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

DO THIS FOR

BRONCHITIS

COUGHS · SORENESS · CONGESTION

Now get real relief from bronchitis miseries this double-action way—with the home-proved medication that

GOES TO WORK INSTANTLY TO BRING RELIEF

Penetrates deep into bronchial tubes with soothing medicinal vapors.

Stimulates chest and back surfaces like a warming, comforting poultice.

AND WORKS FOR HOURS—RIGHT WHERE MISERY IS!

To get the benefits of this combined PENETRATING-STIMULATING action, just rub throat, chest, and back with Vicks VapoRub at bedtime. VapoRub goes to work instantly—2 ways at once as shown above—to ease bronchitis coughing, loosen congestion, relieve muscular soreness, and speed restful, comforting sleep. Often by morning most of the misery is gone. Now don't take chances with untried remedies—get relief from bronchitis miseries tonight with double-action, time-tested Vicks VapoRub.

FOR ADDED RELIEF—Melt a spoonful of VapoRub in a bowl of boiling water. Inhale the steaming medicated vapors. Feel them soothe nagging bronchial irritation!

Living & Leisure

The Woman's Realm

Procrastination is the thief of time:
Year after year it steals, till all are fled,
And to the mercies of a moment leaves
The vast concerns of an eternal scene.—Young

WASTE TIME

Using the same dish for cooking and serving, or serving plates in the kitchen eliminates the waste when food is transferred from cooking dish to serving dish. And it eliminates a lot of dish washing.

DISAPPEARING DUST

Dust will settle in the most exasperating places . . book tops, baseboard crevices, wood carving, bric-a-brac. An ordinary two inch paint brush is just the ticket for whisking it away.

HINTS ON ETIQUETTE

If a war wife goes out for an evening with an old friend of the family, a man, she should not invite him in to her apartment when she returns from the date if the hour is late.

TOAST WATER

This is real good. Cut four slices of bread thin; toast to near burning. Pour over them one quart of boiling water, and allow bread to cool; then strain. Flavor with a little lemon juice.

HOMINY

Put to soak one pint of hominy in two and one-half pints of boiling water over night, in a vessel with a tight cover; in the morning add one-half pint of sweet milk, and a little salt. Place on a brisk fire in a kettle of boiling water the vessel containing the hominy; let boil one-half hour.

Rennet Whey

Infuse a piece of the rennet in a little boiling water, as for making cheese; let it remain one or two hours, put a tablespoon of this fluid into three pints of new milk, just warmed (not hot). Cover it with a cloth and let stand still until the curd is formed thick on the top; press out and use the whey.

HINTS ON ETIQUETTE

If you cannot be fair to a person you dislike heartily, at least be accurate in what you say about him.

New Cream Deodorant

Safely helps

Stop 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. 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 Arrid regularly.

Arrid is the largest selling deodorant

39¢

Also 15¢ and 59¢ jars

Guaranteed by Good Housekeeping

ARRID

ASHES OF LIGHTING

By VINCENT COURNEEN

"Sounds darn queer to me! Of course, there's proof?"

"If," Calthrop patiently returned, "twenty-seven separate heaps of magnesia and metal, undoubtedly the residue of burned-out incendiary devices, can't be considered as proof, well, I give up." He grunted. "What are you being so sticky about"

Just wondering. . . The thermites employed for firing magnesium-electron can't be fulminated by electrical action. A blow on a detonating capsule is needed. And yet you confront me with the picture of a horseshoe bend, three miles long from beginning to end, and talk about 'synchronised' firing having taken place at twenty-seven equidistant points. Twaddle!"

"But—but that actually happened!"

"Then, at each of those points," Moreton sweetly countered, "I am to assume a Fifth Columnist was standing, hammer in hand, waiting for a pre-arranged signal from some master-spy . . whereupon twenty-seven simultaneous blows were struck on twenty-seven detonators—and the fire-bugs vanished into the surrounding countryside! Again I say, twaddle."

After a time Captain Calthrop made a concession:

"I will admit I've often been taught that the closure of an electrical circuit cannot be employed to agitate thermite compounds. And I agree that it's senseless to speculate on twenty-seven different——"

"I'm remembering," Moreton interrupted, "that delightful contrivance which was shaken out of that lorry: the semi-transparent tube of bottled lightning which was tickled up by my mug of tea."

"Of course! I had almost forgotten——"

"Steady!" The car took a distinct swerve from Calthrop's suddenly excited twist on the steering. "These hill roads are far too treacherous for careless driving. And, talking about lorries, don't forget that one which shot off this very road, hereabouts, taking its load of gear-boxes with it . . another thirty tanks held up."

The moon, late risen, was giving light enough to pierce the acrid smoke pall which hung about the district. Moreton pointed to a gap in the stone walling of the road. Beyond it was a fearsome wedge of gloom—a narrow, rock-studded ravine.

"Just there," he solemnly whispered. "Poor devils."

In the upcast radiance from the dashboard Calthrop studied Moreton's sad and tired profile.

"You know, old man, you're letting all this get under your skin."

"I suppose you're right. Yet, how can I help it." Moreton stared straight in front of him, thinking. Then, with a truly surprising outburst of passion, he raced into speech "As an Intelligence Officer, you're outside it all, Calthrop. As a workman, I'm in it body, heart and soul. That much!

"One watches metal coming up from the rough bar, through operation after operation . . through wearisome hours of labour; the earnest labour of humble folk who have, dimply or clearly some picture in mind of a world released from impending doom and hideous slavery—and, dimly realized, they find pride. Pride in achievement; pride in the strength of their ultimate flexion of the fighting arm.

And that rough steel becomes shining and silken. It is made obedient to limits of thousandths of an inch—the intolerance of a split hair, either way, is not allowed. That steel takes on a certain investment of majesty. . . It becomes an instrument of man's salvation; a shield against the hammerings of Thor.

"Assembled, living, moving, it is made exactly ready for its place in war. Then, Calthrop, all the intricate labours and all the ponderous hours which have been devoted to its perfection are wasted." His voice became a throbbing snarl, "by traitors And, of the sins, I rate treachery as the foulest — in peace or war."

Captain Calthrop drove, soberly, into the crimson blasts of Lowood. Fused telephone wires sprang about his wheels and jangled. Golden blizzards of burning heath sped overhead. He ignored them for his thoughts.

This fellow Moreton was revealing himself anew at every turn. Here he had shown a mysticism, a lyricism, profoundly at variance from the hardened and supercilious casement he exhibited to ordinary observation.

There was an odd power in his personality which Calthrop found most difficult to analyse — a power which could resolve discordant complexities into strangely simple forms of harmony.

A light waved through a billow of smoke Men clustered the road, waving and shouting.

"Hey! Pull up there," came one raucous shout "You're running slap into a bomb crater!"

Calthrop pulled up. Getting out they saw a huge depression barricaded by hastily interlocked larch poles. A special constable, looking important, strode forward—an impressive effort.

"Why now, gentlemen, and where might you be bound for?"

"Oy!" roared a jovial voice, "It's our own little orphan, come back from the storm! Howdy, Giles!" Fruity Flintoff, the fat inspector with a penchant for carolling extempore jingles, stepped up. He carried three dead and horribly singed rabbits, an exceedingly bald grouse, and a tail-less pheasant. "What-ho, m' bonny boy! Look what Hitler's given us, off rations!"

But Moreton was not interested in Fruity's giant humours. He looked beyond him—at the narrow and vicious face of Hector Flanagan.

And, beyond Flanagan — to a shambling, half-naked, and redly-blistered shape, which came out of the smoke and dew, menacingly near, to the machine-shop superintendent. Moreton recognized a Jewish refugee, a Czech called Banni—who rocked on agonized feet and slowly lifted an iron bar—to crush in the unsuspecting Flanagan's skull. (To be Continued)

KING COLE TEA

Distinctive

Rare Flavor and Bouquet

Dorothy Dix Says—

BEAUTY NOT GIRL'S MAIN ASSET

Boys Want Clever, Witty Companions, Good Dancers; Similar Conditions In Home

In spite of the fact that most of the women we know who have made what we call "good marriages" and whose husbands still call them "little girls" after they are gray-headed and have quit weighing themselves, women are still sold on the theory that youth and beauty are the only two qualities in the whole repertoire of feminine charms that appeal to men.

Men are to blame for women putting this overvaluation on looks, for to hear them talk you would think that they were such beauty worshippers that no girl who hadn't won a prize in a beauty contest would ever get a look at a wedding ring. But this is mere masculine propaganda. Plain Janes marry all around Miss Americas, and at practically every wedding the whispered comment that runs around the church is: "What did he ever see in her?"

In reality, if the girls whose faces aren't their fortunes, would give up the struggle of trying to be beautiful though ugly and devote themselves to pepping up other attractions, they would get far better results. For while men may admire living pictures, they are content to let other men hang them on their walls. The girls they like to step out with are gay and amusing companions, have a witty tongue and a nimble pair of heels. Those assets will carry a girl farther along the road to the altar than a classical profile. If girls would spend more time in acquiring skill in smoothing boys' fur the right way and less in putting intricate kinks in their own hair there would be fewer old maids.

And so with wives. When a wife discovers her first gray hair, her play is not to rush off to the beauty shop in the fond belief that it has some magic that can keep her a perpetual glamor girl. If she is wise she concentrates on making her home more delightful, more a place of peace and rest than it has ever been before

WISE WOMAN PLAYS UP HUSBAND'S WISHES

She improves the technique of her cooking. She jollies her husband and makes herself more of a pal to him. She studies the things that he is interested in until she can hand out a more entertaining line of conversation, and thus distracts his mind from her physical appearance so that he never observes that she is acquiring crow's feet and putting on weight.

Wives are always complaining that their husbands never notice how they look. This is God's mercy to them, because as long as a man loves his wife he never sees her as anything but a bride. Probably not one man in ten thousand ever falls out of love with his wife because she has lost her beauty.

In fact he would never have discovered it if he hadn't seen her with her face distorted with temper, or drawn with peevish, fretful whines at tablecloth on which was food that would have killed an ostrich. No man ever thought his wife so homely he couldn't stand to look at her any longer if she turned adoring eyes on him, and if her mouth wore the smile that never comes off.

Beauty is in the eye of the beholder, and those look good to us who love us and admire us and are pleasant to live with. A wife can do a lot more about retaining her husband's affections by being sweet and amiable than she can by keeping her girlish figure.

A Morning Smile

Why do they call it a dental parlor?

Parlor is another name for drawing room.

Mr. Thompson: I'm convinced that Clara needs a firm hand.

Mrs. Thompson: I've told the new maid that, but it's no use."

A Job Only You Can Do

Price Control Questions And Answers

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

Questions and Answers on Price to ask no price control are invited to send them in writing to the mittee of the War Times Prices Women's Regional Advisory Comund Trade Board.

Q. Do butchers and other retailers handling meats have to state the quality of meat when advertising it?

A. Retail butchers and other retail meat dealers who sell beef, veal or lamb are required to use in their advertisements only names of cuts officially designated in Wartime Prices and Trade Board orders. In addition advertisements of beef must state the quality of the product. This not only refers to newspaper advertisements but to handbills, counter advertisements, window streamers, etc.

Q. I contracted to buy a house in September of last year giving the present tenants until the end of April to vacate Their rent is due on the first of each month and with the exception of October they have been from one to three weeks late each month. Is there anything that can be done about their lateness?

Q. My son was home on two weeks' leave and he had no temporary ration card and could not secure one at the local ration board. What is the arrangement about this?

A. He should have secured a card before leaving camp. Since January 15, 1944 ration cards are issued by the soldier's own unit and if not handed to him with his pass, he should ask for it.

Q. Do I have to surrender "D" coupons for strained pruned, unsweetened, in infant foods?

A. Yes, canned fruit for infants is rationed. Whether sweetened or unsweetened you must surrender one "D" coupon for 20 fluid ounces of canned fruit. These are usually packed in 5 ounce tins, you can secure four tins for one coupon

Q. May I exchange butter coupons for tea as I do not eat butter?

A. No, there is no provision in the regulations of the Ration Administration whereby you may exchange butter ration coupons for tea coupons.

Q. Now that the E coupons are good for tea—coffee, are the earlier coupons of no use to me?

A. All tea-coffee coupons 14 to 29 Ration Book No. 3 are still good for tea and coffee, as well as the E coupons which become valid regularly.

THE COOK'S CORNER

ORANGE PEEL MARMALADE

Two cups finely shredded orange peel, 1 whole lemon, thinly sliced, 6 cups water. Place ingredients in a kettle, and cook until very tender. Add 3-4 cup sugar to each cup of cooked fruit. Cook in small portions, about 2-cup lots, about 10 to 12 minutes, or until 1 tablespoon of the juice added to 1 tablespoon rubbing alcohol forms a small mass. It is better to cook the marmalade in a large, open kettle, as it provides quicker evaporation than a smaller kettle.

HAVE ANOTHER SLICE!

RIGHT-O this bread is tops!

—to bake bread just right use Fleischmann's fresh Yeast

Meal planning today calls for a bigger use of good bread. Now your family's most dependable low-cost, high-energy food, bread is a good source of Vitamin B—good, too, as a *stretcher* for harder-to-get foods! If *you* bake at home use Fleischmann's fresh Yeast for bread with fine flavor, fine, smooth texture every time. Today—ask your grocer for Fleischmann's *fresh* Yeast with the familiar yellow label—Canada's favorite for over 70 years!

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.

Needlecraft

For The Home

DAINTY FROCK

This adorable little dress, with its sweet square neck and ruffled pockets, is just the thing to show off the dimpled charms of your youngest glamour girl.

No. 2013 in size 4 requires 1 3-8 yd. 35 in fabric, 3-8 yd. contrasting.

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

TIRED FEELING ADDS YEARS TO YOUR LOOKS

Tired people often have an overworked digestive system. Clogged with food waste and fatigue acids, because liver fails to supply 1 to 2 pints of bile every day.

If always tired, get after your liver—purifier of blood, storehouse of energy. If liver carries off impurities, you feel full of pep. The safe way to increase liver's daily flow of bile is with BILE BEANS. These small laxative pills tone up entire digestive system—liver bile, stomach, kidneys. Made of 10 pure vegetable extracts, Bile Beans act so gently they are called "The Medicine That Copies Nature".

Shake that "tired feeling" right away—and get some fun out of life! Try BILE BEANS tonight—they work while you sleep. Over 7 million boxes used last year, convincing evidence of how greatly they are helping others. 30

Two new inspirations

Families love Jell-O and Jell-O Puddings; women appreciate their wholesomeness . . . their ease and quickness of preparation. Now, wartime restrictions make it difficult to get as much of them as you'd like. So get more servings, by making delicious dishes like the ones below, and those on the packages.

BUTTERSCOTCH APPLES

4 apples
Sugar syrup (⅓ cup sugar, ⅓ cup water)
1 package JELL-O Butterscotch Pudding
2 cups milk

Peel apples, cut in eighths and remove cores. Simmer gently in sugar syrup, a few at a time, until tender. Drain. Prepare Jell-O Pudding with milk, as directed on package. Cool. Arrange apples in dessert glasses and cover with Jell-O Pudding. Chill. Serve with the syrup in which the apples were cooked. Eight servings.

JELL-O FRUIT PARFAIT

1 package Lime JELL-O
2 cups hot water
2 cups mixed fruits

Dissolve Jell-O in hot water. Turn into wet shallow pan. Chill until firm. At serving time, cut jelly in cubes with a warm sharp knife. Pile lightly in parfait glasses, alternately with mixed fruits. Eight servings.

REGISTERED TRADE-MARK

JELL-O and JELL-O Puddings

If your grocer is temporarily out of Jell-O or Jell-O Puddings, please don't blame *him*. He's doing the best he can, to make his limited supplies go 'round.

Products of General Foods

JP44

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.

Father John's Medicine

Made in Canada 18

WHY IS PERFECTION COCOA THE BEST VALUE?

- PERFECTION COCOA is made only from the best Cocoa Beans that can be secured.
- It is carefully processed with the skill of a century's experience in making fine cocoa.
- Its extremely high 22% Cocoa Butter content makes it exceptionally nourishing and gives it a superior, true chocolate flavour.
- Its fineness of texture assures a smooth, creamy beverage, and makes it ideal for baking, too.

For the utmost in quality, food value, and chocolate flavour, ask your grocer for PERFECTION COCOA. Regardless of price, there is none better. Yet PERFECTION COCOA *costs less!*

ONLY 27¢ FULL POUND 16¢ HALF POUND

Why Pay More!

TILLIE THE TOILER—JUST A DREAM WORKING. By WEBSTER

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TIGHT BINDING