

# Woman's Realm Social and Personal Fashions Literature

## We Are Sorry

WAR'S necessities have limited the supply of Jell-O—and the demand exceeds the supply. Naturally, there are times when grocers are out of Jell-O. If you have been disappointed, we are sorry. But Jell-O is still being produced, and you will be able to enjoy it from time to time.

Seven delicious flavors—Strawberry, Raspberry, Cherry, Orange, Lemon, Lime or Pineapple.

### JELL-O

A PRODUCT OF GENERAL FOODS



## HEALTH

A HEALTH SERVICE OF THE ASSOCIATION AND LIFE INSURANCE COMPANIES OF CANADA

A recent report from a correspondent in London, England, to the Canadian Medical Association Journal states that at the present time there are 1,400 British Restaurants in operation in Great Britain under the direction of Lord Woolton, Minister of Food. These restaurants serve 94 million meals per week.

The report goes on to say that the policy of these special establishments is to supply in one meal a third of the day's requirements of protein and calories and two-thirds of the vitamins and mineral salts. One of the difficulties confronting the authorities in the achievement of this is the different groups of people to be supplied, varying from factory workers to school children. The former have their own canteens in many instances, 1,500 factories now have canteens as compared with 1,500 before the war. The numbers of children taking dinners in school is now rapidly reaching the million mark and in an interesting recent survey an attempt has been made to find out what children think about school meals by making this the subject of an ordinary school essay.

A large proportion stated a clear preference for meat at home, but the reasons for this choice mostly revealed matters which can be improved. On the positive side were remarks about the liking for school fare, the relief from a tiring walk home and the fact that the school meals help the mothers.

Plans are in operation, it is stated, to ensure the careful management of this valuable new development in communal feeding in its early stage in order that it may result in the success it deserves to be.

## THE COOK'S CORNER

### BLACK AND WHITE CAKE

2 squares unsweetened chocolate  
1-2 cup sugar  
1-2 cup sweet milk  
1 egg yolk  
1-4 cup butter or margarine  
1-2 cup sugar  
1 egg  
1-4 cup sour milk  
1-2 cups flour  
1-2 teaspoon soda  
1-2 teaspoon vanilla

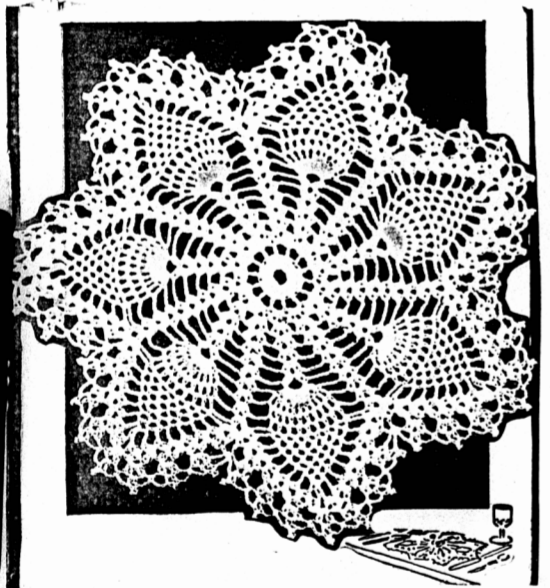
Melt chocolate over hot water, gradually, then add yolk of egg, and cook until mixture thickens. Set aside to cool. Cream the butter and add gradually 1-2 cup sugar, egg white beaten, sour milk, and flour mixed and sifted with soda. Beat mixture and add vanilla. Bake in shallow cake pan in water bath over Put boiled frosting between and on top. Time in oven 20 minutes. Temperature, 350 degrees.

### DIVINITY CAKE

1-3 cup butter  
1-2 cups granulated sugar  
3 cups sifted flour  
3 teaspoons baking powder  
1-4 teaspoon salt  
1 cup cold water  
1 teaspoon lemon extract  
1-4 cup candied pineapple  
3 eggs whites

Cream butter, add sugar gradually and beat well together. Mix and sift dry ingredients and add alternately with water. Add flavoring and fruit and fold in egg whites beaten stiff. Bake in two layers in a moderate oven. Put together with boiled frosting flavored with almond, and spread melted unsweetened chocolate over the top. Time in oven, 25 minutes. Temperature, 350 degrees.

## TEN INCH CROCHETED PINEAPPLE DOLLY



DESIGN NO. 1164

Crocheted pineapple dollies still hold a favorite place in needlework center. It is fun to create and complete illustrations.

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.

To Charlottetown Guardian, Needlework Department.

Design No. 1164

NAME \_\_\_\_\_

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

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

## For Quick Cough Relief, Try This Home Mixture

**Splendid Results. Saves Money. Easily Mixed.**

You'll be surprised how quickly and easily you can soothe a bad winter cough, when you try this well known mixture. It gives you four times as much cough medicine for your money and you'll find it very pleasant and dependable, for real relief.

Make a syrup by stirring 2 cups of granulated sugar and one cup of water a few moments, until dissolved. No cooking needed—no trouble at all. Or you can use corn syrup or liquid honey, instead of sugar syrup. Then put 2½ ounces of Elixac (obtained

from any drugist) into a 16 oz. bottle. Add your syrup and you have 16 oz. of medicine that will surprise you by its quick action. It never spoils, lasts a family a long time, and tastes fine—children love it.

This home mixture takes right hold of a severe cough. For real results, you'll say it's splendid. It loosens the phlegm, soothes the irritated membranes, and quickly eases soreness and difficult breathing.

Elixac is a special compound of proven ingredients, in concentrated form, well known for its soothing effect on throat membranes. Money refunded if it doesn't please you in every way.

## Dorothy Dix Says—

### THEY ARE MURDERERS TOO—THOSE WHO KILL ANOTHER'S SPIRIT

#### Husbands, Wives, Parents—If You Are Guilty, Reform Now

The other day I got a letter from a correspondent in which he enclosed a battered old newspaper clipping, blurred with time and falling to pieces of its own weight, who wrote: "More than twenty years ago you wrote the enclosed article, which has profoundly affected my whole life. I wonder if you can republish it, as it may make other people think also."

I can, and will, and there is the little secret.

Are you a murderer? You will say you are not. You are shocked at the very suggestion that you, who are a respectable citizen and upholder of the law and order, could commit the foul deed for which low-browed felons are hanged. What, you who sicken at the very thought of a re- strain on a bandage, slip your hands in human blood! The very idea is preposterous.

Nevertheless, are you a murderer? You may never have shot a man, or stabbed a woman, or choked a child to death, yet you may daily kill the things that make life worth living to those about you.

To slay the body is not the worst crime you can commit against an individual. It does not take long to die. The agony is over in a few minutes. But the spirit dies hard, and when you kill that you have to do it by slow torture.



#### "THOU SHALT NOT KILL"

Therefore, I hold that the murderers, who slay their victims quickly with shot or knife, are less cruel and deserving of punishment than those other killers, who break the hearts and crush the souls of those whose happiness lies in their hands, and whom they doom to suffering through long years. "Thou shalt not kill" is one of the commandments God gave to man for his guidance, but it does not mean merely that we shall not take human life. It means that we shall not slay love, or faith, or hope, or ambition, for when we do we kill something far more precious than life itself.

So I arraign you, Mr. Good Man, at the bar of conscience, and ask you again: Are you a murderer? Have you killed the joy of living in your home? When you married, your wife was a gay, high-spirited girl, bubbling over with laughter. Have you made of her a sad-faced woman whose eyes know tears oftener than her lips do smiles? When your key rattles in the latch of an evening when you return from work, do the children hush their prattle and stop their play? Does everyone in the household cringe when you speak or the whipped dog does when it expects a blow? What say you, Mr. Good Man; do you plead guilty or not guilty?

Are you a murderer, Mrs. Good woman? Have you killed your husband's love? He was mad about you when he led you to the altar, and when he looks at you his face was that of one who worships at the shrine of a saint. Is that look still in his eyes? Or has he grown hard and bitter and cynical and disillusioned? Love like that doesn't die of itself. It has to be assassinated. Have you done this with your selfishness and greed and nagging, or did you starve it to death through neglect? If your husband's love is dead, you have murdered it. Your hands are red with more than his life's blood, and all the perfume of Araby cannot sweeten them.

#### FRUSTRATED CHILDREN

Are you murderers, Fathers and Mothers? Have you slain the ambitions of your children and killed their faith in themselves? The children who were slow in finding themselves and whom you taunted with their failures until you made them give up even trying to achieve anything. The bookish boy who wanted to be a lawyer and whom you forced into the grocery business because you had planned for him to carry on the firm.

The talented lad in whose face you shut the door of opportunity because you did not want him to leave you and go where fortune called him. The brilliant girl whom God made an actress but you made a kitchen drudge because you didn't believe in a girl going on the stage. The daughter whose heart you broke because you would not let her marry the man she loved. Do not the ghosts of all your frustrated children, for whom you killed everything in life that made it worth living, ever rise up to haunt you?

And stand forth and answer to the charge of murder in the first degree, willingly, knowingly, with malice aforethought committed, all we who are wet-blankets and killjoys, who lie in wait to stab hope to death with raven croakings; who slay our self-confidence until our ability to achieve things perishes of inaction; who stab us to the heart with cruel speeches; who poison us with suspicions of those we trust; and who kill within us the joy of living.

You are murderers all! Repent your crime. And reform before it is too late.

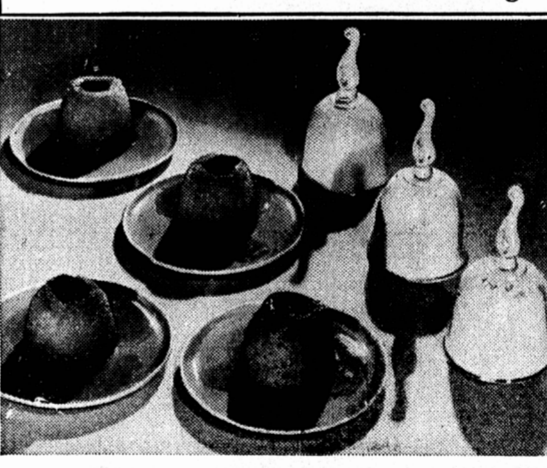
## DINNER GUEST



FAYE EMERSON of Louisiana—currently appearing with Ida Lupino, Joan Leslie and Dennis Morgan in Warners' "The Hard Way," models this dinner dress of black crepe. Note the peg-top skirt with envelope drape, all of which comes well within the VPB's ruling for wartime.

EARLY AUSTRALIA The first British settlement in Australia was established at the head of Sydney Cove in 1788.

## Ring Out the Dinner Bell For Bell Pudding



**All-Bran Bell Pudding** strikes the right note for winter desserts. Made with sweet, juicy figs and crisp, crunchy bran cereal, it's baked in muffin tins or custard cups, then turned upside down. Served hot with a lemon flavored fig sauce, it finishes off a meal in fine style. The recipe goes like this:

**All-Bran Bell Pudding**

1-3 cup shortening  
3-4 cup of sugar  
1 egg  
1-4 cup bran cereal  
2-3 cup milk  
1 cup flour  
2 teaspoons baking powder  
1-2 teaspoon salt  
12 canned figs  
1 teaspoon vanilla extract

Blend shortening and sugar thoroughly; add egg and beat until light and fluffy. Soak bran cereal in milk, add flavoring. Sift flour, baking powder and salt together, and add to first mixture alternate-

## It Will Help the Tea Controller

to conserve tea if you use MORSE'S SELECTED ORANGE PEKOE. Because of its great strength it goes further.

### STOP WASTING TEA! Make It This War-Time Way!

1. Warm the Teapot.
2. Use 1 level teaspoonful per cup required.
3. Pour one cup boiling water (carefully measured) for each cup required.
4. Brew full 5 minutes.

## Living & Leisure The Woman's Realm

"It is not growing like a tree in bulk, doth make Man better be, Or standing long on Oak, three hundred year To fall a log at last, dry, bald and bare; For any of a day Is fairer far in May. Although it fall and die that night, It was the plant the flower of Light. In small proportions we just best-see And in short measures life may perfect be."

**POTS AND PANS**

There won't be so much metallic clatter among our pots and pans as time goes on—among the new ones at least. For, due to metal shortages, many cooking utensils are appearing in new guises.

**LINENS FROM SICK ROOM**

Linens used in the sick room should be kept absolutely separate from the other household linens, should be boiled before washing, and should then be hung in the sun to dry. In cold weather it is an excellent idea to let them freeze.

**RUSTPROOF**

To prevent rust, give the inside of your garage pail a coat of shellac. This also works with wire clothes-lines.

**BE PREPARED**

Before starting that job of house-cleaning this fall, protect your hands so they do not have to be apologized for at the fall parties or Red Cross work room. Moisten some soap and work it into the pores, around the cuticle and under the finger nails. It will be uncomfortable for a while but when the day's work is over you will find all soil will wash off with the soap and none of that ugly black will have worked into the hands or nails.

**THE FLAT SILVER**

Flat silver can be very quickly cleaned and without any harm being done to it, by covering the silver with sour milk and boiling for three minutes. This is a very effective method.

**STAINED MATTRESS**

Place a stained mattress in the sun and cover the spots with thick paste made of starch and cold water. Allow this mixture to remain an hour or so; then scrape off and repeat the process if necessary. This treatment proves more effective if done while the stain is fresh.

**ORIGIN OF STAMP**

When a person stamps his foot angrily on the floor his action is more or less a first cousin of the act of "stamping" a letter for the purpose of mailing it. The word "stamp" was derived from an Old English word "stampan," meaning a pestle, an instrument used for pounding something. Because the pestle is used with a downward blow, the word "stamp" was first employed, as a verb, to indicate the act of "striking with the bottom of the foot or by thrusting the foot forward."

From this it was a natural step to supply the verb to the process of crushing with a heavy blow in the way that metal ores are stamped or crushed in a "stamping mill." The machine used for this purpose is called a stamp.

Then came the use of the word "stamp" as meaning to "stamp a metallic plate with letters" and this was followed by its employment to indicate the act of stamping metal into coins, as is done in the mints. From this it came naturally to apply the word to the payment of money due the government and to designate as stamps the bits of paper by which the payments were made.

## Chapped, Rough Lips Prevented

Relieve Soreness Instantly

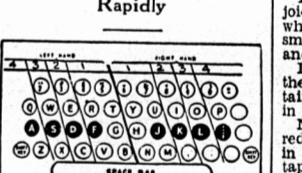
Sore, chapped lips make life miserable in cold weather. Painful and unsightly, their cracked, rough surfaces are easily infected. Don't run this risk! Prevent chapping with Lypsyl. Its wonderful emollient action protects the delicate membranes, keeps the lip tissues from becoming dried out by cold, biting winds, so that lips stay smooth and soft in all weather. When lips are already chapped, Lypsyl gives quick relief, seals the wounded membranes against dangerous germs, hastens natural healing. Get Lypsyl at your store today and use it regularly. Sold everywhere in handy stick form.

## LYPSYL

Neutral Red or Invisible White for Men and Women

## Home Service

Chart Shows How to Type Rapidly



Slow Typist at Disadvantage

Touch typists finish their work in half the time that others take. No wonder bosses prefer to hire them! If you are untrained, you can study touch-typing at home—easily with the keyboard chart in our Home Service instruction booklet. When you start learning you put your eight fingers on the guide keys, marked black on the chart, and each the centre of a section of keys. Get used to the feel of these guide keys. Type each one over and over, never lifting more than one finger at a time.

Learn, next, to reach to other rows. Still keeping your fingers glued to those guide keys, only lift the one that does the reaching. And only let it strike the keys in its special assigned section.

With exercises you learn to reach any key without looking; you keep your eyes on your copy.

Our 32-page booklet has the keyboard chart and the exercises you need to get typing skill. Gives rules for typing business, official, social letters, statistics; for centering typing on page. Can serve as an introduction to a business college course.

Send 20c in coins for your copy of "Touch Yourself" Touch Typing, writing to Charlottetown Guardian Home Service Address. Be sure to write your name, address and the name of booklet.

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

## Needlecraft For The Home

**A BRAID-ACCENTED PRINCESS** With Figure-Revealing Lines

This is the type dress that girls with good figures adore. The smooth lines and braiding make you all sleek curves. Lovely in rayon velvet.

Style No. 2666 is designed for sizes 10, 12, 14, 16, 18 and 20. Size 16 requires 3 5/8 yards 39-inch fabric. Style No. 2666

To order pattern: Write or send picture with your name and address with 20 cents in coin or stamps to the Needlecraft Bureau, The Charlottetown Guardian. Style No. 2666

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



BOY! LIPTON'S FULL-FLAVOURED TEA CERTAINLY MEETS THE RATIONING TEST

## THIS RICHER, MORE SATISFYING TEA

DESPITE RATIONING, you can still enjoy a good cup of tea—and get more cups per coupon—if you use Lipton's "small leaf" Tea. For Lipton's is a master blend which includes select tea grown exclusively in Lipton's own gardens in Ceylon. That is one of the reasons why Lipton's is so uniformly rich and full-flavoured, goes farther and makes every cup more satisfying.

From now on use Lipton's full-flavoured "small leaf" Tea. An Empire Tea that's "fit for a king."

## LIPTON'S

Also Packers of—LIPTON'S NOODLE SOUP MIX "THE SOUP SENSATION OF THE NATION"

## A Morning Smile

Judge: "How do you know this man was drunk last night?" Constable: "Well, I found him in a club hallway with a can watering the flowers on the linoleum."

"He was kicked out of school for cheating." "How did it happen?" "He was caught counting his ribs in a physiology examination."

## When Chest Colds Strike Give-

—give the important job of relieving misery to the IMPROVED Vicks treatment that takes only 3 minutes and makes good old Vicks VapoRub give BETTER THAN EVER RESULTS!



**ACTS 2 WAYS AT ONCE** to bring relief... PENETRATES to upper breathing passages with soothing medicinal vapors... STIMULATES chest and back surfaces like a warming poultice... and WORKS FOR HOURS to ease coughs, relieve muscular soreness or tightness, and bring real comfort.

To get this improved treatment—just massage VapoRub for 3 minutes ON BACK as well as throat and chest. Then spread a thick layer on chest and cover with warm cloth. Try it!

For Better Results Use **VICKS VAPORUB** The Improved Way

## Needlecraft For The Home

**ANCIENT GREEK**

Genoa, Italy, was an important Greek port in the 4th Century B.C.

**TRAFFIC HEAVY TOO**

The 900-mile Russian line to Murmansk is the world's northernmost railroad.

## HOT FLASHES

Take Lydia E. Pinkham's Compound to relieve hot flashes, weak, dizzy, cranky nervous feelings due to woman's "middle-aged" period.

LYDIA E. PINKHAM'S COMPOUND

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

Send 20c in coins for your copy of "Touch Yourself" Touch Typing, writing to Charlottetown Guardian Home Service Address. Be sure to write your name, address and the name of booklet.

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