

Woman's Realm Social and Personal Fashions Literature

Flavor-fresh!

RED ROSE COFFEE

"is good coffee"

As good as RED ROSE TEA

THE COOK'S CORNER

SOUR MILK BISCUITS

3 cups flour
3 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon baking soda
2 tablespoons butter
2 tablespoons lard
1 cup sour milk or buttermilk

Sift together flour, baking powder, salt and soda. Add shortening, cut in with a knife, add sufficient sour milk or buttermilk (about 3/4 cup) to make soft dough. Turn on flour board and pat or roll out lightly to 1/4 inch thickness. Cut with biscuit cutter and bake in hot oven 475 degrees F. 12 minutes.

FRUIT DRESSING

2 eggs, separated
1/2 cup granulated sugar
1/2 cup lemon juice
1/2 cup orange juice
1/2 cup pineapple juice
1/2 cup apricot juice
1/2 cup cherry juice
1/2 cup strawberry juice
1/2 cup raspberry juice
1/2 cup blackberry juice
1/2 cup blueberry juice
1/2 cup currant juice
1/2 cup gooseberry juice
1/2 cup elderberry juice
1/2 cup huckleberry juice
1/2 cup loganberry juice
1/2 cup mulberry juice
1/2 cup raspberry juice
1/2 cup strawberry juice
1/2 cup blackberry juice
1/2 cup blueberry juice
1/2 cup currant juice
1/2 cup gooseberry juice
1/2 cup elderberry juice
1/2 cup huckleberry juice
1/2 cup loganberry juice
1/2 cup mulberry juice

Dorothy Dix Says—

MARTYR ROLE GAINS PRAISE

Mothers Tell Children How Hard They Work To Satisfy Longing For Sympathy

DEAR DOROTHY DIX—Why do some mothers try to show the bad side of married life to their daughters? My mother is always warning me against marriage, yet my father has been a wonderful husband to me, generous, kind and faithful, but she seems always to want something. She never wants to bother about anything around the house. She is gloomy and complaining and nagging.

In spite of my mother's dismal picture of marriage I am going to try it with a splendid fellow I love, and I expect to be a better wife than she has been because of the fact that I have her example before me, and I intend to avoid the mistakes she has made. What do you think?
C. E. M.

BID FOR SYMPATHY

ANSWER—Sometimes when mothers warn their daughters against marriage it is because they have had such a bitter experience themselves that they are trying to save their little girls from the danger of a similar fate. But they don't generally speak in a pessimistic tone of marriage to their daughters and bid them beware of it she is merely making a bid for sympathy and approval.

The only way many women know of getting the spotlight turned on them is by posing the martyr, and because they want their children to have her example before them as heroes, they are trying to get attention to how hard they have to work, and to how many sacrifices just to be flattered and told that they are the greatest ever, and that their families couldn't get along without them.

So don't take your mother's diatribes too seriously. Of course, not all marriages are successes. Some people fall at everything. Others make a success of anything, and matrimony is like that.

It is up to every individual couple to make what they will of their marriage. You will take out of it just what you put into it. And if you humor and fair play, you will take out of it happiness.

DEAR MISS DIX—Is there any possible cure for a fliriting husband? I have been advised to treat him as he does me. I don't think, after you lose confidence in a man, there is any chance to recover it.
MRS. R. L.

ANSWER—The only way to deal with a fliriting husband is to laugh at him for a silly, vain creature who thinks women are falling for him as bad as he thinks he is.

Probably there is no way you can restore the faith that has once been shattered any more than you can mend a broken vase so it will be perfect again. The crack will always be there, obvious to your eyes, though a stranger may not notice it. But you can still make the vase a household convenience and ornament, and it is the same way with the husband you have forgiven.

Anyway most wives find out that their husbands aren't the wolves they think they are. They have been domesticated and generally they are glad enough to come back home.

DEAR DOROTHY DIX—We nurses do not feel that we are getting enough appreciation for our work. The newspapers, the magazines and the "general" are filled with articles glorifying the WACS and the WAVES and the SPARS and the lady-riveters and welders and we feel that we are entitled to an equal break in credit.
NURSES.

ANSWER—Good Heavens! You must have an insatiable hunger for sweet stuff if you are not satisfied with the wonderful work you are doing and the heroism you are showing!

And you nurses deserve every single tribute that is paid to you. Whether you are working long hours in the hospitals at home, or are going out with the sirens under a battle flag, you have shown the courage of which heroes are made, and from the front lines to the humblest post, you have been the savior because she knows that there will be a trained nurse to take care of her boy if he is wounded, you have the gratitude of a whole people.



"MY MOM'S SMART"

"When Mom saw I just wouldn't eat my old-fashioned cereal, she got NUTRIM... the modern Baby Cereal with the delicious flavor. I never refuse NUTRIM—it tastes so good! It's not purfed—and I can eat enough to do me some good. And Nutrim's got plenty of vitamins and minerals to keep me healthy and make me grow. Why don't you get your Nutrim? Why don't you get your Nutrim? Why don't you get your Nutrim?"

A Morning Smile

CONFUSED

A woman who did not understand the language of business went into the Bank of England to consult someone about her loan holding. The clerk to whom she talked happened to be rather a grave person. He inquired:

"Is it a case of conversion or redemption, madam?"

"Conversion? Redemption?" faltered the woman. "I'm-pardon me, is this the Bank of England or the Church of England?"

OLEVER LAD!

Little Tommy's daddy was always being disappointed with his son's school report. At last he provided him a stalling if he did something really clever.

A few days later Tommy came home in great glee.

"Oh, daddy," he exclaimed, "I can do something better than that!"

"What's that?" asked the delighted father.

"I can read my own writing."

WORDS OF WISDOM

Depend not on fortune, but on conduct.—Pulius Syrus.

Queen Meets A 'Tree' Talking



Looking more like a tree than a human being, a heavily camouflaged British sniper stands at attention as Queen Elizabeth chats with an excellent source of Vitamin B and C, and in the south varieties which produce no roots but abundant greens, rich in Vitamin A, are favorites.

Living & Leisure The Woman's Realm

THESE THINGS ARE FREE

In gloomy times we need not cry—How many things there are to buy!

Here is a thought for you and me—"The best things in life are free." The air, the sunshine and the sea, all gladden, beautify—these are free. The budding blossom, the starry tree, God's open country—these are free. All loving service, loyalty, God's grace—these are free.

The more we look, the more we see. How many precious things are free. The heart will find more than the eye.

Of things we do not have to buy. Let's stop and think; let's know and feel.

That things like these are truly free.

Yes, we think how very rich we are. When all the best of things are free.

—John Martin.

PACKAGING FO R AMMUNITION FOUND IN CELLAR

"Recent figures indicate that during the course of a year, almost every Canadian home throws away or burns about 500 pounds of waste paper." This was the startling statement of a National Salvage official recently.

He went on to say that those 500 pounds of waste paper when reprocessed would make:

- 12,000 boxes for small arms ammunition—or
- 750 corrugated cases for Springfield carbine shells—or
- 260 containers for two-pound tank shells.

Canada needs more paper to make more boxes to ship more shells. Don't waste paper, salvage it!

Even if the earth did not rotate at all on its own axis the sun would rise and set once during the year because of the earth's journey around it.

Wear on curtains is more evenly distributed if hung as in picture, with both ends of the curtains and the curtains are reversed after each laundering.

It is cheap protection against fire to paint up all property which is weathered, cracked or rotted or otherwise in a condition making it relatively easy to ignite.

In some parts of Scotland, the finding of a four-leaf clover denotes bad instead of good luck.

You can make cushions for porch furniture out of old cretonne curtains and drapes.

Interest teen-agers in sewing with a roomy sewing box all their own. Such a box should be fitted with pin-cushion, thread, tape measure, needles, hem gauge, thimble and tailor's chalk on the top tray and inside top cover.

To get curtains back to original size after laundering, without a stretching device, take their dimensions and mark on a sheet. After washing, pin them in place on the sheet, and fasten to a rack or flat surface.

Here are a few professional tricks on laundering shirts: First, rub thick studs on soiled collars and cuffs, roll them inside the shirt, and soak for 15 minutes. Then, before washing, scrub with a soft brush. Use enough soap for two-inch studs that will stand up throughout the washing and drying. solve bluing flakes directly in the suds.

HINTS ON ETIQUETTE

If you don't care to drink when you are in a company of drinkers, simply say, "No thank you," with a smile, and nothing more.

Canvas can be preserved from rot or mildew by applying coats of varnish or paint. But care must be taken to see that the protective coating is put on thinly enough to permit it to penetrate the pores of the cloth and to permit the fabric to retain reasonable pliability. You will never get a good crop

Best Turnip Quality in Spring and Fall Crops

THUMBS DOWN ON DULL MEALS

In the case of turnips, as of beets, most of the vitamins are in the leaves. But the roots have a flavor which delights many, so this crop is widely grown in Victory gardens. Eaten raw, they are an excellent source of Vitamin B and C, and in the south varieties which produce no roots but abundant greens, rich in Vitamin A, are favorites.

Turnips, rutabagas and kohlrabi are all related to the cabbage, being members of what the botanists call the brassica tribe. This explains why kohlrabi has the flavor of turnips, though it develops a globular root above the ground, whereas the turnip is an underground operator.

Both have a short season during which they are tender and at their best flavor, after which they usually turn pithy. So make small sowings, and with turnips do not expect to harvest a crop during the hot weather. This is a cool weather crop, for spring and fall.

Turnips quickly begin to crowd, so must be thinned out as soon as they are large enough to handle, and because they develop so fast they should be spaced 3 to 4 inches apart in the first thinning. The leaves of the varieties which are grown for roots are good for greens when young and the thinnings may be so used. But like all cabbage relatives, this crop is much subject to aphids, which injure the leaves as the plants grow older.

Rutabagas are sown in the summer for fall harvest, and they



Begin Harvesting Turnips as Soon as the Roots Are Large Enough to Use.

develop slowly, and keep well in the winter. Seed should be sown three months before the first frost is expected, and thin the plants to stand eight inches apart in the row.

Ellen's Diary

By An Island Farmer's Wife

The wild-cherries are in bloom this morning. I saw them as I drove the cows to pasture in the "other field." They are up along the creek, that runs its waters from the west, with the Alderlea stream and then continues on down to the farm. There are many of them, and I would take time off, to enjoy it. The good Doctor is gone now. We had an idea, as children have of their parents that we would always have him with us. Others might be strict, grow old, and die, but not he. And then suddenly, with very little warning, he was gone. I think it is one of the things that will always be a vacancy in the community. And it is not so much that I remember the times he with skilled hands and educated mind healed the bodies of "me or mine" nor is it that I remember the moment in God's Acre beside one of Braxside's Churches. The wild-cherry trees up the creek are in bloom this morning.

We began treating the potatoes to-day at Alderlea. Not that I really helped but as usual each one does his or her part. There was harvesting to be done in the field preparatory to the last sowing and there was also the solution to be mixed for the seed-potatoes' bath. James given his choice, went to the field with the horses, so Jack was obliged to attend to the treading during the necessary barn and stable work in-between. The treating is being done in the other cellar so my mantle indeed falls on Jeanie's shoulders. They tell me it will take another long day to finish the operation.

There were visitors to Alderlea to-day, if those who come to buy can be called by that name. There were those who took away seed-potatoes. Then the truck-load of the last manna was small-try was sold to be delivered the "first of the week." Another truck-load of fertilizer rumbled past my window, as I stole a nap after dinner and was put away in the shed to await the time of spreading. I chatted a minute with a neighbor to the North, a new-comer to the district who came to borrow a piece of machinery. His small four-year-old son was with him and I was amused to notice the crew's manner in which this lad handled the

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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's Readers. Persons who have intelligent questions to ask on price control are invited to send them in writing to the

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Women's Regional Advisory Committee, War Time Prices

Q. Is it right that the board brought out a new size of the grocer cannot sell 1/2 lb. of butter? The grocer tells me he can only sell butter by the pound.

A. There is no such Board ruling. Your grocer may sell 1/2 lb. of butter if he wishes. Cutting the butter and selling it this way entails a certain amount of extra time and labour. On account of the shortage of help these days, and the extra work made necessary by rationing, etc., perhaps you could save your own money by purchasing sufficient to purchase butter 1 lb. at a time.

Q. When I apply for my baby's ration book will I be able to get rationing sugar coupons also?

A. Yes, when you make application and secure the baby's book you will be given rationing sugar coupons at the same time.

Q. When farmers wish to purchase a spring-tooth harrow, do they have an application approved and a permit issued for it?

A. If you are purchasing the complete implement it is necessary to have a permit. However, if you wish only to add a section to one of these implements a permit is not necessary.

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THUMBS DOWN ON DULL MEALS

MAGIC'S CARAMEL CURLS

2 cups sifted flour 1 egg
1/2 tsp salt 1/2 cup milk
4 tbsps. shortening 1/2 cup brown sugar
1/2 cup chopped nuts, or raisins
4 tbsps. Magic Baking Powder



Sift dry ingredients together. Cut in shortening until mixed. Beat egg slightly in measuring cup; add milk to make 1/2 cup; add to first mixture. Roll out 1/4-inch thick; sprinkle with brown sugar and nuts. Roll up as for jelly roll. Cut in 1-inch pieces. Stand on end in well-greased muffin pans. Bake in moderate oven (375° F.) about 18 minutes. Makes 18.

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retins. Already I would say he has "the makings" of a good farmer. We had other visitors too. There were those who had been off the Island on a short trip recently and of course, we were keenly interested in hearing the high-lights of their holiday. One of them had a vial of trout from her fish tank. And some who had been winniping the steam for trout came in at twilight cold from "the change" in the weather. The cars are gone now and again its time to turn-in. James says we must be up before the morning. Until Tomorrow — Diary—Good-night.



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