

# Woman's Realm Social and Personal Fashions Literature

## A DELICIOUS FOOD at its nourishing best

WHEN you buy cocoa be sure you get all the delicious flavor and nourishing goodness you pay for. Insist on Baker's. Then you are sure of full-strength, chocolatey flavor and high food value.

Prepare Baker's Cocoa according to the recipe on the label. The low-priced, 1 lb. size gives you up to 90 servings. Good for baking, too.



**BAKER'S COCOA**

A Product of General Foods

### A Morning Smile

Mr. Potter, dining at the golf club, was amazed to see his wife in cap and apron approaching the table to take his order.

"What are you doing here?" he asked.

"Well," she replied, "it's so nice to see you sometimes."

### IN A FIX

"Rastus says Farmer Brown done ketch 'im in Farmer Smith's chicken coop."

"M-m, boy! Don't Rastus feel whamed?"

"Nossa, de parson am de one what feel whamed. He can't explain how come he ketch Rastus dar."

**MAGYARS SETTLE DOWN**  
Hungary has been the home of the Magyars for 1,000 years.

**LAPEL ORNAMENTS ARE EASY-TO-MAKE XMAS GIFTS**



DESIGN NO. 913

These cute lapel ornaments are easy to crochet in a short time. The Cowboy hat, Mexican hat and the peaked cap are all in the one pattern. Design 913 contains complete instructions.

To order... write, or send above picture with your name and address with 15 cents in coin or stamps to Needlework Bureau, Charlottetown, Guardian.

Design No. 913

NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ PROVINCE \_\_\_\_\_



## WHAT GIVES COCOA ITS FOOD VALUE?

The high food value of Cocoa 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, body-building properties. For a delicious food-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?*

### THE COOK'S CORNER

#### BAKING POWDER BISCUITS

Two cups flour, 2 teaspoons baking powder, 1-2 teaspoon salt, 3-4 cups milk. Sift the flour, baking powder and salt together. Rub shortening in with the finger tips until it resembles coarse oatmeal. Add milk slowly mixing with a fork until you have a soft dough—barely enough to mix in the milk. Roll out on floured board to 1-2 inch thickness. Cut with floured biscuit cutter and bake at 450 deg. Fahr. (very hot) for 10 to 15 minutes.

#### WHITE FRUIT CAKE

3-4 cup milk-flavored fat, 1 cup fine granulated or fruit sugar, 2 eggs, 1 cup mixed peel, 1 cup chopped, candied or macerated cherries, 1 teaspoon baking powder, 2-4 cups all-purpose flour or 2-2 cups pastry flour, 1 cup fruit juice or milk. Cream fat and sugar and one at a time, beating after each addition. Dredge fruit with part of the flour, mix and sift remaining flour, salt and baking powder. Add alternately with liquor. Mix in the flour, fruit, paper and all two-thirds full with the batter. Bake in a slow oven 300 degrees F. for about 1-3-4 hours. Makes 2-1-4 lbs., 7x7 inch cake.

### Mr. Winkle Goes To War

They marched off behind the blaring band, and Mr. Winkle couldn't get over how the music sent a chill up his spine, stirring him. It hadn't been so long ago that he was firmly convinced martial music was an evil thing, spurring people to war.

Part of the crowd walked along with the procession, keeping pace with it. The sporadic cheering and handclapping kept up as more people were passed along the route. The parade went right through a red traffic light.

Mr. Winkle marched stiffly. He tried to keep in time with the music, but found it difficult, and finally gave it up. He wondered what the other men were doing, but didn't look back to see. Once someone in the crowd on the sidewalk called out: "Hi, Winkle! Grind their Axis for them!"

Mr. Winkle wasn't sure if this was said in the right spirit. He was glad Amy didn't appear in time to hear it. He had been watching for her, and during the last of the six blocks he saw her hurrying along to keep up. Her face was flushed, she waved in their direction, and he wondered if it was the correct thing to do, waved back.

After they arrived at the opera-house station, there was a quarter of an hour of confusion whose details Mr. Winkle never remembered very well. The selectees left their respective families. Mr. Winkle found his wife and dog. He was bewildered and the excitement to see several times. Winkle said, "You looked very military."

She, as the leader, he told her, "I wouldn't be surprised," Mrs. Winkle said, "if you didn't come back a Colonel, or a Major, or anyway, a Captain. There's no reason you can't."

"Well," said Mr. Winkle, "I don't know about that."

The horn of the bus honked. Tears welled in Mrs. Winkle's eyes. "I'm not going to cry," she announced. And the tears didn't spill over but remained in her eyes when she blinked them back, fast.

Mr. Winkle had an empty feeling. He stood looking helplessly at his family. He stared about wildly for the Pettigrews, but couldn't see them in the milling crowd. He reached down and patted Penelope's head and came up with a choked feeling.

He and Amy looked at each other solemnly. They embraced. They held each other very closely. They kissed and kissed again, while the band played, women wept, and handkerchiefs and flags waved.

The next thing Mr. Winkle knew was that he found himself seated in the bus and the vehicle was getting under way. Looking back, he saw Mrs. Winkle holding up Penelope so that she could see him go to war. Penelope wasn't interested, but looked the other way.

Not all of the bus was occupied by the draft contingent. There hadn't been enough of them to charter a vehicle for their sole use. There were a dozen people Mr. Winkle thought of as civilians and perhaps another dozen empty seats.

He sat alone, not because he

### CHAPTER VI

At noon the bus stopped at a scheduled station for lunch. Mr. Winkle herded his charges to the roadside restaurant, where he produced the proper paper to obtain meals for them as guests of the Government. Fred and Penelope remained outside, talking to another bus here.

He let Freddie alone until he had ordered his own meal. Then he went out and told Freddie, "If you want to get something to eat, you'd better come in."

"Be right with you, Pop," Mr. Winkle went back to the counter. Freddie took his time. He waited until the blonde's new bus pulled up. He put her on it and then joined the others. Some of the men looked at him in admiration and envy.

Mr. Winkle regarded him severely. "If you'd be done a thing. That would be for others. You wouldn't get very far."

"You mean with the blonde?" Freddie inquired, and received his laugh.

He kept up a horseplay of saying that this was as far as he wanted to do, that he had had time, and would now go back home. When this was over, he introduced a new subject, "Still proud to fight, Pop?"

Mr. Winkle kept his temper. "We all ought to be."

(To Be Continued)

## Use this Proven Remedy TO RELIEVE COLDS

Don't just let a cold "take its course". Take Father John's Medicine and help your body build up the inner resistance which is the real protection against colds. Millions have proved the effectiveness of Father John's Medicine for more than 85 years. Get Father John's Medicine today from your druggist—for yourself and the whole family.



### Dorothy Dix Says—

#### TWO CHOICES OPEN FOR WOMEN WITH AN EASY-GOING HUSBAND

#### Ambitious Wife Must Quit Dreaming Of Better Life Or Earn Separate Income

DEAR MISS DIX—For twelve years I have been married to a good, upright man who doesn't drink or gamble, but who is utterly without ambition. He earns only a salary, just enough for us to barely scrape along on from hand to mouth, but he makes no effort to better his position. He doesn't work long hours and could easily secure extra jobs, especially at his own's for a few dollars at the moment.

When we married, I looked forward to our being able to some day own a little home of our own and to have a few luxuries, but now I know that I am doomed to spend my life just living in two rooms and staving off the bill collector. And the thought maddening of the bill collector, and the thought maddening of the bill collector, and the thought maddening of the bill collector.

#### AMBITIOUS WIFE MUST FORGET

ANSWER—Among the countless matrimonial tragedies none is more hopeless of a happy solution than that of the go-getter woman with a siter-could breathe life and pep into a corpse. Love for her has reformed her, but the purposeless, ambitious man never loves any woman enough to go out and hustle for her.

His ruling passion is love of his ease. His only desire is to get through life with the minimum of effort. He has no craving to sit in his armchair, and he is content to be left undisturbed where he is. He won't work at all except that he will do the things he must do to eat and clothes to wear. Good clothes, a nice car, owning his own home, and the things for himself, the things for his own comfort and personal comfort. He would rather sit on the do-nothing stool and twiddle his thumbs.

So there is nothing in such a man to which his wife can appeal. She can't rouse his ambition because he hasn't any. She can't appeal to his affection for her and his children because he thinks that if they have enough to eat and clothes, and if he can get them, they should be satisfied. She can't give him initiative, or teach him to do things he should be doing when he sees one. She can't supply him with good judgment, or brace anything to change him.

What, then, is the poor woman to do? She has two choices. One is to realize that not all men have the faculty for what we call "getting on." This is the way of the world. Many a man is just a bar to your talent for making money is just as definite a one as is the ability to be to blame you an artist, or a military genius, and it may be just as unjust to blame you for not being Clark Gable or General Marshall. So a woman whose husband is no go-getter has to accept the situation as it is, and quit trying to change it.

Or she can go out and get them for herself. The world is full of opportunities for smart, ambitious women who are up on their toes, and if George can't, you can do it. You often hear of a woman who has the thrift and energy and business faculty her husband lacks, and she is far happier working outside of her home than she is within it, nagging him to get on his feet, and he lacks the qualities she possesses.

DEAR DOROTHY DIX—For two years I have been going with a boy and I love him, but I don't love him when he is with me. He is a very nice boy, but I don't love him when he is with me. He is a very nice boy, but I don't love him when he is with me. He is a very nice boy, but I don't love him when he is with me.

I considered the affair off, then I met Tom, who is all I ever dreamed of. We are of the same religion, and think alike in every way. He can give me tender memories of you and me, but my problem is that the boy with whom I had been going has written to me and asked forgiveness and wants me to go back to him.

DEAR MISS DIX—What do you think of women dyeing their hair? Don't you think a man can always tell when they do it? To men a woman with dyed hair looks older in the face. It doesn't make them look slimmer, as they think it does. I think that women who are small and slim, say weight about 115 lbs. look younger than stout women. To me the most important thing about a woman's looks is her weight. She looks so much neater and wears her clothes better than the fat women. What do you say?

ANSWER—Well, John, they say beauty lies in the eye of the beholder, so whether a woman is a good-looker or not depends upon the taste of the individual man. In this country the living skeleton seems to be the type of female pulchritude that men have set up to worship, yet we are the only people in the world who admire ankles more than curves and who prefer bags of bones to plumpness.

Little anemic, underweight, stringy, lean maiden would ever be the favorite of the Harlem. Even in Continental Europe the girls who get their pulchritude in the papers are big, strong, healthy-looking young women with plenty of meat on their bones. It is only in the U. S. A. that the skeletons have the linings.

Of course, men can tell when women dye their hair unless something is the matter with their eyes, or they have singularly trusting dispositions.

**FREETOWN SCHOOLS**  
The following is the standing of pupils Grades 6-10 Senior Dept. of Freetown School for September and October:

Grade IX—1, Joan Scates; 2, Austin Curley; 3, Edna Evans; 2, Jean Francis.

Grade VII—1, Katherine Auld and Donnie Summons; 2, Gerald McCarville; 3, David Scates; 4, Phyllis Reeves; 5, Alberta Moase.

Grade X—1, Edwin Lewis; 2, Austin Curley; 3, Edna Evans; 2, Jean Francis.

Grade VI—1, Phyllis Reeves; 2, Albert Moase; 3, Vernon Faynter; 4, Malcolm Matheson; 5, Donnie Summons; 6, David Scates; 7, Wood Symon.

### 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's Readers. Persons who have intelligent questions to ask or price control are invited to send them in writing to the Women's Regional Advisory Committee of the War Times Prices and Trade Board.

Q. Is it necessary to follow Wartime Prices and Trade Board regulations on clothing in remake operations?

A. No. These restrictions do not apply on such cases.

Q. I am a landlady with what I believe is a real grievance. I have rented three rooms, clean and nicely decorated, but my tenants complain continually. Although the thermometer shows 76 degrees they say it is cold, they keep a heater and lights burning all the time, and disturb us at all hours of the night and early morning. It seems as though there should be some protection for the landlord.

A. If the rented rooms are a part of your residence, if you use a common entrance and any other facility, you may give notice to vacate under provincial law. If the premises are rented on a monthly basis, one month's notice is sufficient.

Q. Has any date been set for the expiration of canning sugar coupons?

A. Yes. They will expire in the hands of the consumer or December 31, 1943.

Q. My landlord has cut off a light at my stairway which is very necessary. Should I go to the Wartime Prices and Trade Board to stop this?

A. We would advise you to send full particulars with your name and address to your nearest Rentals Board, of the Wartime Prices and Trade Board.

Q. How can I secure information in regard to making over used adult underwear for children's wear?

A. If you will write to the Consumer Branch, Chapel Building, Charlottetown it will be glad to provide such information.

LEEDS, England.—(CP)—More than 3,000 of 25,000 coupons to be built by the city council after the war have been earmarked for new-weeds.

### Miseries COLDS RELIEVED FAST

Put 3-purposes Va-tro-nol up each nostril. (1) It shrinks swollen membranes; (2) Soothes irritation; (3) Helps flush out nasal passages, clearing clogging mucus.

### VICKS VA-TRO-NOL

### Home Service

How you wish when you see long crowds waiting lined up to hear a speaker that you were the one they are waiting anxiously to hear. Many are ambitious to be good speakers but are too timid to try.

Some women even tremble at the thought of standing up in front of a group of friends at a club meeting. Such lack of self-confidence is totally unnecessary. Even you can command the attention and respect of others by your poised speaking manner.

How many of us have longed to speak out during some meeting but went afraid of our own voices; afraid to feel our knees quake and our hearts race.

Why not be able to say what you want to say on your feet? Countless occasions demand men and women who can speak easily; for example, in committee meetings, at public forums, church fairs, clubs, dances, dinners, parties, and when offering plans.

Our 32-page booklet tells you how to make a friend of your voice, tells you how to let your audience like you and even how to prepare your speech and deliver it as well as other helpful suggestions.

Send 5 cents for your copy of Public Speaking Self-taught to the Charlottetown Home Service Address. Be sure to write your name, address and the name of booklet.

Name \_\_\_\_\_

Street Address \_\_\_\_\_

Name \_\_\_\_\_

Street Address \_\_\_\_\_

Province \_\_\_\_\_

## Living & Leisure The Woman's Realm

Rest is not quitting. The busy career. Rest is the fitting. Of self to one's sphere.

It's the brook's motion. Clear without strife. After this life.

It's loving and serving. The highest and best; It's onward, striving. And this is true rest.—Goethe.

**HINTS ON ETIQUETTE**  
Housewives who can stop during the morning or early afternoon hours, are being it courteous and helpful if they do their shopping during those times and leave the later afternoon time open for workers on their way home, who have no other time to shop.

**DOLL POPULATION**  
Raggedy Annes, no matter how raggedly, are welcomed by the workers at the doll shop project in the Patriotic Salvage Corps Depot in Winnipeg. Women workers at the shop are only too glad to receive any old doll at all and repair it, re-dress it and fit it out to go under the Christmas tree come December. At the rate they are going now, 1,500 dolls will be ready at the depot before the Santa Claus deadline. City barber shops are combed for locks of hair to make new wigs for budding dollies. Many of the raggedies are hectoring scraps of material, mostly from old outfits for the doll population.

**COMPATIBILITY**  
A boy and a girl with common traits are more likely to get married than a couple having opposite attributes, two college professors who made a survey of 1,000 engaged couples, disclosed to-day. Dr. Ernest W. Burgess, professor of sociology at the University of Chicago, and Dr. Paul Wallin of Stanford University called it "homogeneity in marriage." Homogeneity is the chief point of similarity which governs marriages, disclosed, in a religious affiliation. Persons adhering to the same faith are more likely to be attracted to one another and to marry than persons of different faiths, they said.

**ROMANS EAT ASPARAGUS**  
Early Romans were the first to adopt asparagus as food.

**GREASE TRAPS ARE USED BY A COMPANY TO CATCH FATS AND GREASES FROM SEWAGE DRAINS, SO THAT THE MATERIAL CAN BE REFINED AND USED IN MAKING SOAP.**

**SKUNKS ARE REPORTED TO BE IN DANGER OF EXTINCTION, BUT ANTI-SKUNKS HAVE KILLED AT LEAST 100,000 MEMBERS ON THE RAILS IN RECENT YEARS.**

**THE AREA OF THE SUN'S SURFACE IS ESTIMATED AT 260 BILLION SQUARE MILES.**

**ASIDE FROM THE SILVER IT COSTS THE UNITED STATES MINT \$10.50 TO TURN OUT \$1,000 IN SILVER DOLLARS.**

**THOUGH A HUMMINGBIRD'S WING BEAT ALMOST 60 TIMES A SECOND, AN ULTRA-RAPID CAMERA CAN CATCH THE BIRD AS IF IT WERE AN ANIMATED PICTURE.**

**SPONGES ARE VEGETABLE APARTMENT HOUSES, ONE SPONGE OF WASHING YIELDING 17,128 "GUESTS" OR ABOUT TWO ANIMALS TO EVERY CUBIC INCH OF ITS VOLUME.**

**GREASE TRAPS ARE USED BY A COMPANY TO CATCH FATS AND GREASES FROM SEWAGE DRAINS, SO THAT THE MATERIAL CAN BE REFINED AND USED IN MAKING SOAP.**

**SKUNKS ARE REPORTED TO BE IN DANGER OF EXTINCTION, BUT ANTI-SKUNKS HAVE KILLED AT LEAST 100,000 MEMBERS ON THE RAILS IN RECENT YEARS.**

**THE AREA OF THE SUN'S SURFACE IS ESTIMATED AT 260 BILLION SQUARE MILES.**

**ASIDE FROM THE SILVER IT COSTS THE UNITED STATES MINT \$10.50 TO TURN OUT \$1,000 IN SILVER DOLLARS.**

**THOUGH A HUMMINGBIRD'S WING BEAT ALMOST 60 TIMES A SECOND, AN ULTRA-RAPID CAMERA CAN CATCH THE BIRD AS IF IT WERE AN ANIMATED PICTURE.**

**SPONGES ARE VEGETABLE APARTMENT HOUSES, ONE SPONGE OF WASHING YIELDING 17,128 "GUESTS" OR ABOUT TWO ANIMALS TO EVERY CUBIC INCH OF ITS VOLUME.**

**GREASE TRAPS ARE USED BY A COMPANY TO CATCH FATS AND GREASES FROM SEWAGE DRAINS, SO THAT THE MATERIAL CAN BE REFINED AND USED IN MAKING SOAP.**

**SKUNKS ARE REPORTED TO BE IN DANGER OF EXTINCTION, BUT ANTI-SKUNKS HAVE KILLED AT LEAST 100,000 MEMBERS ON THE RAILS IN RECENT YEARS.**

**THE AREA OF THE SUN'S SURFACE IS ESTIMATED AT 260 BILLION SQUARE MILES.**

**ASIDE FROM THE SILVER IT COSTS THE UNITED STATES MINT \$10.50 TO TURN OUT \$1,000 IN SILVER DOLLARS.**

**THOUGH A HUMMINGBIRD'S WING BEAT ALMOST 60 TIMES A SECOND, AN ULTRA-RAPID CAMERA CAN CATCH THE BIRD AS IF IT WERE AN ANIMATED PICTURE.**

**SPONGES ARE VEGETABLE APARTMENT HOUSES, ONE SPONGE OF WASHING YIELDING 17,128 "GUESTS" OR ABOUT TWO ANIMALS TO EVERY CUBIC INCH OF ITS VOLUME.**

**GREASE TRAPS ARE USED BY A COMPANY TO CATCH FATS AND GREASES FROM SEWAGE DRAINS, SO THAT THE MATERIAL CAN BE REFINED AND USED IN MAKING SOAP.**

**SKUNKS ARE REPORTED TO BE IN DANGER OF EXTINCTION, BUT ANTI-SKUNKS HAVE KILLED AT LEAST 100,000 MEMBERS ON THE RAILS IN RECENT YEARS.**

**THE AREA OF THE SUN'S SURFACE IS ESTIMATED AT 260 BILLION SQUARE MILES.**

## Needlecraft For The Home

Simple enough in line to stay in fashion for years pretty enough to take you anywhere—it's really an eye-catching frock!

Style No. 3635 is designed for sizes 12 to 42. Size 36 requires 3-1-4 yds. 35 in fabric. Complete guide in each pattern.

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

Name \_\_\_\_\_

Street Address \_\_\_\_\_

**HAZEL GROVE SCHOOL**  
Honor roll for the month of November:

Grade X (Sr.)—1, Vivian Craswell; 2, Marjorie Buchanan; 3, Grace Craswell; 4, Hazel Craswell; 5, Erna Stevenson.

Grade VIII—1, Merrill Nicholson; 2, Helen Bagnall; 3, Norma Pound; 4, Betty Bertram; 5, Alice Craswell.

Grade V—1, Catherine Buchanan; 2, Audrey Ferris; 3, Grace Nicholson; 4, Harold Nicholson; 5, Velda Houston.

Grade II (Sr.)—1, Louis MacEachern; 2, Gordon Bertram; 3, Grafton Bertram; 4, Lottie Houston; 5, Elmer Nicholson.

Grade I (Jr.)—No tests. Perfect attendance: Velda Houston, Lottie Houston, Betty Bertram, Elmer Nicholson. Teacher, Mrs. Margaret Berges.

**VOCABULARY VARIED**  
The English language contains more than 700,000 words. Minard's follows series.



3635 SIZES 12-42

