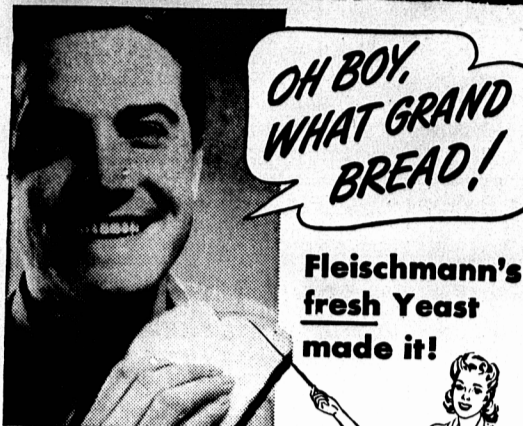


Woman's Realm Social and Personal Fashions Literature



OH BOY, WHAT GRAND BREAD!
Fleischmann's fresh Yeast made it!

4 GENERATIONS of Canadian women have used and praised Fleischmann's fresh Yeast—because it gives delicious, light, smooth bread every time. War-restricted menus today make bread more than ever an essential quick-energy family food. It's low in cost—and helps stretch scarcer foods. If you bake bread at home be sure to bake it with Fleischmann's—the fresh Yeast with the familiar yellow label. At your grocer's.

MADE IN CANADA
SUPPLEMENT YOUR DIET by eating 2 cakes of FLEISCHMANN'S fresh Yeast every day. This fresh Yeast is an excellent natural source of the important B Complex Vitamins.

ASHES OF LIGHTING

By VINCENT CORNIER

"Just a minute, you two!" Flanagan's voice rapped across the platform. "Your, Moreton—you, Miss Gilroy—hold back a bit, please."

Wondering eyes were turned on them. Silently the night shift passed out to work. Moreton and Carol waited.

"There's been an accident," Flanagan shot out, the moment the inquisitive ticket-collector had been brushed off about his business. "Fatal accident—day-shift—your section; Jack Barnes called and Letty Smithers got a broken leg."

Carol and Moreton looked at one another, amazed. Barnes and Letty Smithers occupied, in the day-shift the corner of the inspection room in which they worked during the night shift.

"Fatal accident—day-shift—your section; Jack Barnes called and Letty Smithers got a broken leg," Moreton echoed. "How on earth could that—"

"Your name is Moreton—Giles Ponsbury—Moreton, is that correct?" the sergeant of police inquired. "Son of Sir Hilary Ponsbury—Moreton—"

"As Giles roughly out the officer short, producing his identity card and nearly atomizing with fury. Carol turned over in her mind the name she had heard. "Hilary Ponsbury—Moreton." She had heard that name, or read of it, in connection with something that had happened just before the outbreak of war. She felt baffled and irritated—whatever was it? Whatever was it? She could not, immediately, recollect.

A decided change came over the group after the personal of that identity card. A clouded atmosphere of trepidation and suspicion visibly cleared.

"Oh, seems all right. Thank you, Mr. Moreton." The sergeant smiled and noted the registration number. "Er—you see, the militants you get out of the station you're in the work's area and that's—that's—"

"A prohibited area," Moreton bitterly supplied the words. "Something more than usually fishy has occurred, and, of course, Miss Gilroy and myself must be detained for questioning."

"Oh, well, I—I wouldn't put it exactly that way."

The officer spoke across, the sergeant's apologetic observations. "What do you mean by 'more than usually fishy'?"

Moreton's self-control was loosened.

"Look here, sir! Where's your authority for this—this arrest. It amounts to that y'know! What are you? Intelligence officer or regimental spare part? Gestapo, on the prowl in the wrong territory, maybe."

"Does it ever pay to be rude, Mr. Moreton? I am a Security Officer. My name is Cathrop, and I can produce the necessary credentials."

"I—I must apologize. You're quite right about rudeness. But, consider my position. And Miss Gilroy's too. Here's the pair of us come to work in a perfectly normal way, and we're publicly harassed from the night-shift, boldly told that our day-shift numbers have been knocked out, and then questioned like this. It's not—"

Living & Leisure The Woman's Realm

SOME EASTERN PROVERBS

Indolence is a powerful enemy. Sufficient dust will make a mountain.
Great words, little deeds.
Good medicine tastes bitter.
He who breaks through a thicket disturbs the snakes.
He who holds a tiger brings trouble on himself.
The frog in the well knows nothing of the high seas.

HOPE FOR APARTMENT DWELLERS

The expression "Land of Silent Radios" has no sting for these folks, but has a joyous sound, and what the most of these suffers (at the mercy of thoughtless, inconsiderate people who twang-twang their radios from morning until night) wish is that the tubes may wear out to smithereens in short order, and not be replaced for the duration. Better that tubes should wear out than that nerves should be torn to tatters.

HINTS ON ETIQUETTE

As a general thing, a girl waits for the man in her life to begin gift giving. However, if a man has been taking a girl out, and they have been friends for some time, a going-away gift is perfectly proper.

TIME YEAZ CAREFULLY

The most convenient place to count the pulse is on the inside of the wrist below the thumb. It should be taken when the patient is lying down, and when he has been quiet for some time. Place two or three fingers on the inside of the wrist, below the base of the thumb. Press lightly and shift the fingers until the pulse is located. Note the exact time by the second hand on watch, and count for a full minute. Repeat, if necessary, for accuracy.

MEMORIAL TO "THE FEW"

Recently a new fund was started in Britain into which it is hoped 20,000 pounds will flow between now and the war's end. Then the money collected will be used to—

"More than usually fishy," I think you said."

Moreton vented an exasperated sigh.

"How would you be—used fully, only to that, Miss Gilroy?"

A score of strange recollections had been occupying the girl's thoughts. She began to understand Moreton much better than she had done, hitherto. After a while she said deliberately:

"I would ask first of all, what type of accident had taken place. Then—and her lovely bee-brown eyes looked up, valiantly, and with sudden and infinite knowledge, into his—"

"If I were you, I'd get out of my system all the—poison that has been tormenting you these weeks past." She lifted her hands almost gaily.

(To Be Continued)

Dorothy Dix Says—

GIRLS ENJOY FREE TRAINING War Work Will Enable Many To Support Themselves All Through Life

The shortage in manpower has thrown so many little girls into industry that it has made the business section of every city and town in the land look like the rosebud garden of girls visioned by the poet. Behind practically every counter and every desk is a pretty little sub-deb who is a treat to the eyes, but who with rare exceptions, a pain in the neck to all who have to deal with her and who must drive her employer to drink.

For most of these little teen-agers have not the slightest idea of what they are trying to do, and apparently have no desire to even get on speaking acquaintance with their job. Their minds are on their dates and their new hair-dos, and they are so busy telling the girl next to them what they said to the Boy Friend that they haven't the time or the inclination to bother with a mere customer.

That this should be the case is no cause for wonder. The miracle would be if these ignorant, inexperienced girl children, who have never thought about anything but play in their lives, should suddenly be transformed into competent business women. So I am finding no fault with Toole. I am only trying to tell her what an invaluable educational opportunity she is throwing away in not making the most of the training that her employer is trying to give her.

GIRLS MUST BE ABLE TO SUPPORT SELVES
Of course, Toole doesn't think it worth while to make herself a crackerjack business woman because she expects to get married, but that universal dream of girls of marrying a nice fellow, who will take care of her, is still less likely to come true in the immediate future. Hence the young women of today should wake up to the fact that the great majority of them are not only going to have to earn their own bread and butter as long as they live, they are going to have to be dependent upon them.

After the war there will be vast numbers of girls who cannot marry because there will not be enough husbands to go around. And after the war vast numbers of wives will have to support the maimed and crippled husbands who have come back to them so shattered by all that they have been through that they are incapable of making a living. And whether these women are going to be able to meet these responsibilities and turn defeat into victory, or whether they will break under them, depends altogether upon how well they have prepared themselves for the ordeal.

That is why I urge all of these little girls who have gotten war time jobs not to think of them as something to play at until they can make enough money to buy a new car, but as a God-given opportunity that is being vouchsafed them to prepare themselves for the future. For every woman who has a good trade at her fingers' ends has taken out the best insurance that is possible against the hazards of life. She need never fear poverty nor want, for she can support herself and those near and dear to her.

So I beg of you Toole, to get busy. Make yourself an expert in your line. Now is your chance to get free training. Make the most of it.

Itching, Burning, Stinging Eczema or Salt Rheum

Eczema, or salt rheum as it is commonly called, is one of the most painful of all skin troubles. The intense burning, itching and smarting, especially at night, or when the affected part is exposed to heat, or the hands placed in hot water are most unbearable, and relief is gladly welcomed.

The relief offered by Burdock Blood Bitters is based on the knowledge that such ailments as eczema, and other skin troubles, are caused by an impure blood condition.

Bring about inner cleanliness by using B. B. B. to help cleanse the blood of its impurities.

Ask at any drug counter for B. B. B. Price, \$1.00 a bottle.

The T. Millburn Co., Limited, Toronto, Ont.

A Grand Milk for Babies

Millions of babies have been raised on Carnation Milk formulas that their doctors have prescribed.

There are three big reasons... First, Carnation Milk is as nourishing as milk can be—and it's irradiated for extra "sunshine" vitamin D. Second, Carnation's safe because it comes to you sealed and sterilized. Third, Carnation's readily digestible, because heat-treatment gives it a valuable soft-sour quality.

You don't have any milk worries when your doctor puts the baby on Carnation. Write for free book "Your Contained Baby". Carnation Co. Ltd., Toronto, Ontario.

IRRADIATED Carnation Milk
"From Contained Cans"
A CANADIAN PRODUCT
If you don't see Carnation Milk at your grocer's, ask for it.

THE COOK'S CORNER

INEXPENSIVE SPICED FRUIT CAKE

- 1 cup granulated sugar
- 1-3 cup cocoa
- 1-2 teaspoon salt
- 1-2 cup seedless raisins
- 1 cup water
- 1-3 cup shortening (or a mixture of shortening and butter)
- 1-2 cups once-sifted pastry flour or 1-3 cups once-sifted bread flour
- 2-3 tablespoons corn starch
- 1 teaspoon baking powder
- 2-4 teaspoon ground cinnamon
- 1-3 teaspoon ground allspice
- 1-4 teaspoon ground nutmeg
- 1-2 cup coarsely chopped nuts (preferably walnuts)
- Mix sugar, cocoa, salt and raisins in a saucepan and slowly stir in the water. Cook and stir.
- Bring to the boil and cook stirring very frequently for 5 minutes. Cool thoroughly.
- Measure into a after the flour, corn starch, baking soda, baking powder, cinnamon, allspice and nutmeg and sift together twice.
- Add the dry ingredients to the cold cooked mixture, stirring just enough to blend well; add nuts.
- Turn into a greased and lightly floured loaf pan. Bake in a rather slow oven, 325 degrees, about 1 1-4 hours.

happy surprise for youngsters

Who Hate To Take Laxatives
No more tears—no more fuss at bedtime. Mother, did you see the new, modern relief for children's constipation, "Children's Own Tablets". Small, pleasant to take—easy to swallow. Especially designed for needs of children from 5 to 15. Gentle—without drastic, weakening doses of many old-fashioned medicines. Also soothes the sore throat, the often gone hand in hand with out-of-order bowels. See difference in this happy feeling sensation quickly. **Only 25¢. Ask today for Children's Own Tablets.**

Design No. 901
NAME _____
STREET ADDRESS _____
CITY _____ PROVINCE _____

Wastepaper Wanted... How To Bundle It

NEWSPAPERS: Fold them flat (as in the above illustration) and tie them in bundles not so heavy that they cannot be conveniently handled.

OLD MAGAZINES and BOOKS: Tie them in bundles as above. Only magazines that are so badly soiled or torn as to be unreadable are suggested for salvage.

YOUR CHAPPED HANDS WILL HEAL FASTER WITH THIS FAMOUS MEDICATED CREAM

Get quick, soothing relief the way so many nurses do

Nurses, whose hands are in water and strong solutions so often, were among the first to discover what wonderful relief Noxzema brings to chapped skin! That's because Noxzema is not just a soothing cream; it's a medicated formula. It not only cools and soothes the stinging soreness, but helps heal the tiny "cuts" and cracks.

Actual tests show that Medicated Noxzema helps heal chapped hands faster—definite improvement often being shown overnight! And it's greaseless, non-sticky, won't stain! Try Noxzema for your hands! See for yourself how quickly it helps restore their normal soft, white smoothness. Get a jar today at any drug or dept. store. 17¢, 39¢, 59¢.

Actual tests show that Medicated Noxzema helps heal chapped hands faster—definite improvement often being shown overnight! And it's greaseless, non-sticky, won't stain! Try Noxzema for your hands! See for yourself how quickly it helps restore their normal soft, white smoothness. Get a jar today at any drug or dept. store. 17¢, 39¢, 59¢.

Actual tests show that Medicated Noxzema helps heal chapped hands faster—definite improvement often being shown overnight! And it's greaseless, non-sticky, won't stain! Try Noxzema for your hands! See for yourself how quickly it helps restore their normal soft, white smoothness. Get a jar today at any drug or dept. store. 17¢, 39¢, 59¢.

NOXZEMA Skin Cream

Actual tests show that Medicated Noxzema helps heal chapped hands faster—definite improvement often being shown overnight! And it's greaseless, non-sticky, won't stain! Try Noxzema for your hands! See for yourself how quickly it helps restore their normal soft, white smoothness. Get a jar today at any drug or dept. store. 17¢, 39¢, 59¢.

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 reached the Wartime Civil Control Board from housewives in this region. The answers are provided by the Board members. Persons who have questions are invited to ask no price control are invited to send them in writing to the office of the War Times Prices Women's Regional Advisory Council and Trade Board.

Q. I have been saving "D" coupons for some time. Now that the ration allowance preserves has been changed will only those coupons which became valid on February 3 be good for the increased allowances of preserves or will all coupons be good?

A. The changing of the value of the "D" preserve coupon did not affect the validity dates of the coupons. All valid preserves coupons

COLDS VICKS VAPORUB

Relieve misery, as most mothers know, do. Rub the throat, chest and back with time-tested VICKS VAPORUB

Needlecraft For The Home

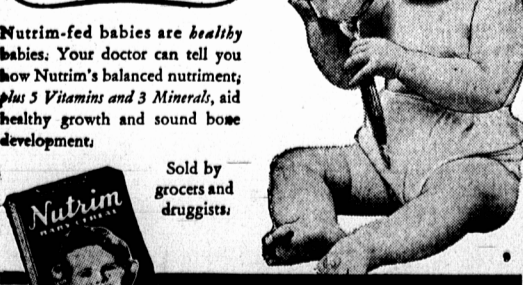
Send 20 cents for PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish.

Address, Pattern Department the Charlottetown Guardian.

Name _____
Street Address _____
City _____ Province _____

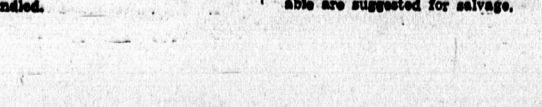
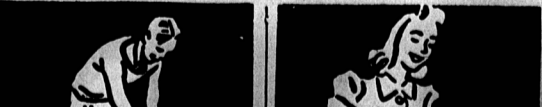
Send 20 cents for PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish.

Gosh—I look healthy since Mom started feeding me NUTRIM



Nutriment-fed babies are healthy babies. Your doctor can tell you how Nutriment's balanced nutriment, plus 5 Vitamins and 3 Minerals, aid healthy growth and sound bone development.

Sold by grocers and druggists.
Nutriment BABY CEREAL
REQUIRES NO COOKING



WASTEBASKET PAPER: Wrappers, envelopes, etc. should be flattened and packed down in a carton, or tied in bundles.

Canada's First Choice! FRY'S COCOA

for Nourishment and Flavour

Please Give Generously to the CANADIAN RED CROSS

Please Give Generously to the CANADIAN RED CROSS