

Woman's Realm Social and Personal Fashions Literature

What's Cookin'?

by the Tweeds



David's no chef, but he helps prepare breakfast—pours out the Kellogg's Corn Flakes. "I have 'em ready just as fast as Mom," he boasted, "in 30 seconds." Kellogg's are the Gough's favourite ready-to-eat cereal, so the bowls are emptied just as fast. But Mrs. Gough doesn't worry—Kellogg's Corn Flakes are so easy to digest, so easy on her purse—and they save time, work and fuel, too. Get some at your grocer's today—two convenient sizes. Made by Kellogg's in London, Canada.

THE COOK'S CORNER

STRAWBERRY SHORTCAKE

Sift and measure 2 cups flour, 1/2 cup sugar, 1/2 cup butter, 1/2 cup milk, 1/2 cup strawberries, 1/2 cup cream, 1/2 cup vanilla powder. Break up the butter and mix with the flour and sugar. Add the milk and knead into a dough. Roll out and cut into circles. Bake in a 375F to 400F oven 20 minutes. When done split into two parts, put crushed sweetened strawberries between layers and on top.

PLANT CARE

Flowering plants need sunshine and should be placed in a window where they can get as much sunshine as possible. A plant that is just foliage can get along better without sunlight, but should be kept in a bright spot. Ferns thrive on light but shouldn't be placed in direct sunlight.

Living & Leisure The Woman's Realm

For I have learned
To look on nature, not as in the hour
Of thoughtless youth; but hearing
Ofen times
The still, sad music of humanity.
—Wordsworth.

Constancy is a perpetual inconstancy which causes our heart to attack itself to all the qualities of the person we love in succession sometimes giving the preference to one, sometimes to another. This constancy is merely inconstancy fixed and limited to the same person.
—La Rochefoucauld.

USE THAT CHEESE

It's disappointing, isn't it, to find a piece of cheese at the back of the cupboard, hard, mouldy and unattractive. Of course, the mould can be cut off and the rest grated, so it isn't entirely wasted. But here are tips on how to make sure that all the next piece of cheese you buy stays fresh. To prevent moulding or drying, wrap tightly in wax paper and keep in refrigerator. If you have cheddar cheese, wrap in cloth wrung out in vinegar. This discourages mould. Last bits of cheese can be grated for cooking and kept in airtight jars.

FAMOUS CLUB

To over 110,000 Canadians who fought in the last war the name Mother Molson meant and still means more than they can put into words. For Mother Molson's Khaki Club in Montreal, is famous the world over for its warm-hearted hospitality and the friendly guiding spirit of its founder, Mrs. John Dinham Molson. The soldiers themselves gave her the affectionate title of Mother Molson, a name which to them was the highest and dearest tribute they could pay to a woman who did so much for the returned soldiers.

WHO TOLD YOU THAT?

A "Save - Your - Waste - Paper" campaign reminds one of the story of the four men who died on the same day.

A Morning Smile

The old man couldn't find his cabin.
"What was your number?" asked the steward.
"I can't remember," the old man replied, "but there was a light house outside the window."
Officer: "I say, sergeant, where have all these silly asses in our company gone?"
Sergeant: "I don't know, sir - I think we're the only two left."

WOMEN PAY BIG PRICE FOR POOR "BLOOD MAKE UP"

You women who feel and look "washed out" - limp and droopy - may be paying the price of hemoglobin shortage each day. The demands of monthly "periods" pregnancy, etc. all conspire to bring about this shortage of the vital red coloring matter in the red blood cells. Try Dr. Williams' Pink Pills today. Ask your druggist.

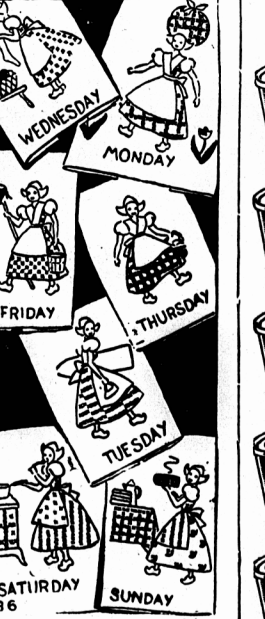
A Job Only You Can Do

Price Control Questions and Answers

Questions and Answers on Price Control will appear in the Guardian as a special 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 on price control are invited to send them in writing to the Women's Regional Advisory Committee of the War Time Prices and Trade Board.

Q. I understand that I may exchange my preserve coupons for "F" coupons for canning sugar. Do I take them to the Local Ration Board or to the War Time Prices and Trade Board?
A. No you need not do this. Each preserve coupon is worth one-half pound of sugar as it stands.
Q. I took my ration book to the Local Ration Board some time ago to exchange my "F" coupons for preserves coupons but found that they would allow me to exchange only the first five "F" coupons for preserves coupons. Why was this?
A. The "F" coupons can be ex-

USE ODD LENGTHS OF FLOSS FROM THE SCRAP BASKET



Design No. 786
Busy little Dutch girls are colorful designs to embroider on towels. Hot iron transfer pattern No. 786 contains 7 motifs measuring about 5 1/2 inches each with complete instructions.

To order pattern: Write or send above picture with your name and address with 15 cents in coin or stamps to Needlework Bureau Charlotte-Town Guardian.
Design No. 786
Name _____
Street Address _____
City _____ Province _____

Dorothy Dix Says—

HAPPINESS MUST BE HUNTED

Little Comes to Girl Who Sits And Waits. Modern Youth Must Boost Own Charms

DEAR MISS DIX—I am just 20 years old and I feel that I am not getting any kick out of life. What shall I do? I don't step out much, not because I don't want to, but because I haven't met the right man. Should I sit around and wait, or should I go when I have a chance, and thus try to brighten my life. I am a business girl. Please advise.
MARY JANE B.

HUNT FOR HAPPINESS
ANSWER—Well, Mary Jane, when you are older you will find out that we mostly have to put the kick in life ourselves, and that if we find happiness we have to go out and hunt for it. Mighty little comes to those who just sit down and fold their hands and wait.

At 20 when you complain of life being dull, stale, flat and unprofitable, you doubtless mean that you lack zest, and that there are not many boys on the horizon. If this is the case, then you certainly should take advantage of every opportunity to go about and let them find out that you are on the earth.

In the olden days, according to the novelists of that period, the maid most admired by men was the shy, shrinking, timid-violet sort of young person who always stayed at home in her mother's shadow, and who was sought out by some adventurous swain who boasted of his discovering her. But that type of girl does not ravish the masculine fancy nowadays. The modern girl has to show herself and let men between the eyes to make them see that she is living. She has to beat upon the cymbals and boast of her charms and graces, and in the commercial phrase, "sell herself" to them, or else she is left lamenting that is why a girl can't sit back and take things easy and wait for Mr. Right to come along.

So keep yourself as well to the front as you can if you want to be noticed.
DEAR DOROTHY DIX—I am an unmarried woman in my early thirties. My best pal is a married woman whose husband is about fifteen years her senior. Whenever she goes out of town, she stays for a day or two, sometimes for several months at a time, her husband makes dates with me, phones me and sends flowers and cards. Whenever I refuse her a date, he gets hurt and moody. What would you do if you were me?
MARTHA T.

APPLY GOLDEN RULE TOWARD FRIEND
ANSWER—I would try to practice the Golden Rule, Martha, and do as I would be done by. I would tell my friend as I should want her to treat me. I would be loyal to her as I would want her to be to me. I wouldn't want her flirting with my husband as soon as my back was turned.

I would try to put the fear of God in her husband's heart and make him realize what a poor, contemptible role he is playing in deceiving the wife who trusts him. I would tell him that if he had ceased to love his wife and was tired of her to come out like a man and say so, and get a divorce so that he would be free to marry other women honorable and decent. Nothing is more disgusting than these old married lecherous who make love to young girls while they are hiding safely behind their wives' skirts, and it is strange that any girl is silly enough to fall for them. A woman of 30 should have enough sense and knowledge of the world not to let herself be compromised by a flirtation with a married man. So if I were you, I would simply say "scat" the next time my friend's husband came around, and shut the door on him.

DEAR MISS DIX—I am very much in love with a man and have asked him to marry me but he says he does not love me and refuses to marry me. What shall I do? I know he loves me even if he says he doesn't.
X. Y. Z.

ANSWER—Give him the benefit of the doubt. He should know how he feels about you.

changed for preserves coupons only when they became valid. The second group of 3 P coupons did not become valid until July 6, 1944. Now you are able to exchange them for preserves coupons. However this woman of 30 should have enough sense to prefer to buy commercially prepared preserves instead of putting down your own.

Q. Could you please tell me how much canned fruit I may obtain for one ration coupon?
A. Each preserve coupon is good for the purchase of 20 fluid ounces of canned fruit.

Ellen's Diary

By An Island Farmer's Wife

I heard James remark aly last week with a far-away whimsical look in his eyes: "Yes, it was the 31st of June. This was in relation to an important event in our lives taking place long and ever ago. But it was never the 31st, it was this very last day of this lovely month of June, of roses and bird-song and lilac-time—and brides. Not that James is unfamiliar with the calendar for when he reckons up certain things incidental to planning his life, he has a right to the day. But like a well-loved character in the fannies he will forget anniversaries. He never mentioned it this morning and I thought it unnecessary to remind him about what is the use of bothering about the past when the future is just over the hill and the present is leading through wind and snow anyway to-gay helping Jack make steps of concrete at both front and back doors in the house's secret and last.

They were very busy with square and boards for the house. I saw them from my kitchen-window bring Jeanie hurriedly from hers to figure up the bills. The young man in the mixture but she said earnestly "I guess we'll just put the date on the year."

We were at dinner, later today for my steps were slower due to yesterday's wanderings, when I saw my niece and namesake Ellen come up the path through the front meadow. Her parents on their way to the City had dropped her off at Brasidier's corner so that she might wait a few hours at Alderlea. Down the years, she visited me when my illness ever disturbed the usual ordered existence of her home. At 3 she complained bitterly that I was always putting her to bed. At 12 she said to the piano stool to practice religiously on a ear attuned to catch the first sound of dishes done. Now a young lady in Grade X she is almost grown up and with others of her age assuming adult responsibilities in the farm as well as trying to acquire the fundamentals of an education.

We went to the Brasidier school-closing this afternoon, Jeanie, Ellen and I. James drove us slowly to the corner and then following a well-worn path across the corner we came to "the little red school" on the river road. Text-books had been put away and school-work was over for the term. The school-leaving ceremony was a novel one for Brasidier—a picnic on the grounds. There were races, games and an exciting treasure-hunt for the children with generous prizes presented by their teacher. The week one caught the notice of their older brothers and sisters entertaining themselves and the grown-ups as well. The school-leaving certificates were presented indoors and the high averages attained were noted. I was about to reply when my wife whom I may say is most happily married, said "Well, why the women's cry?" James looked at me as if he suddenly had remembered our anniversary and I left it at that.

They have gone now, through a bit of rain that came down suddenly, I hope it will not be rainy in the morning for its a mean weather-man that gives a bridle falling weather. James looks wonderingly at the old clock to remark: "Did you ever see the like of it?" It's time for lights out again.
Unit tomorrow - Diary - Good-night.

Needlecraft For The Home

HEART APPEAL

See a memory-making evening, choose this appealing, date dress that whittles your waistline to practically nothing with its pencil-line basque.

No. 3450 in size 16 requires 2 1/2 yards 36-inch fabric (dress); 3/4 yard 36-inch fabric (matching cap).
Send 20 cents for PATTERN. Print your Name, Address and Style Number plainly. Be sure to state size you wish.
Address: Pattern Department the Charlotte-Town Guardian.
Name _____
Street Address _____
City _____ Province _____

NEW RECIPE!

Make Your Own CHOCOLATE SYRUP

with **FRY'S COCOA**

EASY TO MAKE—EASY ON SUGAR

Take 1/2 cup of FRY'S COCOA and 3/4 cup of sugar. Mix well together dry. Slowly add 3/4 cup of boiling water, stirring meanwhile. Boil for one minute. Then pour into a clean dry glass jar. Cover and let cool. Keep this tasty chocolate syrup handy in the ice box, ready for instant use.

Ideal for Chocolate Milk, Ice Cream and Desserts

Many women say this new FRY'S recipe is just the very thing they've been looking for, and you too will be delighted with the many ways you can use it to improve desserts, etc. For instance, you'll find it most appetizing as a hot or cold sauce on ice cream and on desserts, and it's specially delicious for making chocolate milk.

CHOCOLATE MILK

Whenever You Want It!

To a glass of thoroughly chilled milk add 2 dessert spoons of chocolate syrup. Stir and serve. It's delicious!



NOW HIS PIN-UP GIRL— SINCE SHE STEPPED OUT OF THE "B.O." BARRIER



Lucky Bride-to-Be! But she wasn't always so happy. Once the invisible barrier of "B.O." shut her off from the friends and good times she longed for.

Fortunately, she learned about a simple precaution taken by careful people everywhere—a daily bath with purifying Lifebuoy soap. Lifebuoy gently cleanses—washes away the perspiration which causes "B.O." It leaves you feeling extra clean. You know you are safe from offending. And actual tests prove Lifebuoy milder than many so-called beauty soaps.

Get Lifebuoy for the bath—and for face-and-hand wash-ups. Its clean, invigorating scent disappears almost instantly.

FROM HEAD TO TOE—IT STOPS "B.O."



EASY TO USE - ECONOMICAL

YORK SANDWICH SPREADS

FOR OVERSEAS PARCELS

LUNCH BOXES

PICNICS

TEAS

EVENING SNACKS

AFTER SCHOOL

Put variety as well as tasty goodness into the lunch-box of your home-front worker or hungry school-child. Five different York Sandwich Spreads are now available in easy-to-keep stores. Easy-to-keep and so economical! Decide now to put in a supply of York Sandwich Spreads.

PRODUCT OF CANADA PACKERS

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HASTE MAKES WASTE

Broken dishes, food spilled on the floor are usually speed casualties... and how they irritate and strain nerves. Conserve your energies by finding a working speed that is efficient but not too hurried. Make your toponot work to save steps and time. And be sure your daily schedule fits round a rest period... maybe just 15 minutes, but make it efficient by really relaxing. Pays big dividends in the conservation of yourself.

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Address: Pattern Department the Charlotte-Town Guardian.
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Street Address _____
City _____ Province _____

BABY'S RASHES

are often a sign of upset digestion. See how quickly this type of rash often disappears after the use of Baby's Own Tablets. Pleasant to take, easily crushed to a powder if baby's stomach and clear out irritating material that also may be causing diarrhea, gas and colic. Get a package of Baby's Own Tablets today. They have been the standby of mothers for over 40 years. Only 25¢.

