

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

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DELICIOUS NOURISHING QUAKER PUFFED WHEAT AND PUFFED RICE

GET THESE **Genuine TUDOR PLATE Teaspoons** AT LESS THAN 1/2 PRICE!

What a bargain! Two beautiful Tudor-teaspoons in a heavy, modern "June Pattern". Each spoon is heavily plated silverware reinforced with solid silver at point of wear! Offered with regular Tudor gift Send only one Quaker box tops, to Box 100, Peterborough, Ont.

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A Real Bargain in Silverware

FOR DELICIOUS VARIETY, GET A PACKAGE OF EACH FROM YOUR GROCER!

THE COOK'S CORNER

MEAT LOAF DE LUXE
1 pound ground beef
1-2 pound ground veal
1-2 pound ground ham
1 teaspoon salt
1-2 teaspoon celery salt
1-4 teaspoon pepper
1-4 teaspoon dry mustard
2 teaspoons Worcestershire sauce
1 medium onion, grated
4 cups soft bread crumbs
1-3 cup bran
1-1/2 teaspoon salt
1-3 teaspoon pepper
1-3 teaspoon poultry seasoning
1 small onion, grated
1 cup liquid
1-4 cup catsup
1-4 cup water

Method: Combine meats, 1 teaspoon salt, celery salt, pepper, mustard, onion and onion. Mix well. Flatten on covered pan or paper to rectangle about 3-4 inch thick. Combine crumbs, bran, second teaspoon salt, pepper, poultry seasoning, onion and liquid. Place on top of meat in cylinder shape. Bring meat around stuffing to completely cover it. Place in baking pan and water. Bake 1 hour in moderate oven, 375 degrees F.

MACARONI AND CHEESE
1-1/4 pounds elbow macaroni (4 1-2 cups)
6 tablespoons butter
6 tablespoons flour
2 teaspoons salt
1-8 teaspoon pepper
3-4 teaspoon mustard
1 quart milk
2 tablespoons chopped parsley
1 pinch paprika
2 cups grated cheese
3-4 cup buttered bread crumbs

This recipe can be reduced to suit the family. Half the recipe is sufficient for ordinary family. Cook macaroni in boiling salted water 20 minutes. Drain and rinse thoroughly with cold water. Melt butter. Add parsley and paprika. Mustard and stir until well mixed. Add milk gradually, cook over low heat, stirring constantly until mixture thickens and has no starch taste. Add parsley and paprika. Put a layer of cooked macaroni in a greased 3-quart glass baking dish, sprinkle with some of the cheese and cover with sauce. Continue to add alternate layers of macaroni and cheese and sauce. Cover the top with buttered crumbs. Bake in a moderate oven (350 degrees F.) for 30 minutes until the mixture is well heated through and browns on top.

FRUIT FILLING FOR GINGER-BREAD
1 cup chopped raisins
1-2 cup dried apricots
1-2 cup chopped dates
1-2 cup sugar
1 tablespoon lemon juice
1 tablespoon cornstarch
1-4 cup cold water
1-1/4 cups boiling water

Mix first 5 ingredients, add cornstarch to cold water and add to first mixture. Gradually add the boiling water and cook until thick enough to spread. Cool and spread between layers. Ice with orange icing and sprinkle with cocoanut.

Dorothy Dix's Letter Box
GENEROSITY IS NEEDED IN CARE OF PARENTS PROBLEM

Neither Husband Nor Wife Should Begrudge Help When it is Needed to Provide for Old Fathers and Mothers

Dear Miss Dix—My wife has left me because it became necessary to take my mother and father to live in the house with us. She writes that she wants to live with me but not until I get rid of the old folks. I am not in a position now to keep up two separate homes, but I believe I could go so in a short time if she would come back and give me a little moral support. I have always been nice to my wife's family and would like for her to treat mine the same way, but from the day we were married she has virtually shut the door in their faces. They have been seldom in our home. She thinks I am mistreating her by not forcing my parents to leave, and I think she should love me enough to place with me and help me until I can arrange a place for them to go. Which of us is right? A WORRIED HUSBAND.

Answer— I think you are right. Absolutely. And that your wife is showing herself up to be so mean and small-minded and selfish, and displaying so little affection for you that I wonder that you even want her to come back.

As I have said many times in this column, I am strongly opposed to parents going to live with their married children. It invariably breeds trouble. No house was ever built large enough for two families, and it is easier for the lion and the lamb to lie down together than for in-laws not to get on each other's nerves when they are brought in daily contact with each other's ways and peculiarities.

Sometimes Necessary
But when circumstances arise, as they often do in these times of depression, when the old people have to take shelter with the young people because there is not money enough to support separate homes, it is up to both parties to be good enough sports to make the best of the situation, and not make a bad matter worse by acting like martyrs about it, or turning quitters.

Well, may you ask your wife, when she refuses to stay under the same roof with your parents, what she expected you to do when they turned to you for help? They were homeless and helpless. Did she expect you to throw them out to starve and perish of exposure? They had worked and sacrificed to take care of you in your helpless childhood. Did she want you to fail them in their helpless age?

And what sort of a man does she think you are if you would turn your back on your father and mother in their hour of need?

Does she think she can depend on a man who has no sense, respect, or ability to his parents? Does she think she can trust a man to be faithful to her who is disloyal to his father and mother?

Perhaps if she will try to answer these questions to her own conscience, she will have some sympathy and understanding of the position when you are torn in two by conflicting duties.

Should Be Fair
Taking it by and large, men show far more generosity and nobility of spirit than women do. As is proven by the fact that many more men support their wives' parents than their own. When the old home is broken up, Father or Mother almost invariably go to live with a daughter, and daughter's husband makes the old man and woman welcome. It is otherwise if it is husband brings his father or mother home with him. There are icicles on the mat for husbands' parents. What would you suggest?

Answer— I would earnestly suggest that you modify your attitude, and help the young woman choose the right way of life before it engulfs you and your wife and her in a scandal.

Awakened Woman
— By —
ELINORE BARRY

CHAPTER VIII

Before Joyce addressed and stamped the brown envelope, it occurred to her that she might write a few words to put in with it. Then, having come to this conclusion, she found herself dismayingly unable to decide what to say. What sort of letter would Frills write to Nell? "I don't see how she'd have the face to write him at all, when all she cared about his absence was the chance it gave her to go off with Maitland and his crowd," she said, almost disgustedly, "but just the same, since Joyce's intention was to write off with Mait, I think she might send a few words." She ended by writing:

"Dear Nell: You can't hurt a solid ivory dome just by falling on it! But it seems to have knocked some of the life out of little Frills, and she's annoying the gang by cutting out some of the jazz. Laurie was here this morning with a lot of good advice, Ethel and Charlie this afternoon, and while I was out, Paul and Dot came, and Tess Farnsworth. Don't know why I've never wanted a dog before now just why I want one now but I've just acquired a darling," she wrote hastily. "Sam got him" — she from the Marches on the Dry Creek Canyon road. They're going to China and call it Take Dickie. He is quite adorable, and when did I ever care what any one thinks? Frills."

Joyce was a little doubtful, when she finished, about whether she had not written more than was wise. She sealed up the letter, however, and then went downstairs to look for Sam to post it.

Sam listened with casual politeness to her explanation of her appearance.

"I had a telegram from Mr. Packard asking me to mail him some papers left behind by him, and I wondered if you could get them to the post office for me? I'm sorry to disturb you this way but I think the papers are important and ought to leave right off. Would you mind?"

"Sure not!" replied Sam taking the envelope. "I'll hop into the bus and take it down."

"Are Roxie and Marcia out?"

"Yeah, gone to the movies with their stencils," Sam grinned good-naturedly.

"Oh, of course," she murmured, smiling back at him and then added curiously, "What were you doing, Sam, when I interrupted you?"

"Oh, digging at the same old stuff," replied Sam, as if she knew what that meant. He ran his big brown hand through his hair. "Sometimes I think it's the bunk, getting educated by absent treatment. But I s'pose I might as well do it as to play pool or take some jaunt to the movies."

Joyce returned to the house full of thoughts of Sam, plugging away by himself out there alone, and she forgot for a moment the problems of her own situation.

Just as she entered the living-room, a group of people came in with a burst of talking and laughing and took possession of the house.

"You're my hotsy, I'm your tosty, everything is hotsy-tosty nowww!" sang a tall man with a bald head and jovial pink face.

Joyce was seized in a rough embrace by this hearty gentleman and kissed several times before she could get away.

Behind a veil of smoke, Frills examined the separate members of the company. She was more relieved

Living & Leisure
—The Woman's Realm

Each road has a corner, and each lane has an end. But nobody knows what gladness the turn in the road may send; The long lane may bring sorrow, your tears be this evening's dew. But just round the corner waiting, there's happiness for you.

TELEPHONE CONDUITS ARE WIDELY USED

A built-in telephone conduit conceals unsightly wiring and may be installed in the same manner as electrical wires in walls and floors, a conduit permits telephone outlets to be located at strategic points throughout the house, hiding wiring that otherwise would be exposed.

Many modern homes are being equipped with portable telephones which are plugged into outlets in the same manner as electrical appliances. Conduits for these wires are regarded as desirable.

GLASS PAINTING

Painting on glass is not difficult if proper methods are followed. On a clean dry surface several thin coats should be rapidly applied, using a thin mixture of white lead and turpentine, adding a pint of hard-drying varnish for each gallon of turpentine.

Coal will also burn much longer, if it is sprinkled with water before using. It is best to spray the coal with water while it is still in the coalshed or bin and allowed to soak through before using.

If your front door is looking shabby, try rubbing it with soft cloth dipped in linseed oil. It will look like new and will last some time, when it can be renewed.

The United States children's bureau reported some years ago that the infant death rate in families living in homes with two or more persons to a room is two and one-half times that in families with less than one person per room.

COWS GO ON LUXURY STRIKE
(Christian Science Monitor)

LONDON — When peace returns and the Land Girls go back home from the farms to the cities, it seems there are going to be some picturesque changes down on the old farmstead to judge from an authoritative report of the effects of modern femininity on the behaviour of cattle.

At a dairy farm where Land Girl training is being conducted, a naturally part of the curriculum states the agricultural journal Farmer and Stock-Breeder. "In due course they finished training and the men can back to the cowsheds. In a few days the cows appeared to be animals with a grievance they were holding back their milk. The men could do nothing with them; the yield was dropping and the farmer was distracted. For here surely was an urgent problem requiring something unprecedented to solve it. And it is the solution found for it which conjures up such an interesting prospect.

"The farmer's wife put things right," the Farmer and Stock-Breeder discloses. "At her suggestion the men sprinkled a little scent on their overalls; they trimmed and painted their finger nails, and made up their lips and faces. Milking became a joy and the yield went up a gallon a day."

It is, of course, well known that cows respond to music, waltzes preferred. Less well known is the fact that cows also respond with extra yield to complimentary phrases and kind smiles, a fact proved by a British farmer who told one of his cows how nice she looked every day for weeks and got a record yield. And now comes this new experience.

When Eric comes home from the front to see pretty dairymen working to music, waltzes preferred, scented cowsheds, throwing off a kindly compliment now and then to their contented charges he will surely pause and wonder on the threshold — My, Maw, how the old place has changed!

YOUR INDIVIDUAL HOROSCOPE
(By FRANCES DRAKE)

Look in the section your birthday comes in, and find what your outlook is, according to the stars.

For Thursday, August 15th

MARCH 21 to APRIL 20 (Aries)
— Things should be taken seriously today but surely not in a tone of dejection or finality. Pep up to tomorrow is another day when you can get things off to a new start. Smile your way through.

APRIL 21 to MAY 20 (Taurus)
— Whatever services are expected of you can be smoothly handled if you won't be glib or over-sensitive. Employment and general business matters more favored than frivolities.

MAY 21 to JUNE 21 (Gemini)
— You may have to forego some cherished desire in order to attend to important business or issues of a general scope. You will be benefited by application in these matters. Evening events for entertainment, relaxation.

JUNE 22 to JULY 21 (Cancer)
— One of those in-between days that can be either dull or interesting according to how you view it and how you extend yourself in graciousness. Cater to the requirements of little ones and old folks in your care.

JULY 22 to AUGUST 21 (Leo)
— Stars advise tact and benevolent understanding in all heart affairs and dealings with the opposite sex and relatives. You can increase your business worth and gain valuable information if you will set your mental equipment to work in the right direction.

AUGUST 22 to SEPTEMBER 21 (Virgo)
— Keep everything under control. Uncontrolled emotions can block your progress. Discuss plans quietly and allocate your activities so that you will have some time for recreation.

SEPTEMBER 22 to OCTOBER 21 (Libra)
— You will arrive at your goal happier and quicker if you will proceed in a diplomatic fashion. Strain and force are not advised under today's irritating tendencies.

OCTOBER 22 to NOVEMBER 21 (Scorpio)
— Work on promoting the finer things of life, education, scientific betterment, music, art, peace, harmony, good will and right principles. Through these you will find your own advancement and true self-expression.

NOVEMBER 22 to DECEMBER 21 (Sagittarius)
— Routine minor matters and the important MUSTS are your best bets today. Education, domestic problems, social activities must be handled adroitly.

DECEMBER 22 to JANUARY 21 (Capricorn)
— Solidly financial and other material affairs. Practical issues, industrial and mechanical interests and government legislation rank high on today's program. Influences governing romance, entertainment indicate restrictions.

JANUARY 22 to FEBRUARY 21 (Aquarius)
— Efficiency, accuracy and speed are essentials, particularly this type of day. If, however, you are on vacation, be amenable to contentment. Don't stretch the budget too far, there may be a tendency to extravagance.

FEBRUARY 22 to MARCH 21 (Pisces)
— Promote something new and different. Inject fresh impetus and glamor into your activities and into those in which you participate. Day may be dull otherwise. Slow progress indicated.

A CHILD BORN ON THIS DAY
will be practical in spite of an idealistic and imaginative mind. Will strive after material advancement. Tireless in energy; will want action every minute of its waking hours. Must be taught to conserve its vital forces, and to curb a tendency to quick hot temper. Religion will be a solace and guide.

Check Discharges From the Bowels

Bowel troubles, although happening at any time during the year, are more prevalent during the hot summer and early fall months.

Summer Flu is one of the worst troubles, but diarrhoea, dysentery, colic, cramps and pains in the intestines, or any looseness of the bowels should have immediate attention.

The action of Dr. Fowler's Extract of Wild Strawberry is pleasant, rapid, reliable and effective in helping to check the unnatural discharges.

It has been on the market for the past 84 years, so why experiment with new and untried remedies? Get "Dr. Fowler's" and feel safe.

The T. Milburn Co., Ltd., Toronto, Ont.

Wartime Scenes in England

Dear Miss Dix — I am a man nearly 50. Recently I met a young woman whom I am attempting to help choose the right way of life. My wife seriously objects to my interest in her, although she is only a little older than our child. I have endeavored to show my wife that our friendship is wholesome and that this girl is worth the hours I spend with her. This is the first time my wife has ever shown symptoms of jealousy and it has made our home very unhappy. What would you suggest?

Answer — I would earnestly suggest that you modify your attitude, and help the young woman choose the right way of life before it engulfs you and your wife and her in a scandal.

A Morning Smile

A CRUSTY CHAP.
Wife—You told me before we were married that you were well off.
Husband—Yes, I know, but I didn't know how well off I was then.

GETTING IT RIGHT
A group of children singing "Pack up your troubles in your old kit bag," as they marched to a station.
One little girl, waving to some friend, also shouted: "I'm being evaporated."
"That's wrong," said her companion, a year older. "We're being excavated."

New Under-arm Cream Deodorant
safely
Stops Perspiration

1. Does not rot dresses, does not irritate skin.
2. No waiting to dry. Can be used right after shaving.
3. Instantly stops perspiration for 1 to 3 days. Removes odor from perspiration.
4. Pure, white, greaseless, stainless vanishing cream.
5. Arrid has been awarded the Approval Seal of the American Institute of Laundering for being harmless to fabrics.

25 MILLION jars of Arrid have been sold. Try a jar today!

ARRID
39¢ a jar At all stores selling toilet goods (also in 15¢ and 59¢ jars)

LAZY DAISY MEDALLIONS

DESIGN NO. 362

These crocheted medallions may be used to create a beautiful tablecloth or bedspread. Pattern No. 362 contains list of materials needed, illustration of stitches and complete instructions.

To order this design, write your name and address on a piece of paper and send with 15 cents in coin or stamps to Needlework Department, Charlottetown Guardian, P.O. Box 100, Charlottetown, P.E.I.

NAME _____
STREET _____
CITY _____
PROVINCE _____

Uncover Problems Long Ignored

Dreaming she has fallen off the roof and has injured her arm. Actually she's moved in her sleep, striking her arm against the table.

Scientists call dreams which are a distortion of an actual bodily experience "somatic" dreams. Hearing the wind howl can lead you to dream of roaring beasts; too tight covers may bring on a dream of being bound in chains.

But beneath these obvious causes there often lurk hidden ones, far more vital to understand. For dreams are really the voice of the subconscious mind, expressing our inmost fears, hopes, desires in symbolic form.

Fearing may symbolize a secret fear that you will "fall down" on some task—a warning, perhaps, that you have a defeatist attitude which you ought to change.

In dream symbolism wild beasts may stand for untamed instincts which need watching. Enchanted may mean you are letting yourself be baffled, instead of facing a problem squarely.

Or do you ever dream of a snake—a burning house? These and many other significant dreams are explained in our 32-page booklet. A noted psychologist tells how to read dream symbols, get light on your hidden problems.

Send 20c in coins for your copy of The Meaning Of Dreams to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

NAME _____
STREET _____
CITY _____
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Find the Real Meanings Behind Puzzling Dreams

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NAME _____
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Needlecraft—For The Home

Here is a charming sun dress that will make your daytime wardrobe a success. Interesting lines and comfortable cut make this a practical and smart style. The skirt is flared for action and grace. The halter bodice is ideal for sun tanning, and matching panties make the outfit a complete, best dress ever. A cute little short sleeved jacket covers you up nicely when the weather is cool or the sun too warm. Pastel sharkskin or plique makes a lovely costume that will be admired many times during the season.

Style No. 3435 is designed for sizes 12, 14, 16, 18 and 20 years. Size 16 requires 4 1-2 yards of 39-inch material for dress and panties; 2 yards for jacket.

Send Twenty (20c) coin is preferred, for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wish.

Style No. 3435 Size _____

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Convenient—economical—easy to dispose of—made of absolutely tasteless filter paper—each bag makes two cups of Lipton's Yellow Label Tea—Lipton's Finest—An Empire Tea fit for a king! Packed in cartons of 20 and 100.

LIPTON'S FULL FLAVOURED TEA

PUREX Super-Refined Tallow

SAFETY IN EVERY ROLL... Sterilized super-refined tallow... soft, snowy-white health in every roll!

McGregor Paper & Bag Co. Ltd. Halifax

EMPIRE ENGLISH

There's no shortage of eggs in London and these housewives on a shopping tour have Empire produce to choose from as well as domestic "hen fruit." Note the prominent position given the crates of Canadian EGGS.

LIPTON'S INDIVIDUAL TEA BAGS

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