

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

## KISS YOUR TIRED FEELING GOODBYE!

**Feeling Many Suffer Low Blood Count—And Don't Know It.**

The feeling that about low blood count is that you can work about as much as you ever did—even look healthy and strong, yet you can feel as if you had lead in your legs, doped, tired and peevish.

Low blood count means you haven't got enough red blood corpuscles. It is their vital job to carry life-giving oxygen from your lungs throughout your body. And just as it takes oxygen to turn the wheels of your car and make the power to turn the wheels, so you must have plenty of oxygen to enable the stars in your body and give you going power.

Get Dr. Williams' Pink Pills today. They are world-famous for the help they give in increasing the number and strength of red blood corpuscles. Then with your blood count up you'll feel like bounding up the stairs as if you were floating on air. Ask your druggist for Dr. Williams' Pink Pills today.

## MORNING SMILE

The barber had just finished shaving his customer and just whisked the towel away when the living soundness as you and the customer jump the same way.

"Oh, it's quite all right, sir; you'd be surprised how we finish off a shave in an air raid. Everything's all right so long as you and the customer jump the same way."

A man revisited his old home, which he had had to sell to a man because the expenses were too heavy.

"And how is my ancestor, the host, who used to walk up and down the stairs all night?" he asked.

"Oh, 'im," said the new owner, who had had the place modernized. "E don't give us a wink of sleep, ringing for the lift!"

## HOUSEHOLD SCRAPBOOK

**Sewing**

When sewing in a room with a carpet or large rug, a large sheet tucked on the floor will catch threads and scraps. It is quickly and easily taken up when the work is done and is washed and mended and dried during unnecessary.

**Wash**

When eggs pop while frying, sprinkle a tablespoonful of flour or little cornmeal in the hot grease and break the eggs. This also adds flavor to the omelet.

**Meatloaf**

A strip of unbleached muslin can be attached to one end of a short length of string in order to keep it tucked at the end of the loaf.

## Dorothy Dix Says—

### LIFE HARD FOR LONE WIDOW

**Relicts Should Avoid Unsuitable Matches —Home-Training More Vital To Child**

DEAR DOROTHY DIX: I am a widow just past 50. Have had tenderness and love showered on me all my life. I think now I am the loneliest woman in the world, and I feel as if I cannot go on with no one to love or to love me and no man to do anything for. What can I do?

A LONESOME WIDOW.

ANSWER: When a woman who has been happily married and whose life has centered in her husband loses him, her lot is indeed a forlorn one if she has no children in whom she can absorb herself, and on whom she can lavish the treasures of her heart.

### EMPTY HOME

Her home is broken up, for though she may still have the house and money enough to run it, it is but an empty shell after the man has gone from it. The woman may have made a career of beautifying and adorning it and making it bright and comfortable, but she has no interest in doing it when no husband comes back to it in the evening. It doesn't even seem worth while to get up a good dinner when one must eat it alone.

There are many widows who are desperate and lonely and forlorn and who are so eager to marry that they rush into unsuitable matches. Don't make this mistake. If some good, fine man whom you have known for years wants to marry you, well and good. But don't be marrying just to be a-marrying and because you are lonesome. Better my advice to you is to get a job. Right now Uncle Sam needs every able-bodied person he can get to help in the war effort. Also the Red Cross and the servicemen's organizations would welcome your assistance. Keep busy. Work so hard that you will be glad to have a little time to rest in the evening. Work is the sovereign remedy for loneliness.

### HOME TRAINING VITAL

DEAR MISS DIX: Which is more important, the training a child receives at school, or the training he receives at home?

MRS. C. G.

ANSWER: The training a child receives at home is infinitely more important than that which he receives at school, because it begins at birth and continues throughout his life.

## COOK'S CORNER

**BISCUIT MIXTURE**

1 1/2 cups flour  
1/2 teaspoon baking powder  
3/4 teaspoon salt  
1/2 cup shortening  
1/2 cup sugar

Method: Sift the flour, then measure it and mix again with the baking powder, salt and sugar. Sift the mixture twice. Now add the shortening and cut this in with two knives, until the mixture is in fine crumbs. Place in a covered container and store in the refrigerator until used. This mixture has been known to keep fresh for several weeks in the refrigerator.

**BAKING POWDER BISCUITS**

2 cups biscuit mixture  
1/2 cup milk

Method: Add the milk to the biscuit mixture to make a soft dough. Turn out onto a floured board and knead lightly until the outside looks smooth. Roll out to desired thickness and then cut with a biscuit cutter. Place in a hot oven (450 deg. F.) for about 12 minutes.

## Immensely Popular KING COLE TEA

Chosen for its Richness and Flavor

## Living & Leisure THE WOMAN'S REALM

### A PETITION

This morning a bird set up in a tree— Hungry and cold as a bird could be. He said—"Have you bread that you can give me? I am starved for bread." If you have please put them out on the ground— (They would mean so much when we come around) For this morning snow has covered the street. And we must die if we cannot eat— It would be such a kindly thing to do— And I know our Father would bless you too.

### AT "BIG THREE" MEETING

Anna Roosevelt Boettiger's presence at the "big three" meeting emphasized her role as one of the United States warship at Malta. Mrs. Roosevelt's chief contribution in a photograph taken aboard a ship was shown chatting with the President. She wore a tailored suit open-breasted blouse and beret. Mr. Roosevelt was wearing unfamiliar headgear—a tweed cap.

A good sailor like her father, Mrs. Boettiger became the first member of Mr. Roosevelt's family to attend the "big three" gathering. Her brothers have been to Roosevelt-Churchill meetings.

### BLACKHEADS

Don't squeeze blackheads—dissolve them. Squeeze blackheads—dissolve them. Squeeze blackheads—dissolve them. Squeeze blackheads—dissolve them. Squeeze blackheads—dissolve them.

### HOW CAN I !!

Q. How can I clean ordinary window shades?  
A. Rub with wall paper cleaner. Holland shades should be stretched tightly on floor or table and tacked down, then scrubbed with hot suds and brush. Rinse with clean warm water. Wait until almost dry, then iron.

Q. How can I make it easier to launder clothes?  
A. Clothes will be easier to wash if they are soaked overnight in cold, soft water, into which one tablespoon of ammonia to each bucket of water has been added.

Q. How can I drive away mice?  
A. Place bunches of peppermint, or essence of peppermint, around their haunts.

### A KITTEN SWEATER IS SMART

I think tonight I was surprised to see so many women reverencing so many Churches "come home" on this February day, as assembled in that Church in the neighboring village. When in the social hour that followed the service, I found that some of the ladies had themselves driven a distance when "passing" is a has-ing, found that some of the depth of snow, I marvelled at the which made the sleet rather than the snow. I was conscious too of these busy farmers' wives who had hurried chores, possibly leaving their homes for a later date, to meet with other women for an hour of spiritual communion and uplift. I felt as we came away from the Place, where for the time we had forgotten the trivial war-worries, cars that so best us and joined voices and hearts in praise and prayer, it was indeed good to have been there.

### DESIGN NO. 1066

This good looking sweater is easy to knit. Make it in your favorite color. Pattern No. 1066 contains complete instructions for making sizes 32 to 42.

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

### DESIGN NO. 1066

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
Province \_\_\_\_\_

## ELLEN'S DIARY

By An Island Farmer's Wife

There was frost this morning. Every shrub and tree about the place had been visited with it in the night and frequent trips were made to watch the whims of the mercury. The James said even when the sun sparkled on the whiteness: "It shouldn't be a bit surprised if I have falling weather by noon." Noon came and the sun shined brightly. The out-door was so inviting, Jody said she guessed she would go to the corner for a walk. "Oh well, just for a needed. Dinner was set ahead today, so that the men might have a long afternoon in the wood-lot. This was to be the end of the cutting and hauling for this year. I size of the pails to appraise the said this morning, taking in a glance its cubic content "should be through." But two houses . . .

### WIN YOUR FAMILY'S PRAISE!

YOU'D BETTER CALL IT "AUNT JEMIMA" 'CAUSE AUNT JEMIMA'S SO EASY TO FIX!

HOW'D YOU LIKE US TO NAME OUR NEW JEEP AFTER YOU?

Good for you - Digestible as toast!

### 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 been asked by the Wartime Prices and Trade Board from newspapers in this region. The answers are prepared by the Board's Readers' Service. Send them to the Board, c/o the Charlottetown Office, 100 Water Street, Charlottetown, P.E.I.

### BETTER ENGLISH

D. C. Williams

1. What is wrong with this sentence? "He is her intended husband." "He is engaged." "Which one of these words is misspelled? Phase, crase, graze, snase." "What does the word 'phrasem' mean?" "What is a word beginning with 'nd' that means 'violating good manners'?"

### MODERN EDIQUETTE

By Roberta Lee

Q. What would be the proper dress for men and women to wear to a funeral?  
A. A man may wear any dark business suit. A woman should wear some dark color, never say colors nor sport clothes.

Q. What is the proper hour for giving a breakfast?  
A. The breakfast may be given at any hour of the morning, prior to noon.

Q. When is the proper time for one to tip the porter on a train?  
A. At the end of the journey.

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**WHY NOT HAVE BABY SLEEP THROUGH NIGHT**

YOU and your baby both need sleep. Here's the easy way your mother manages it. Let Mrs. B. — J. of Windsor, Ontario, tell you as her own words: "Night after night, as soon as my baby gets settled in bed, 'Baby' would start crying. . . Baby's Own Tablets changed all this. . . no dalling effect. . . They help give refreshing sleep by clearing away wastes and poisons that disturb rest. No sweet-tasting, easily crushed to a powder, if desired. Baby's Own Tablets bring quick relief from teething troubles, constipation, colic, fever, upset stomach, diarrhoea, and other minor child ailments. Try them. 25 cents.

**Needlecraft FOR THE HOME**

BRUNCH OR HOUSECOAT

Attractive and as comfortable as a side-wrap frock as you could wish for. Notice the convenient, roomy pocket and the easy to make ruffled sleeves. Housecoat length also included in the pattern.

No. 2668 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, and 44. Size 36 requires 4 yards 36-inch fabric for the brunch coat and 3 1/2 yards of ruffling.

Send 20 cents for PATTERN which includes complete sewing guide. Print your Name, Address and City plainly. Be sure to state size you wish. Address Pattern Department The Charlottetown Guardian.

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

**WHY GIRLS BY THOUSANDS prefer this way to relieve distress of PERIODIC FEMALE WEAKNESS**

With its Nervous Restless Feelings

Take heed if you like so many girls—at such times—suffer from cramps, nervous, a bit blue—all due to functional monthly disturbances.

Start at once—try Lydia E. Pinkham's Vegetable Compound, to relieve such symptoms. Pinkham's Compound not only helps relieve monthly pain, but also accompanies a healthy, nervous feeling of this nature. This is because of its soothing effect on cervix or woman's secret important organs.

Pinkham's Compound is made from effective roots and herbs (plus Vitamin B1). IT HELPS NATURE! Thousands of women and girls have reported benefits. Follow the directions. Just see if you're not delighted with results!

Lydia E. Pinkham's VEGETABLE COMPOUND

# Women Demand All-Over Protection from "B.O."!



**A LIFEBOUY bath is refreshing, invigorating—and it gives the lasting, all over protection women demand today!** You, too, can depend on Lifebuoy to keep you clean everywhere. Its fresh, clean-smelling scent is proof of Lifebuoy's exclusive purifying ingredient. Although this distinctive scent vanishes quickly, Lifebuoy's protection is long lasting.

**ITS FRESH, CLEAN SCENT IS YOUR GUARANTEE**

ONLY LIFEBOUY contains the special purifying ingredient that stops "B.O." The fresh, wholesome scent of the Lifebuoy cake VANISHES almost instantly, leaving your skin smelling naturally fresh and clean.

**LIFEBOUY HEALTH SOAP**

LETTER PRODUCT

THE ONLY SOAP IN THE WORLD ESPECIALLY MADE TO STOP "B.O."

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