

# Women's Realm, Social and Personal, Fashions, Literature

## Dorothy Dix Says—

### DON'T BE BORED; THERE IS PLENTY OF WORK TO BE DONE

### No Woman Need Be Bothered With Idle Hands — Many Philanthropic Organizations Crying For Helpers

Now when the whole world is crying for help it does not seem as if any one should need be told how to kill time. Nevertheless, there isn't a day that I don't get letters from idle and bored women asking how they can fill in their useless hours and find something interesting to do. Sometimes the writers are rich women, fed up with social gaieties, who feel that they would scream if they had to go to one more night club. Sometimes the letters are from college girls who do not know what to do with themselves now that they are emancipated from school routine. Sometimes they are from brides, who have been competent business women, who find that running a two-by-four flat is like pulling a one-horse load, and who want to find an outlet for their surplus energy. Sometimes they are from women who have moved into new cities where they have no friends or acquaintances or church or club connections, as they had back home and who are aching to get back into the Sewing Society and the Ladies Aid. Often they are from busy, able-bodied, middle-aged women who have gone to live with their children since their husbands died and who have to keep from poking their fingers into Janey's pies.

### WORK ON USEFUL THINGS

And as I read these letters I think that the greatest need in modern civilization is to put this woman power that is being wasted to work, but the question of how to do it has been difficult to answer, for nothing is more futile than playing at a job and making believe that you are busy when you know you are not. To get any kick out of work you must be doing something that you know is constructive and important and that accomplishes results.

So to these women who do not need to work to earn money, but who need it for their souls' sake and for their obligation to help those who are less fortunate than themselves, I would say: Go into any one of the many philanthropic and civic organizations that are crying out for help. They need you just as much as you need them.

There is the Red Cross, whose work will never be done as long as there are battles and cyclones and earthquakes and fires and floods and misery and suffering in the world. There are the War Relief Societies that need aid in their efforts to clothe the naked and feed the hungry and find shelter for those whose homes have been wrecked over their heads, their possessions lost and they left, homeless and comfortless, to face the rigors of a cold winter.

### HELPERS ALWAYS WELCOME

Any of these organizations will welcome you with open arms and give you something to do that will give a little of the agony of those who are enduring their Gethsemane in England and that will, at least, keep you from feeling that you are a slacker.

In every town or city there are women's clubs. Business and professional women's clubs, art clubs, civic clubs, groups working for some worthy cause, all anxious for new and active members. Don't wait to be asked to join one of these. Wish yourself on them. The women who run these clubs are all busy and do not have time to go out hunting up prospects, but they will fall on your neck with joy if you will volunteer to become one of them.

There is no way in which a woman who is a stranger in a new town can get into the running so quickly as by joining a club and showing herself to be a worker. All she has to do is to read the local newspaper and when she sees that a new defense class is starting, or the Red Cross sends out an appeal for help, just leap to the telephone and call up the woman who is at the head of it and offer her assistance. She will be regarded as an answer to prayer and taken into the fold at once.

### YOU CAN HELP YOUNG GIRLS

There is the Girl Scout work that is doing more than any other one thing to keep girls off of the primrose path and guiding them on the straight and narrow way. That should appeal to every woman who has a daughter of her own or expects her son to marry some other woman's daughter, and it is in perpetual need for leaders, troop committees and what not.

And there is the Junior League with its fine ideals of service, and—but it is impossible to enumerate all the myriads of women's organizations that never have half enough members to do their work or carry on their beneficent missions.

Join any one of them. They will teach you how to do the work that really helps. They will make you a little sister to all the world. They will give you a new interest in life and be a first aid to happiness to you, for we only find happiness in making others happy.

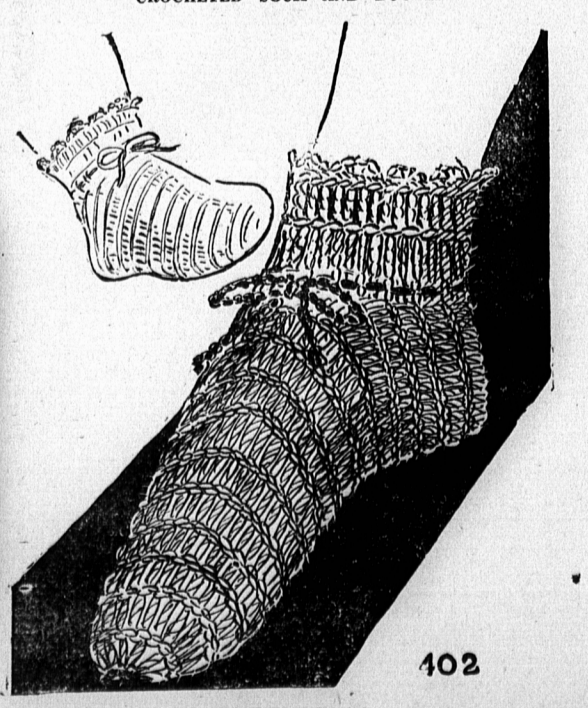
Don't let the waste the woman power of the world any longer. Let's put it to work.

### COURAGE IS NEEDED

Dear Miss Dix—I have been deaf ever since the age of 4, when I was afflicted with spinal meningitis. I attended a school for the deaf, but I have never learned to read lips or to talk with any degree of clarity. Consequently most of my communion with others is done in writing, as I dislike the sign language and have never taken the trouble to learn it. I do not intend to let this ruin my life. I am determined to make good in spite of it. However, it is discouraging that girls don't care to go out with me. I suppose it is because girls do not like to be seen writing their conversation. I do not blame the girls for this, but I want to have good times as other boys do. What would you advise? D. P.

ANSWER—I think you will find it absolutely necessary to learn to read lips, expertly and to talk clearly, if that is possible. Girls don't mean to be selfish, but it is difficult and cumbersome to have to write casual conversations that are so trivial they don't seem worth while putting on paper. You have my deep sympathy in your affliction and my admiration for the courage with which you meet it. DOROTHY DIX.

### CROCHETED SOCK AND BOOTE



It is seldom that one finds such a perfect bed sock, which may be made in half an hour. It is suitable for any sized foot. With change of materials, one may make an ideal bootie for the infant. Pattern No. 402 contains list of materials needed, illustration of design and stitches, and 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, Charlotte-Town Guardian Needlework Department.

Design No. 402

NAME \_\_\_\_\_

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

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

## THE COOK'S CORNER

### CARROT PUDDING

One cup grated raw carrots, 1 cup cream, 1 cup brown sugar, 1 cup raisins, 1 tsp. grated lemon rind, 1 tsp. cinnamon, 1-2 tsp. nutmeg, 1-4 tsp. cloves, 1-2 tsp. salt, 1-2 cups flour, 1 tsp. soda. Mix and sift dry ingredients and add to other ingredients. Blend well. Put into buttered pudding dish. Arrange in steamer or well-cooker of electric range and steam 4 hours. Delicious with lemon or nutmeg sauce and the left-overs may be warmed up and served with a different sauce.

### MOCK MINCEMEAT

Flour lbs. cracker crumbs, 1-2 cups flour, 1 cup molasses, 1-3 cup onion juice, vinegar, 1 cup raisins, seeded and chopped, 1-2 cup butter, 2 eggs well beaten, spices to taste. Mix ingredients in order giving, adding spices to taste. This quantity will make 2 pies.

### QUICK MINCEMEAT

One cup chopped apple, 1-2 cup chopped seeded raisins, 1-2 cup



Reigning in flavour!

**KING COLE TEA AND COFFEE**

currants, 1-4 cup butter, 1 tbs. molasses, 1 tbs. cider, 1 cup sugar, 1 tsp. cinnamon, 1-2 tsp. powdered cloves, 1-2 nutmeg grated, 1-8 tsp. mace, 1 tsp. salt, stock to moisten, 1 cup chopped cooked meat, 2 tbs. fruit jelly. Mix ingredients, except meat and jelly, and simmer 1 hour. Add meat and jelly. Cook 15 minutes.

## Living & Leisure

### The Woman's Realm

#### SHERPHERDS BOY'S SONG

When I was leading sheep to-day, I thought I heard a note of bird Carolling a springtime lay This winter day

When I was folding sheep tonight A stir of wings, As summer brings Wheeled to a flame of mystic light This winter night.

I wonder, will the nations hear, This song? See light This holy and pain, Mid war and pain, Through grief and fear Christ's song of cheer! Incarnate Light! —M. W. W. Were in the British Weekly.

#### FIRST AID FOR LAMP SHADE

When purchasing a new silk lamp shade, it is a good idea to ask the sales person if it is washable. Most of them are, so at the first signs of soil, brush the shade with lukewarm soap suds, applied with a soft brush.

#### BE NATURAL

The truly big person is always a natural person. It is the little person who is self-conscious and full of fears. They always try to impress an impression. There is a woman I know who is so busy trying to impress that it is musing to be with her. Her ambitions must out-run her capabilities and yet actually she has great assets, if she could only forget about herself. She must be crowding fifty, but she is a very good looking woman. She has not many clothes but I have never seen her that she did not look nice. However she is always apologizing about wearing a dress you have seen before. Her house is very home like but she is forever drawing attention to its shabby spots. She is an excellent cook, her cakes are as light as a feather and the icing stays put, but she worries audibly over fancied deficiencies in service. She has good executive ability and is interested in several organizations, but wears you telling you how important it is, and how she works. She has artistic abilities beyond the average and uses them to good advantage. But with all these more than average abilities, she does not measure up to being an impressive woman. She is not natural.

Use only 50 per cent of the bacon, fresh pork and ham you used last year.

This is the rule for housewives to follow, according to the Department of Agriculture, for although an increasing number of pigs are going to market there are still not enough to meet both war and domestic demands.

Certain cuts of bacon, unsuitable for shipping to Britain, are released to the home market but the bulk of production goes overseas.

It is in order that the limited quantity available be distributed as fairly as possible that voluntary rationing is required.

The 50 per cent reduction rule does not apply to tenderloin, spare

ribs, sausages, pigs' feet or head-cheese. These pork products are not required for Britain.

Wear your coat another year; if necessary have it turned and remade.

This is the tip passed on by economists of the Wartime Prices and Trade Board.

Canadians demand of their government the greatest possible war effort. The co-operation of the public is needed to make this possible. Canada needs the materials and manpower that go into civilian industries, so people on the home front are advised to learn how to manage with less.

It is not only coats that must be made do, but everything clothing and household equipment should be kept on the go as long as possible, for although store stocks in some lines still appear unlimited, shortages are bound to occur.

**NURSES! TRY USING CUTICURA TO HELP RELIEVE DIAPER RASH**

Generations of better babies have received this three-fold care... mild medicated Cuticura Ointment for helping relieve chafings and similar externally caused irritations—fragrant Cuticura Soap for gentle cleansing—pure Cuticura Talcum for refreshing comfort. Buy at your druggist.

**A Morning Smile**

Indifferent Goffer (in a very remote town) — What the blazes do you want to keep consulting that infernal watch for? Caddie (sourly) — Taint a watch, mister; it's a compass!

**AVOIDED BUMPS**

A type of roller-skate which was formerly manufactured in Belgium had brakes.

**Ganong's CHOCOLATES**

Ganong's GB Best

DELICIOUS

THE FINEST IN THE LAND

**FROM SCHOOLROOM TO PANTRY IN 5 MINUTES FLAT**

**Swans Down Cake in the Pantry Brings Jimmie Home Running**

Made only from soft Canadian winter wheat, grown for Swans Down in one particular section, Swans Down Cake Flour is a softer, finer flour that makes it easier for anyone to make more tempting, lighter cakes. Milled by the Swans Down "Controlled Milling Process," this selected grain is ground and re-ground,

**THE INSURANCE POLICY FOR BETTER CAKES**

## Three Traveled East

By RUTH AYERS  
Author of "Meet Me At Midnight", "Blackout", "Drafted For Love"

### CHAPTER XIII

What Pat and Connie heard out of the white silence was a radio voice. It was from the radio which had been turned on in the bus. In the strange, ethereal silence, it was clear, booming.

Pat's arm dropped from Connie's shoulder. "Yes, you can block the roads and have the telephone wires down, but there's no way of stopping the ether waves."

Then they both listened, strained ears for the words. At first they caught only snatches of phrases, "London — and now from Berlin." War news intruding into this little lost world.

But there was something else. "New York-bound bus—long overdrive at its regular stops, is believed to be marooned somewhere in the Alleghenies."

Pat looked at Connie, his blue eyes very keen and alert. "See what I mean, Connie? I found everything and when the bus was sidetracked you — and the best story of my life."

The word "story" clicked with Constance Dawson. Yes, this was a story — a newspaper story.

She would be sorry afterwards that Skippy took that particular minute to come up and say, "It's hungry. We eat now. Is breakfast time — huh?"

His cheeks were flaming as she knew they would be. His nose was cold; his eyes, looking straight into hers, bluer than ever.

Connie remembered the cocoa the little school teacher had made. Cocoa and crackers. No, the properly balanced diet, as pediatricians would say, for a little not-quite-three boy. But it would serve until the snowplough should come through.

"Yes, it's breakfast time," she said to him in a shaky voice.

Pat understood. "I don't wonder you want to get rid of me," he said. "That was unfair. I apologize. Put it down."

"Snow crazy," she said. But back in the schoolroom while she held the paper cup for Skippy to drink the cocoa, while she mopped up this cracker crumbs, she remembered Pat's kiss. It had been stirring and disturbing. There had been something of real love and tenderness about the light brush of his lips on hers.

"The drummer came up. 'I've got something to entertain the young scallawag with for a while,' he said.

Nine o'clock, nine thirty. The drummer nodded. "Fine — that will be fine."

The lightheadness had come back to her. She was hungry and terribly tired. And there was something confusing in the back of her head. Pat had said, "I found everything when the bus was sidetracked. You — and the best story of my life."

The drummer opened his sample case a few desks away. He began to spread out cards. Skippy watched, entranced.

"And this," the salesman said, "is the Easter bunny in the Easter bonnet. Some lid, eh?"

Skippy laughed and mimicked him. "Some lid, eh?" He held up the card to Connie for her approval. She was his favorite. She was the one who had pulled him through the bad minute. "Three of us — traveling east."

The Easter cards kept coming out, like rabbits from a magician's pocket.

There were chicks bursting from brightly-tinted eggs. There were rabbits racing down daffodil lanes. There were small white churches with crosses pointing skywards.

Skippy looked and laughed. Then he demanded, "Where's Christmas?"

The drummer answered drolly, "In my line — Christmas is still six months away."

Hunger, the warmish room, the sight of the little boy, happy and unquestioning for the moment, had lulled Connie. "Christmas is still six months away." She wished vehemently that it was. But she knew it was only a fortnight—and that she had a rendezvous with it in St. John's. She put her head down on the desk.

There is a hospital in Pittsburgh which has a long and impressive history. Yet perhaps the thing for which it is mostly famous is written in its name — "Mercy Hospital." It was to Mercy Hospital that the interns took Lila Ernst that night.

## I use the Most Flavorful Coffee— it's MAXWELL HOUSE

TRY IT TODAY  
SEE IF EVERY POUND DOESN'T GIVE YOU MORE RICHNESS AND FLAVOR—FULLER BODY

**Here's Why**

- Maxwell House has actually been enriched to a higher peak of satisfying goodness by a new and skilful blending of superfine coffees.
- A unique roasting method captures every atom of extra richness in this better blend. It roasts every single bean evenly all through.
- Maxwell House is packed in the only way that can ensure you roaster freshness. The Super-Vacuum tin keeps all the air out—all the fragrant goodness in.

**2 GRINDS**  
Ground to the right degree of fineness and always uniform.  
Roasted, Ground and Packed in Canada.

## Your Individual HOROSCOPE

By Frances Drake

Look in the section your birthday comes in and find what your outlook is, according to the stars.

**For Monday, December 15th**  
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**MARCH 21 to APRIL 20 (Aries)** — Start the week enthusiastically. Prepare for a full schedule replete with interesting and gainful activities. Give your associates the benefit of cooperation. Be aloof from everything petty.

**APRIL 21 to MAY 20 (Taurus)** — Good rays generally to encourage you to greater effort. Your deeds are the outward expression of the inner you, especially the way you think. Be sure they are worthy display of the better you.

**MAY 21 to JUNE 21 (Gemini)** — Several unfriendly influences. Be thoughtfully careful in your movements. Watch the diet, shun inharmonious surroundings. Don't quarrel; be aloof from everything petty. Now is the time to exude confidence and optimism in YOU and your productivity.

**JUNE 22 to JULY 23 (Cancer)** — Disturbing tendencies. Be guarded against schemers and unscrupulous propositions. Maintain a steady tempo which should carry you through the day's difficulties with flying colors.

**JULY 24 to AUGUST 23 (Leo)** — Slacken your pace only to revitalize energy or to recheck for surer footing. Promote social while friendship; indulge worth contacts with a view to furtherance of your position in a sound business way. Be alert, tactful.

**AUGUST 23 to SEPTEMBER 23 (Virgo)** — Always have a mind open to accept any new worthy ideas or potent methods designed to aid you in your work. But don't ever compromise with wrong. Heed sound advice — but be sure of its source.

**SEPTEMBER 24 to OCTOBER 23 (Libra)** — Excellent planetary aspects occur today. Give some time to cleaning up unfinished business. Pursue an aggressive campaign based on well thought out plans. Be cheery.

**OCTOBER 24 to NOVEMBER 22 (Scorpio)** — Certain conditions caution you to step deliberately with forethought. Avoid needless ventures, uncharted paths. Regular channels of travel are your best bet. Be shipshape.

**NOVEMBER 23 to DECEMBER 22 (Sagittarius)** — Admonitions offered to Scorpio natives apply to you today, too. Don't permit inward nervousness or worry to cause an outward impatient manner. This world's stymie cooperation from others.

**DECEMBER 23 to JANUARY 21 (Capricorn)** — Irritating aspects which should put you on guard; don't let intolerance influence your day. Remember, it lies within you to offset any unfriendly tendencies with a fine will and active productive power.

**JANUARY 22 to FEBRUARY 20 (Aquarius)** — Business and financial interests, personal and neat affairs all bear watching today. Travel with care. Help yourself, reject any tight-handed proposals.

**FEBRUARY 21 to MARCH 20 (Pisces)** — Pour out your fine ability with conscientious fervor. Graciousness and cherry humor are really aids. Broaden your scope in every way possible but be sure that your source of information is giving you right and authentic advice.

**A CHILD BORN ON THIS DAY**  
Courageous, dynamic, personable. Should have music and dramatic ability. Able and keen to take advantage of opportunities as they present themselves. Religion the means of softening any harsh traits that crop up. Many interesting years ahead.

**MINERALIZED FISH**  
Fish contain many minerals including calcium, phosphorus, copper, iodine, sulphur and iron.

**NAPOLEON'S IDEA**  
He-use numbers were the idea of Napoleon; he made the number on one side of the street even and on the other side odd.

**EXTRA FLAVOUR ENJOYMENT**

BAKER'S famous cocoa recipe has made this richly flavoured beverage a family favourite for over a century and a half.

**ECONOMY SIZE!**  
Always buy the big 1 lb., easy-to-open canister... it is priced amazingly low. Serve Baker's Cocoa often to your family. Use the famous recipe printed on each label.

Quality Leader for 160 Years

**BAKER'S COCOA**

## Needlecraft For The Home

The Christmas holidays will be upon us before we know it, and it's time to be planning for them right now. Holiday-time is party time, so first on your list is a smooth dress-up frock. Make it a real glamour dress—chic, sophisticated and, above all, flattering to your figure. You couldn't do better than to choose this sleek long torso design for the important role. It's bound to make heads turn—both in admiration and in envy. It's sure to make you the most dated girl of the vacation. So send for your pattern now, and get started!

Style No. 3134 is designed for sizes 12, 14, 16, 18 and 20. Size 16 requires 2 3/4 yards of 39-inch fabric 1-2 yard contrasting.

Send twenty cents (20 cent) preferred for pattern. Write plainly your Name, Address and style number. Be sure to state size you wish.

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Send 20c in coins for your copy of "How to Do the Newest Dance Steps and Variations" to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

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**JOHNSON'S ANODYNE LINIMENT**  
The Old Reliable Since 1810 FOR COLDS & SORE THROAT

3134 SIZE 12-20