

# Woman's Realm Social and Personal Fashions Literature

## WIN YOUR FAMILY'S PRAISE!

**WNY, PAT WHAT BRINGS YOU HOME AT NOON?**

**JUNIOR PHONED AND SAID YOU WERE SERVING AUNT JEMIMAS**

**Serve AUNT JEMIMAS often**

**The greatest meat saver of all!**

## Living & Leisure The Woman's Realm

### FELLOWSHIP

Only the hermit lives alone. All others, with their high or low, will find their every smile or moan. Is shared by everyone they know.

### BLANKET EXTENSION

Blankets will be the saving grace of untold bedrooms this winter—so look to yours. They do the most efficient job of keeping you warm if they are long enough to tuck in firmly at the bottom with enough let at the top to snug in around the shoulders.

If your blankets are too skimpy to do the job with any degree of satisfaction, stitch a 12 or 18 inch width of cotton fabric at the bottom. This extension—tucked under the mattress—will hold the blanket in place while the top furnishes warm protection for the shoulders.

### PILLOX, BONNET, CALOT YOUTHFUL

Now is the time for you to launch the little fur pillox, baby bonnet or calot. The younger crowd likes hats that follow the contour of the head and have no upstanding trimming. They prefer their hats on the backs of their heads, but their snappy mamma usually likes them tilted forward. It's amazing to see how many different effects one can get with the same hat. It all depends on the angle at which it is worn.

### COOLIE SILHOUETTE IN NEW PUR COAT

If you are in possession of a brief fur packet, and last year everyone seemed to be there is no reason for discarding it. But if you are buying a new coat, the chances are that you will prefer the Chinese coolie silhouette. Whether you like sleek, smooth pelts or furry ones is your own affair. If you are in the money and can afford an evening coat, you'll be fascinated by ermine and white caracul or even Japan. Remember that white fur is back with other nostalgic accessories such as scarves, shawls and stoles.

### INFECTED HANDKERCHIEFS

Winter and colds are synonymous and if you suffer much from colds or sinus trouble it's a good idea to look to your handkerchiefs and make sure that these are absolutely sanitary and germ-free.

Handkerchiefs used to relieve colds and sinusitis should be soaked in a salt solution for half an hour, rinsed in clear, cold water, washed in extra-soapy suds, and then boiled in fresh suds for ten minutes. Rinse thoroughly and, if possible, hang to dry in the sun.

### VITAMIN SENSE

When cooked vegetables are reheated, most of their vitamins vanish. This has been proved by tests made on freshly cooked and reheated vegetables. It's vitamin sense to cook only as many vegetables as will be used at one meal. If small amounts are left over it's better to serve them in salads than to reheat them.

### HINTS ON ETIQUETTE

Don't blurt out unpalatable truths, especially if you can't take it yourself. The odd part of it is that the person who "must tell the truth even if it hurts," seldom can hear such truths about himself without losing his temper.

### FAULTY DIET AFFECTS NERVES

Nervous children in many cases are badly nourished or do not get enough sleep, according to Dr. A.

### Groulx, director of the Department of Health, Montreal.

Nervousness can develop in very young babies if their diet does not give them enough vitamin B1 or thiamine. This vitamin is essential to the stability of the nervous system at all ages.

A child who is excitable, irritable, nervous, sleeps badly, may not be receiving enough of this vitamin. Under ordinary conditions, for a normal child, milk furnishes enough thiamine. However, should the baby, the young child or the pupil be given so-called soft drinks instead of milk, they are deprived of absolutely essential elements to insure their growth and health. Other foods which furnish vitamin B1 are cereal made of oats or wheat, whole-wheat bread, rye bread, buckwheat pancakes, oatmeal or whole wheat biscuits. These alone are not enough, however, to be effective as they are not taken in sufficient quantities. Fruit and vegetables must be added to the diet.

### A child with a well-balanced diet will naturally sleep more quietly and be more rested. He should be taken to bed early in the evening, rise at a reasonably early hour in the morning, be given a good breakfast and sleep with his bedroom window open at all times of the year.

### BUILT WARTIME FLEET

By March, 1943, over 900 warships, ranging from trawlers to battleships, had been completed in British shipyards at home and overseas since the outbreak of war.

## YOU'D NEVER BELIEVE SHE IS 48

She's one of the peoplet, happiest-tempered women you ever saw. At the time when most women think life is passing them by—she is just getting started. She is ready to go places and do things... as popular with the men as girls half her age.

How does she do it? She gives the credit to Dr. Williams' Pink Pills... for well she knows how important it is to have plenty of rich, red blood during those years when so many women are "pulled down" in health by bodily changes.

If you feel "always tired", if you look pale and dragged out, if you are suffering from a feeling of nervous exhaustion, are hazy because the bridge ahead is so full of poor blood make-up. Don't wait—start Dr. Williams' Pink Pills today. They contain an easily assimilable form of iron-fortified with a generous amount of Vitamin B1—and are wonderfully effective in helping to build the rich, red blood so necessary to vigor and energy. Get a package today from your druggist.

### A Morning Smile

A militiaman on sentry duty held his rifle and said: "You can't pass this way."

"I'm the sergeant," bellowed a voice from the back of the car.

The sentry stood aside. "Sorry, sir, I didn't realize it was you. I got orders to let no traffic pass here because the bridge ahead is rotten. But, seeing it's you, sir, it's a pleasure."

A lady who had engaged a new cook made a tour of inspection after she had kept her a week. She found a policeman locked up in the pantry.

"How did this man get here?" she asked, severely.

"I'm sure I don't know," was the cool reply. "He must have been left over by the last cook."

## 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 no 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. Can I get meat coupons for my husband's ration card?

A. No—if your husband's leave is for five days or more he should go to the local Ration Station Office where he can secure a temporary ration card. This card contains coupons for sugar, tea, coffee, meat and butter. To secure this temporary ration card, officers of armistice services must present a letter from their commanding officer stating the length of their non-commissioned officers and other ranks must present their leave pass.

### Q. How will I be able to get my ration coupons for my small son when the present card runs out?

A. The card is renewable by your Local Ration Board three months from the time of its issuance.

In our household we find difficulty in making our sugar rations last, but we have a surplus of tea or coffee and meat coupons. Can we exchange the latter for additional sugar coupons?

Unfortunately, No. Such coupons are not interchangeable. You may, however, cash your D pre-serve coupons for extra sugar.

Q. Our ration card is preparing to hold a sale. Are we allowed to accept gifts of jams and jellies in order to sell them?

A. Yes, provided you register with your Local Ration Board, and receive its permission to do so and to not accept gifts of jams and jellies to hold a sale. Are we allowed to accept gifts of jams and jellies in order to sell them?

Q. Where could I get a ration book for canned milk?

A. Apply to your local ration board and they will issue "G" coupons providing you are able to qualify as an essential user of canned milk.

Q. My small son complains that chocolate bars do not seem to be as large as they used to be. Is there anything that can be done about this?

A. A late order of the Prices Board requires manufacturers of all such confections to give the same weight to the curing of the basic period of 1941 and specify the weight of the bar on the wrapper. If you have reason to believe that the weight has changed in such weight, please report to the Wartime Prices and Trade Board.

## THE COOK'S CORNER

### Steamed Christmas Pudding

- 1 cup all-purpose flour or 1 cup plus 2 tablespoons pastry flour
- 1 teaspoon baking powder
- 1/2 cup plus 2 tablespoons soda
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cloves
- 1/2 teaspoon nutmeg
- 1/2 teaspoon allspice
- 1/2 cup raisins
- 1/2 cup mixed peel
- 1/2 cup candied or marshmalo cherries
- 1/2 cup suet or 1/2 cup mid-flavored fat
- 1/2 cup soft stale bread crumbs
- 1/2 cup molasses
- 1/2 cup milk
- 1/2 cup sift flour, baking powder, soda and spices. Mix fruit and suet (cut in small pieces) or fat with dry ingredients, using hands. Add bread crumbs, molasses and milk. Stir until well combined.

### Minicmeat

- 3 cups apples, chopped
  - 2 cups raisins, chopped
  - 2 tablespoons lemon or other fruit juice
  - 1/2 cup water or cider
  - 1/2 cup mixed peel, sliced
  - 1/2 cup molasses
  - 1/2 teaspoon ground cloves
  - 1/2 teaspoon nutmeg
  - 1/2 cup chopped suet or 1/2 cup mid-flavored fat, melted
- Combine ingredients and heat slowly together. Simmer about 10 minutes, bottle and store in refrigerator until used. Makes about 4 cups minicmeat.

An ensign is a flag flown on ships, a standard flag carried by mounted or motorized units and a color flag carried by unmounted units.

## Dorothy Dix Says—

### MOTHER REAPS AS SHE SOWS IN DISRESPECTFUL CHILDREN

#### Failure To Teach Youths Their Obligations To Parents Apt To Result Badly

DEAR MISS DIX—I have always been the type of mother who gave generously to her children, but expected nothing in return. I only wished them to be happy and to love me and I hope never will, but I am too old to get a job. I have not been well and must have assistance from someone. Is it asking too much of my children to have me in time of need, or is it natural that I should turn to him for help and service.

Recently my income has been shot to pieces and I have had to ask for some help from him to tide me over, but always with the assurance that he would be paid back. He does not have to support me and I hope never will, but I am too old to get a job. I have not been well and must have assistance from someone. Is it asking too much of my children to have me in time of need, or is it natural that I should turn to him for help and service.

The situation has made a strained feeling between us. He treats me as though I were a client and I miss the human interest in me he once had. What should I do?

### MOTHER'S TRAINING EVIDENT IN CHILD'S BEHAVIOR

ANSWER—Surely you must misjudge your son, for it is hard to conceive of a man who is so hard-hearted and callous that he begrudges even sending his mother a few dollars when he is rich and prosperous and she is in need for money. Any man of even ordinary decent, natural feelings would consider it a privilege to be able to help her and thus pay a small part of the debt of gratitude he owed her.

However, when mothers weep upon my shoulder and tell me of how disrespectful and even abusive their children are to them; of how their children treat them and show them no appreciation of affection, I do not feel like mingling my tears with theirs. I want to tell them that they are just reaping as they have sown and that they are to blame far more than the children are.

For a mother writes her own price tag with her children and they treat her just exactly the way she has taught them to treat her. If she has not herself upon a pedestal as long as they live they will bow down before her and do her reverence. But if she has made herself nothing but a doorman for them, they will kick her about and have a contempt for her.

Look about you and you will see that this is one of the rules in human conduct to which there is no exception. It is so true that it has passed into a proverb that mothers have high ethical standards. They are little savages who have to be taught the amenities of life. They only give what is demanded of them. If their mothers ask no responsibilities for all they do for them, they feel that they have no duties or obligations to them.

The child who is never permitted to talk back to Mother when it is his mother's fault is never permitted to talk back to Mother when it is his mother's fault. The child who has been taught from his infancy to help Mother with her chores, to save his money to give her little treats, to carry her bundles, always feels he has a responsibility to her, and that he must look after her and make things pleasant as possible for her. Whether children look up to their mothers or down upon them depends upon the way they were trained. Don't cultivate selfishness in a child for twenty years and then have him turn out an altruist.

DEAR DOROTHY DIX—What do you think of children and pets? Don't you think that parents are often unintentionally cruel to a young child of it immediately? My young son has been reared with a dog and two cats to which he is devoted, as well as to all animals that he sees. Having been taught to be kind and gentle with them and never to take their toys and food from them, he not only obeys these rules but plays with other children with the knowledge that their possessions are also not to be snatched.

I think that their four-legged companions play a valuable part in the development of the characters of children.

### DOG FINEST EXPONENT OF MAJOR VIRTUES

ANSWER—agree with you a hundred percent. Especially do I think that any child who has not had the privilege of growing up with a dog has had his early education neglected. For a dog is the finest exponent of many of our major virtues, such as loyalty, faithfulness, patience, and the love that forgives ill-treatment and licks the hand that strikes it.

Certainly there is some sort of occult affinity between little boys and dogs that you must have noticed if you have ever watched Tommy and Towser with their heads together and an expression of perfect peace and contentment upon their faces. A kind of communion that had yet need of words was going on between them, and the boy of least was the most pleased of all.

Of course, pets are troublesome. They track in mud and are not respectful of satin cushions, but they mean so much in the lives of the children who get more pleasure out of a manky cat or dog than they do out of the finest mechanical present that parents can give. They are willing to make the sacrifice of putting up with them. A child without a dog is like the Scotchman who said that he felt so naked when he didn't have a dog at his heels.

DEAR MISS DIX—I am a girl of 23. A rich old man of 73 wants to marry me. Of course, I don't love him, but he would have me plenty of money when he died.

ANSWER—If you are for sale, that is probably as good an offer as you will get and all that you are worth. But it always seems to me that the girl who sells her youth and love and romance and the joy of living for the sake of being left a rich widow when her old husband dies, makes a sorry bargain.

Don't kid yourself into thinking you will be an old man's darling. You will be his slave and spend your time nursing his rheumatism, instead of stepping out into the bright lights.



A mother and her smart youngsters go to market in mads-overs. From a dowdy three-piece smart suit mother made natty little outfits for Susan and Sammy. She also managed to work out a new suit for herself. Her girl friend has a pretty blue suit with contrasting plaid jacket, perfect except for the sleeves and shoulders, which were badly worn. A better material was obtained with the same to make a new dress.

**Barbour's ACADIA BAKING POWDER**

Great for Baking Confidence

## Mr. Winkle Goes To War

He and Jack glanced at each other and both smiled. The condemned man had at least that mutual understanding.

It was nearly eleven before the last of the guests left. Penelope came out from the corner where she had sulked all evening at the invasion of her own peaceful life. Mr. Winkle, out of habit, took her to the back yard.

When he came in again he started for the radio, to turn it on for the nightly war news broadcast he usually favored. Then he stopped and didn't go near it, but turned toward the stairs.

"Aren't you going to listen to the war news?" Mrs. Winkle asked. "I don't think I will tonight."

"But why—?" Mrs. Winkle began to speak as if she were the same person as of before this morning. But she caught herself and then said merely, "Oh—"

Mr. Winkle felt like pinching himself to be sure he was awake and that this was Amy showing such tact and consideration. He smiled a little, but not so she could see him and he decided that it was very nice indeed to have her this way.

CHAPTER IV

They went upstairs and there, while they prepared themselves for the night, Mr. Winkle commented in a small voice that seemed to indicate she had other things to say but couldn't say.

The President of the United States. Greeting: Having submitted yourself to a local board composed of your neighbors for the purpose of determining your availability for training and service in the armed forces of the United States, you are hereby notified that you have now been selected for training and service in the Army.

Mr. Winkle had never before received a communication from the President and it filled him with a new kind of consternation. Following his prominent newspaper appearance and the rather

It will be your pleasure to make this Dutch doll for a little girl. Easy to create in a short time. Pattern No. 886 contains complete instructions for making the body of the doll, clothes, hair and shoes.

To order pattern: Write or send above picture with your name and address with 15 cents in coin or stamps. Needlework Bureau, Charlotetown Guardian.

Design No. 886

NAME \_\_\_\_\_

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

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**MAGIC BAKING POWDER**

ALWAYS GIVES LIGHT, TENDER TEXTURE

Costs less than 1¢ per average baking

## Needlecraft For The Home

FILL-INS WITH A FULL-TIME JOB

For cosy comfort in a winter that may prove a cold one, there's no better material than the jerkin and skirt. With this pattern, you can make either the jerkin or jacket, or both.

Style No. 2652 is designed for sizes 10 to 20. Size 16 requires for the jacket, 1 1/2 yards 64-inch fabric; for the jerkin, 1 1/2 yards 54-inch fabric; for the skirt, 1 1/2 yards 54-inch 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.

Style No. 2652

Name \_\_\_\_\_

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

City \_\_\_\_\_ Province \_\_\_\_\_

## TAKE NO CHANCES WITH BABY'S COLD

DON'T LET your baby's little cold develop into something worse. Let Mrs. Geo. McElroy of Scarborough tell you what to do. "My baby of 20 months caught a nasty cold, so I tried Baby's Own Tablets and the fever this cold was quicker than ever before. I certainly am for Baby's Own Tablets from now on."

Baby's Own Tablets are sweet-tasting, easy to take—and may be crushed to a powder if desired. Effective in treating troubles, constipation, simple fevers, diarrhoea, upset stomach, colds and summer complaints, simple croup and other minor ailments. Yet they are utterly free from opiates or stupefying drugs. An analyst's report is given in each package.

Get a package today. Sickness so often strikes in the night. 25 cents. Your money back if you are not satisfied.

## HOW TO PREVENT MANY COLDS

From Developing

Quick—Put a Few Drops of Vicks Vapo-Rol up your nose at the first sniffle, sneeze, or sign of catching cold and let its stimulating action aid Nature's defenses against the cold.

2652

**for Easier, Quicker BETTER BAKING**

**OAT COOKIES**

- 1 cup Brodie's Self-Raising Flour
- 2 tablespoons Boiling Water
- 1 cup Rolled Oats
- 1/2 cup Butter (or combination of Butter and Shortening)
- 1/2 cup Brown Sugar

Mix flour and rolled oats together. Melt butter and add boiling water and brown sugar. Combine the two mixtures. Drop by teaspoonfuls on cookie sheet and press down with fork. Bake in moderate oven until slightly brown. Baking time from 10 to 15 minutes.

Ask your grocer for FREE BOOKLET of Recipes, or write to Brodie & Harvie Limited, Montreal, P. Q.

**BRODIE'S EASY BAKING POWDER OR SALT**

MAKES BAKING EASY

NEEDS NO BAKING POWDER OR SALT