKEN BOTTLES

Clean up the glass from the broken bottle outside your house, regardless of whether you had anything to do with it or not. It is apt to prove a very expensive oversight on your part if neglected.

Dressing can make or mar a salad, and here's a good recipe for a French dressing to perk up such dishes. Put the following ingredients into a jar with a closely-fitting cover. One teaspoon sugar, one-half teaspoon salt, one-half teaspoon dry mustard, one-quarter teaspoon paprika, one-half teaspoon chopped onion or one clove of garlic cut in three; one-half cup vegetable oil and one-quarter cup vinegar. Cover the jar and shake well. Let stand in the refrigerator until well seasoned, then remove the garlic. Always shake well before using, and serve cold. . . . Here are some variations of your favorite cooked dressing that will add interest to salads the year around. Amounts suggested are for one cup of salad dressing.

1. Add two tablespoons horseradish. This one goes well with beet salad.
2. For a salad in which cabbage plays a major role, add two tablespoons chopped raisins and six maraschino cherries, chopped.
3. To add zest to a fish or meat salad, vary the cooked dressing by adding to it one finely chopped, hard-cooked egg and one tablespoon chopped sour gherkins.

Onions should be pulled and allowed to dry thoroughly before the advent of wet, cold weather. Unless the tops are dried off well, the bulbs will not keep in storage.

HELPING THEMSELVES

Mrs. Evans, of Thermopylae Gate, in London's dock area, has a family of 17 children; her neighbour, in Hesperus Crescent, has 12. Once a week these mothers meet over a cup of tea, and are coached by experts to mend clothes and thus save the coupons of their families. This is one of the many pieces of welfare work now being carried out by the social centres in London's East End. St. Mildred's House, a typical centre located in the Isle of Dogs, a large loop of the Thames, helps people of all ages. The little children come to its play centre; the older children to physical training and dancing classes, as well as to handicraft lessons.

Needlecraft
For The Home

A TWO-PIECE
With Smart Details

Probably no one needs to sell you the idea that the two-piece is a good style. Your only question is: "What kind of a two-piece?" Well, here's one that's tailored in the simplest fashion, but fitted properly for slim waistline, slim hips, and a nice, straight-hanging skirt, despite its pleated fullness. You can, of course, make it with long sleeves, if that suits your fabric. Spun rayons, flannels, gabardines, are some we might suggest for early wear.

Style No. 3472 is designed for sizes 10 to 40. Size 16 requires 4-5.8 yds. 35-in. fabric, or 4 1-2 yds. 39-in. fabric.

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

Name

Street Address

City Province

A Morning Smile

WELL!

He: No woman ever takes another woman's advice about frocks, why don't they?

She: Naturally. You don't ask the enemy how to win the war.

HER RECIPE

Mistress: Mary, how it is the eggs are sometimes boiled soft and sometimes quite hard?

Mary: Well, mum, I'm sure I don't know. I puts them in regular as the clock strikes eight, and I takes them out without fail when I hear the down train goes by.

Dorothy Dix Says—

ROMANTIC LOVE, NOT FOUNDED ON LOGIC NEVER REDEEMABLE

It Makes Someone IT To Another And When Feeling Passes It Doesn't Return To Same

DEAR MISS DIX—I don't agree with you when you say that a dead love cannot be revived. That is nonsense, for you can. What's the matter with men, anyway, that they fall out of love so easily with their wives? If a man is supposed to have more brains than a woman and to have more willpower and self-control than a woman has, why doesn't he show some of his wisdom and mental superiority when he is tempted by a vamp When other women begin to flatter and cajole him, or a glamour girl approaches, why doesn't he say to them. "Get away from me, you disgusting piece of womanhood. I want to be faithful to my wife."

But men don't. They go down before the siren like wheat before the scythe. Don't tell me that when a person falls in love they can't help it. Love can be controlled just like anything else. You can imagine anything if you will let your mind dwell on it. I hope there will come a time that when a man or woman proves unfaithful after marriage the only way out will be the electric chair.

DISILLUSIONED WIFE.

MANY MEN FICKLE BY NATURE

ANSWER—I am afraid the electric chair would be worked overtime if all of the unfaithful husbands and wives were condemned to sit in it, but that is about the only way you can stop philandering. For unfortunately, there are many people so unstable by nature that it is not in them to be true to anything, or anyone.

No one, not even if he or she possesses every charm of grace and virtue, could long enchain their wandering fancies. No spell could bind them. No subtlety keep them fascinated. They would always be bound to jump the fence and seek new pastures. They would literally have to be dead ones before they ceased wandering.

And this is why it is so impossible to revive a dead love, because love is a matter of illusion, of appeal, of taste, something that is here, and then has vanished, and you cannot call it back.

If a woman loved a man because he was handsome, or because he was intelligent, or good and kind, then as long as he had those qualities she would still love him, but the trouble is that romantic love is not founded on logic It is a matter of sex attraction, of we do not know what, that makes some particular individual IT to us, and when this feeling is gone, love is gone.

The charm that allured us allures us no more. The personality we found so fascinating bores us. We have just lost our taste for the once loved as we have lost our taste for chocolate sundaes or all-day suckers.

Undoubtedly it would save a lot of trouble if the men and women who are unhappily married would realize that they are in a dangerous mental state in which they are especially susceptible to the love germ, and so would avoid the society of the men and women whom they find particularly attractive, just as a drunkard who really wishes to reform keeps away from the sight and smell of liquor, or a gambler avoids places where games of chance are going on if he is trying to break away from that vice.

Certainly it would be the part of wisdom for the man who knows himself susceptible to feminine charm to avoid the societyof Miss Americas, and instead of employing a living picture for a private secretary hire a homely sister with cross-eyes and carroty hair. But perhaps this would be asking too much of human nature, and especially of masculine human nature. Most of us when we pray "lead us not into temptation" depend on the Lord working a miracle in our behalf and taking on the job. We never consider that it is up to us to save ourselves.

DEAR MISS DIX—We are four service wives, all in our late twenties and all happily married for five years or more. Now that our husbands are away at training camps we have no thoughts in our minds and hearts but to do everything possible to show our loyalty and faithfulness to them. We confine ourselves to female companionship and spend many of our lonely hours in war work.

But there are moments when we wonder if our loyalty is being returned by our husbands. What way have we of knowing if this training for war will change our men from lovable, kind-hearted persons we knew into hard cruel men, with the philosophy of grasping what they can when they can and not caring who gets hurt in the process? What way have [illegible] we are waiting for them that they are not becoming involved with other women? How can we know that after the war is over we won't find ourselves women who have spent years of their youth waiting for men who have forgotten the love they knew and valued in the last?

FOUR ARMY WIVES.

SERVICE MEN MAY APPRECIATE HOMES MORE

ANSWER—Not being endowed with the gift of prophecy, there is no possible way in which you can foretell what is going to happen after the duration. None of us know what sort of a world we will be called upon to live in, or what altered circumstances will confront us, or how we ourselves, or those we love, will have changed.

But it seems to me that you are going a long way to hunt for trouble if you are making yourself miserable over speculating about your good, kind, American husbands being changed into Germans or Japs by the war and coming home with a lust for torturing little children and hanging old women, and generally dipping their hands in blood. Instead of war hardening them, the chances are that they will have been so revolted by the cruelty and suffering that they have seen that they will want to do nothing but kindness the balance of their lives.

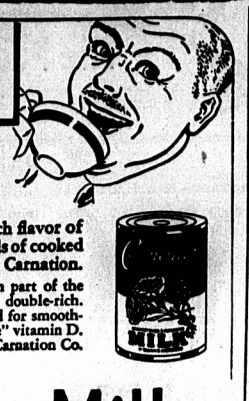
You have known many of the soldiers who fought in the last war. You haven't known any of them who developed into slavers have you?

As for your husbands becoming involved in affairs with other women, there is far less danger of that while they are in the army than it is while they are at home, because there is less temptation. The native females of the jungles have small appeal for men accustomed to the trim and trig girls back home. Nor is there any need, judging from their pictures, for wives to get green-eyed over the unglamorous ladies of the Aleutian Islands.

Anyway, the world is full of women and wherever your husbands go the are bound to encounter them. You can't hold them by the hand to keep them safe, or ride herd on them to prevent their straying into other pastures. In the end, you are bound to trust them wherever they are, at home or abroad, in war or out of it. So why lose sleep in worrying about something that you cannot possibly help and a situation that you are bound to take on faith.

Of course, every man who goes through the experience of war is bound to come home changed. He will have been through many experiences that will have developed his character. He will have learned much and changed many of his opinions and points of view. But you may be sure of one thing, that if he was a fine man to start with, he will come back to you a finer one. If he was worth loving, he will be more lovable. If he loved you, he will love you better and appreciate you more, for he will have a deeper knowledge of what a good wife and a good home mean.

Such *Good* Coffee



AND partly because it is "creamed" with Carnation Milk. Makes a wonderful difference in the flavor, color, aroma of coffee.

That creamy-smoothness and rich flavor of Carnation does wonders for all kinds of cooked dishes—and it costs so little to use Carnation.

Carnation is whole cows' milk with part of the natural water taken out until it is double-rich. Sterilized to make it keep—homogenized for smoothness. And *irradiated for extra* "sunshine" vitamin D. Write for free Carnation Cook Book. Carnation Co. Limited, Toronto, Ontario.

IRRADIATED
Carnation Milk
A CANADIAN PRODUCT - *"from Contented Cows"*

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 Wartime Prices and Trade Board.

Q. My neighbour told me that coffee is off the ration list in Canada, but when I went to buy some, my grocer said she was mistaken. Who is right?

A. The United States has unrationed coffee but there are not sufficient supplies to make a similar move in Canada. Rationing must continue on the present basis in this country "for some time to come" authorities have said.

Q. We own a small farm and have a few fruit trees. We decided to rent a cold storage locker to store our fruit this year and will not be using all our canning sugar. What should we do about the sugar?

A. You must declare any such extra sugar to your Local Ration Board by December 15, and at the same time surrender coupons from your No. 3 ration book to cover the amount you have not used. The sugar may then be used for household.

SINUS PAIN
Relieved Fast This Easy Way!
Put a few drops of Vicks Va-tro-nol up each nostril and *feel* it go to work bringing quick, soothing relief from miserable sinus pain.
VICKS VA-TRO-NOL

SIT CORRECTLY AVOID FATIGUE

The woman who grew up with a fine, upright posture in walking will find it easy to sit correctly also, especially after she has discovered by experiences that bad sitting postures bring on fatigue

If you haven't already learned to do so — start no to sit up straight. This is a prime anti weariness rule for the woman whose new job keeps her sitting in one spot all day in an office or factory.

Your sitting posture may make or break your figure too.

As most women know, the best way to correct standing posture is the perfectly simple and obvious one of practicing standing upright. Women who do not really know exactly what that means are advised to stand against a wall and straighten the back against it. The same precedure applies to sitting corectly.

If you have a tendency to slump and sag in your seat, try straightening your spin eagainst the back of a straight chair. Be sure the back is straight, be sure to sit far back in it so that the small of our back can touch.

It will be useful to get your whole torso "up," too. Sitting straight, pull your chest high. Keep the head straight and high also. Hold the position for a minute or so. Do this exercise several times a day. It is relaxing as well as corrective.

When you work at a table or bench, be sure that your furniture "fits," for legs that dangle or double up under your table are sure to cramp and interefere with your sitting correctly.

Another help; try to avoid sitting in one position without a moment's change. Get up and stretch or walk a bit if you can —at least move about during your lunch hour and rest periods.

For the fatigue that expresses itself in a feeling of a drawstring tightening across your shoulders, grasp each shoulder in your hands and massage —rub, squeeze — till the shoulder tissue responds with tingling.

ENEMY PLANES SHOT DOWN

LONDON, Sept., 21 — (OP) — Sir James Grigg, secretary of state for war, disclosed in Commons today that 739 enemy planes were shot down over Britain by anti aircraft batteries between Sept. 3, 1939 and July 31, 1943.

P. E. I.

The objective for here was set at $500 but due to the enthusiastic efforts of the staff of this store, the amount realized more than doubled the figure. The young ladies who comprise the staff sold stamps on the street in the store and at the Rivoli Theatre and not being satisfied with merely reaching the quota, continued their selling activities until a late hour on the closing night of the drive, Aug. 31.

The Steadman company offered prizes for the best showing made by their employees selling stamps in the big drive, monthly and general prizes being offered. Prizes won by members of the local staff were:

1st. Miss Florence Strickland, who also won three other prizes. 2nd. Miss Lottie Gillam; 3rd. Miss Mary Jackson; 4th. Miss Lena Penny.

New *under-arm* Cream Deodorant *safely* Stops Perspiration

1. Does not rot dresses or men's shirts. Does not irritate skin.
2. No waiting to dry Can be used right after shaving.
3. Instantly stops perspiration for 1 to 3 days. Prevents odor.
4. A pure, white, greaseless, stainless vanishing cream.
5. Awarded Approval Seal of American Institute of Laundering for being harmless to fabric.

Arrid is the largest selling deodorant

39¢ a jar
Also in 15¢ and 59¢ jars

Guaranteed by Good Housekeeping

ARRID

THE COOK'S CORNER

MOLASSES PIE

C[illegible] cup molasses, 1 tablespo flour, 1 lemon, plain pastry. Bl molasses and flour. Cut and ch lemon, and add juice, pulp, a rind to molasses. Line a small pan with pastry and turn in mixture. Make a thin top crust criss-cross top with strips of p try. Bake in hot oven of 425 d Fahr. for 10 minutes, then red heat and continue baking at deg. Fahr. for 20 minutes.

MOLASSES BRAN BREAD

One teaspoon soda, 1-2 cup m lasses, 1 1-2 cups sour milk, 1 cups whole wheat flour, 1 1-2 c bran, 1-2 cup seeded raisins. D solve soda in molasses. Add m flour, bran, and raisins. Bake minutes in a moderate oven of deg. Fahr in a loaf pan. This m be baked in smaller moulds su as baking powder cans if desir

MOLASSES CRISPS

One-quarter cup shortening, cup sugar, 3-4 teaspoon salt, 1 c flour, 3-4 teaspoon salt. M shortening. Add sugar and molas and bring to a boiling point. C slightly. Add flour and salt. Dr by teaspoons on greased bak sheet and bake in moderate ov of 350 deg. Fahr. 12 to 15 minut Turn around finger or handle wooden spoon to form roll WHI STILL WARM. If they cool t much to roll, put back in ov for a moment.

FILET CROCHET LUNCHEO SET

DESIGN NO. 1219

A beautiful luncheon set made in filet crochet. There a three different sized doilies. Pa tern No. 1219 contains comple instructions.

To order pattern: Write, or sen above picture with your name an address with 15 cents in coin stamps to Needlework Bure Charlottetown Guardian.

Charlottetown Guardian,
Needlework Department,

Design No. 1219

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

STREET ADDRESS - - - - - - -

CITY - - - PROVINCE - - -

I thought Dot's cotton slip was white until
. . . I saw it next to my niece's RINSO-WASHED slip!

HOW humiliating to discover your child's "clean" clothes are dingy-white just when you want her to look her best! But it needn't happen again—it's easy to wash clothes dazzling *whitest* white with Rinso!

You'll marvel at the rich, long-lasting suds Rinso makes even in hard water. Discover how it FLOATS out dirt! Even the dirtiest clothes come clean without boiling or hard rubbing. See washable colors stay clear and bright!

Makers of 26 leading Canadian washers recommend Rinso for best results. Get the economical GIANT box today.

Dishwashing is easier Rinso's Soak-and-Swish way! Just soak dishes in Rinso's rich suds; then swish them clean in no time. Rinse: Drain 'em, don't dry 'em. Grease is gone —they'll drain without streaking. And Rinso is so kind to your hands!

IN WARTIME OR ANYTIME
NEW Rinso gives the whitest wash GIVES THE WHITEST
Comes in the Same Familiar Package
A LEVER PRODUCT
• MORE WASHING POWER
• LONGER LASTING SUDS
• GREATER ECONOMY
• EASIER ON HANDS

Home Service
You Must Know Fundamentals of Home Nursing

MAKING BED WITH PATIENT

Today everyone should know a bit about home nursing for one can never tell when an emergency may arise. Particularly in wartime, a knowledge of how to care for a patient at home is absolutely necessary.

Do you know how to make a bed with your patient in it? Some patients cannot be moved out of bed and you have to know what to do. The illustration above is a guide. Full instructions how to do this are included in our 32-page booklet, along with many other necessary things in the daily care of a patient.

Our booklet gives the nome nurse the important do's and a few of the don'ts are also in order.

As well as the daily care of a bed patient it gives instructions how to care for a bed patient, how to care for a patient after an operation, a patient with a contagious disease and also how to nurse common ailments such as colds and convulsions.

Baby care is also included.

Send 15c in coins for your copy of What You Should Know About Home Nursing 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

SPLENDID RECORD MADE BY STAFF

NORTH SYDNEY, Sept. 21.—An outstanding showing was made in the National War Savings Stamp drive conducted last month by the local branch of Steadman Brothers, with the sales staff of that store selling a total of $1,020 worth of stamps and War Savings Certificates to more than double their quota of $500.

The drive during the month of August was conducted by Variety Stores across the country and it was handled locally by the Steadman store, which is under the capable management of Denzil O. MacNeil, formerly of Summerside,

BUY it because it makes golden, crispy-crusted bread with a delicious flavour. Eat half a cake twice daily for sparkling health . . . Get the *best* out of life with BEST YEAST!

Buy BEST YEAST

Best for Baking : Best for Health!