

Woman's Realm / Social and Personal / Fashions / Literature

Make Delicious Coffee with this All Purpose Grind

FOR wartime economy Maxwell House Coffee is now packed only in bags—only in an All-Purpose Grind—and at a lower cost to you. This grind is suitable for all ways of making coffee.

Whether you use a drip method, boil or percolate your coffee, this new grind will give you all the mellow goodness and satisfying body of Maxwell House. If you use a drip or glass type coffee maker you may prefer to put the liquid through the ground coffee an extra time.

The result will be truly delicious. For Maxwell House is a blend of rare, extra-flavor coffees, roasted by a special process that captures every atom of extra goodness. For coffee QUALITY, insist on Maxwell House.

MAXWELL HOUSE Coffee



Living & Leisure The Woman's Realm

YOUTH

I'm in love with the zest of modern youth. With its jaunty air, its spirit of dare. As it earnestly seeks for truth.

I love the courage of youth to-day. As, facing its tasks With boldness it asks For its share of the dragons to slay.

I'm in love with the youth of fire and flame; The set of its chin, The spirit to win, As it gives all it has in the game.

Go, give to this wonderful youth, I pray, The spirit of right— The strength of Thy might, To meet the demands of its day. T. WALK, in Advance.

HINTS ON ETIQUETTE

Don't be a careless smoker, waving your cigarette or cigar around while talking and dropping ashes on the floor. Such procedure may cause burns in furniture and clothing, too.

Nylon bristles for paint brushes have been developed that are asserted to wear three times as long as natural bristles.

STENCIL DECORATION IS EASY TO APPLY

Stenciling a decoration on painted furniture is not difficult technique to acquire if one has a little patience. Cut-out patterns and special brushes are obtainable at any art supply store, and any type of oil paint may be used. The trick is to hold the brush horizontally so that the paint does not get down behind the stencil. The novice should start with simple designs, using one-color effects at first and practicing on a piece of cardboard or paper before attempting the design to the furniture. Either very dark or very light painted backgrounds give the best results.

While the cans of paint are open and the brushes are out one might as well do over the folding terrace furniture which has been brought in for the winter. A weather-beaten chair takes on new life when painted a sophisticated color such as rose pink or vermillion and may make a gay addition to living or dining room.

HINTS ON ETIQUETTE

When you are visiting in a home, don't pick up your hostess' knickknacks and turn them over to look at the labels on the bottoms. They may be absentmindedness on your part, but it appears to be impertinent curiosity.

LINGERIE FRILLS NEWEST FASHION

NEW YORK—The newest of the new year fashions is the hearty acceptance of lingerie frills and other details one can call pretty, since that is their intent. Low necklines frothing over with white ruffles or boleros that are brief, presumably for the purpose of showing the full underbreast, are seen in high spots where the best dressers appear. Button-on, tie-on and pin-on white accents make all the difference in the world to the black or navy dress. They immediately give a woman a surprise that spring is not far behind. Not only do ruffles, ruffles and bows occur around the throat, but they often spring into action below the elbow, or if the sleeve is longer, at the wrist. If such things happen in dead of winter, can't you see how spring clothes look? Women are all potential fluffly ruffles to offset the grim facts of a war era.

BUSY WOMEN WANT ALL TYPES OF SUITS

NEW YORK—The penultimate suit, the dressmaker suit, the trim suit on tailored lines in all colors is the demand of all women who lead busy lives. Pastel wools of aqua, French blue, chartreuse, pink and green now are worn under fur coats. Gradually the long dress is yielding ground to short dresses, for today no one feels obliged to wear a long dinner dress unless she cares to do so.

IT'S SPRING FOR HEADS, HATS

There is a feeling of spring in the air, in your heart and it's sort of time for heads as well as for hearts. Be completely feminine, unreluctant, let spring go to your head by buying an adorable new hat in that

subtle, flattering new spring iliac. Change your make-up, from those heavy, rich winter shades; a delicate lipstick, a new shade of face powder, a new fragrance to match your spring iliac hat—and you'll be a new woman.

Nothing will give such a lift to your spirits as choosing a new hat. Women always let their heads rule their hearts, so 'tis said but a new headline is necessary these days. There is a spring iliac hat for every type of every budget. And the soft prettiness of the tender, glowing shade complements every shade of hair, from rich auburn to silver and gold.

Your eye make-up must be pretty—and gently done. A blending of eye shadow in violet and brown makes for soft glances. Brushed-out lashes, tipped with cosmetic, form a frame for your eyes. You can wear your new hat with your winter coat, but write a new "headline" for yourself whatever else you do.

BEAUTY AND FASHION PREDICTION

Tender, pretty pastels are going to make your look more feminine in your off-duty hours. Wear your slacks, your work-shirts when you work, but do, please, be all woman in your hours of ease, uncertainty, coy and hard to please, "as the poet said long, long ago.

MY FAVORITE SANDWICH

Mince some dates fine, add a little water, cooking them in a double boiler till they are soft and pasty. Cool the mixture, add 1-2 tsp. of lemon juice. Spread on finely cut bread and sprinkle with nuts.

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 Prices and Controls Board from housewives in this region. Answers are prepared by the Board. Readers who have intelligent questions to ask or whom control are invited to send them in writing to the Women's Regional Advisory Committee of Wartime Prices and Trade Board, Chappell Building, Charlottetown.

Q. Must a soldier have at least seven days leave before he may obtain a ration card?

A. Yes. Upon presentation of his leave pass at the office of his local ration board, a temporary ration card will be issued to him.

Q. My grocer reduced the price of certain foods below that he was charging during the basic period, Sept. 15 to Oct. 11. Recently he reverted to the previous high price. Is this allowed?

A. Certainly. A retailer may charge less than his highest basic period price. But he may put his goods up to the higher established price at any time.

Relieve Misery of HEAD COLDS

Put 3-sprays Vicks Vapo-r-nol up each nostril. It (1) shrinks swollen membranes, (2) soothes irritation, (3) helps clear clogged nose. Follow directions in folder. VICKS VAPOR-NOL

Dorothy Dix Says—

BEST-OF-ALL NUPTIAL SLOGAN ALLOWS FOR NORMAL CAREERS

Girl Who Marries For As Long As Couple Is "All-and-All" To Each Other, Gets Advice

The fashion in marriage changes as often nowadays as the fashion in skirts, and like skirts, they seem to be cutting them shorter and shorter, and making them of more slummy material. At any rate, a young girl, who is soon to be married, writes me that she and her fiance don't believe in this old-fashioned until-death-do-us-part marriage, and they have mutually agreed to part as soon as they cease to be all-in-all to each other.

Well, I'll bet my new hat that the bride-to-be thought up that one, for no one, except a sentimental school girl, would even dream of basing her whole life on such a pink cloud foundation. For it can't be done. In getting married a man and woman might promise each other many things; that they would be true to each other; that they would try to get along amicably together; that they would be mutually helpful, with a reasonable expectation of keeping their promises.

But when they swear to be all-in-all to each other for years and years and years, it is just one of the lovers' perjuries to which we say "Oh, yeah," and smile scornfully, for well we know it is an oath that no one can keep. When we get married, we don't merge our personalities into that of another individual of the opposite sex. We don't think and feel as he or she does. We don't scrap all our tastes and habits. We still have to have variety in people as we do in food, or else we lose our appetites for them. No one individual suffices for our happiness.

INDIVIDUALITY ALWAYS OURS

These are such obvious facts that it seems that even a moron should be able to grasp them and act accordingly. Yet it is doubtful if any one guided young people to enforce this false ideal of marriage on their mates, and to consider their marriage a failure when their husbands and wives reverted to normal and quit asking: "Do you love me?" "Would you kill yourself on my grave if I should die?"

All of us have seen a man, who fell for the theory that a husband should be all-in-all to his wife, who married a girl and dumped her down into a house and expected her to be perfectly happy just existing upon him. Often he cut her off from her own family and all of her old friends and gave the cold shoulders even to strangers who tried to get acquainted with the lonely little bride. He was too tired to take her out to places of amusement in the evening and, anyway, what diversion more thrilling did she want than just to watch him snore behind his paper?

WOMEN FED UP ON HUSBAND'S SOCIETY

He wouldn't let her join any clubs or take part in any movements, and if she even so much as spoke to any other man he made scenes, because he was determined to be all-in-all to her. And it never occurred to the poor simp that the reason his wife got peevish and fretful and nagged was bored to death.

And women, who are the chief believers in this fallacy of husbands and wives being all-in-all to each other, have shed oceans of tears over their suspicions that their husbands have ceased to love them just because they had quit telling them how beautiful and wonderful they were and began taking an interest in their dinners.

Women are even jealous of their husbands' business. They speak with actual hatred of their "old offices," and complain that they are more interested in the stock market than they are in them, unmindful of the fact that if their husbands concentrated all of their thoughts and attentions upon them, very few of them would be riding around in limousines and wearing pearl necklaces.

ALL SWEETNESS BECOMES SICKISH

The truth of the matter is that, just as no one has been able to eat thirty quail in thirty days without having the sight of a bird the balance of their lives, so a marriage that narrows itself down to the companionship of only two people is bound to get so dull and monotonous that it gets on their nerves and becomes almost unendurable. We see almost grotesque examples of this every day in the marvellous rejuvenating effect that becomes a widow or a widower has on some member of a married couple who were all-in-all to each other. He or she gets new clothes. He or she steps out and mingles with the world again and looks ten years younger.

None of us are so intelligent, so charming, so fascinating that any other human being can endure overloads of our companionship. They wise husband and wife do not seek to monopolize each other and segregate each other from the world. They bring in fresh people, fresh interests, fresh lines of thought. And so they make the marriages of which neither one tires.

The bride's motto should be: Not all-in-all to her husband, but the best-of-all.

ST. MARY'S SCHOOL

Report for the month of January: Grade VIII.—1, Carl Pineau; 2, Eileen Blanchard. Grade V.—1, Irene Gallant; 2, Ivan Dolron. Grade IV.—1, Eunice Pineau. Grade III. A.—1, Louise Dolron. Grade III. B.—1, Marie Pineau. Grade II. A.—1, Marion Blanchard; 2, Marie Yvonne Dolron. Grade II. B.—1, Vincent Doucette. Highest average—Irene Gallant, 94%. Teacher—Imelda Dolron.

How to relieve MONTHLY FEMALE PAIN

You who suffer such pain with tired, nervous feelings, distress of "irregularities"—due to functional monthly disturbances—should try Lydia E. Pinkham's Vegetable Compound. It has a soothing effect on one of woman's most important organs. Also a fine tonic for the stomach. Made in Canada. LYDIA E. PINKHAM'S VEGETABLE COMPOUND



That's why you need a nemo

Whatever your figure type may be... there is not one—there are three reasons why a good foundation should be at the top of your very personal priority list. Your NEMO selected with the help of one of our expert fitters will help you to fight fatigue... will give you the support you need for your many activities... will make you feel better because you look your best.

Foundation Garments

2nd floor
Queen St. Charlottetown

THE COOK'S CORNER

CREAMED SPINACH WITH EGGS

1 can spinach
2 tablespoons butter or drippings
2 tablespoons flour
1 cup milk
1-2 teaspoon salt
1-4 teaspoon pepper
Dash of nutmeg
6 poached eggs
Method: Drain and chop the canned spinach. Melt the butter or drippings and gradually blend in the flour. Mix the milk with the spinach and add to the mixture in the pan. Cook, stirring constantly, until the mixture thickens. Then season with salt, pepper and nutmeg. Arrange in a mound on a hot platter and cover with the poached eggs, or arrange on mounds on a hot buttered toast and place a poached egg on top of each mound.

CARROT SOUFFLE

3 tablespoons butter
4 tablespoons flour
1 cup milk
1-2 teaspoon salt
1-2 teaspoon grated onion
3 eggs, separated
3 cups sliced cooked carrots.
Method: Melt the butter and blend in the flour, add the milk and cook, stirring constantly, until the mixture thickens. Season with salt and onion finely grated. Beat the egg yolks slightly and add a little of the mixture to the rest of the sauce. Mix well, then cool slightly and add the cooked sliced carrots. Beat egg whites until stiff and fold into the cooled sauce. Pour into a buttered baking dish. Set in a pan of warm water, and bake in a moderate oven (325 deg. F.) for about 45 minutes. Arrange to serve this immediately on taking it from the oven.

CROCHETED CALOT OF ROPE WOOL WITH BRAID



DESIGN NO. 1186
A crocheted calot of rope wool is smart for every hour. Pattern No. 1186 contains 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, Charlottetown Guardian.

Needlework Department, Charlottetown Guardian
Design No. 1186
NAME _____
STREET ADDRESS _____
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New under-arm Cream Deodorant safely Stops Perspiration



- 1. Does not rot dresses or men's shirts. Does not irritate skin.
- 2. No waiting to dry. Can be used right after shaving.
- 3. Instantly stops perspiration for 1 to 3 days. Prevents odor.
- 4. A pure, white, greaseless, harmless washing cream.
- 5. Awarded Approval Seal of American Institute of Laundering for being harmless to fabric.

Arrid is the largest selling deodorant
39¢ a jar
Also in 15¢ and 99¢ jars
ARRID



In the last three years Canada's women have undertaken countless voluntary activities to further the war effort and assist the morale of the men and women in the armed forces. Among their many projects is the collection of magazines for distribution to the three services. In the picture above two volunteer workers are sorting magazines in a central house which handles 100,000 a week. The Women's Voluntary Service Centres which are being established in many Canadian cities and towns can supply information concerning this work and direct magazine contributions to the organization in the community responsible for their collection.

A Morning Smile

George was reading to his wife an exciting newspaper report of a fire. "And, my dear!" he cried, "one poor woman had to escape down a waterpipe at the back of the house." "Oh!" sighed his wife, "how splendid to be as thin as that!"

Mandy—Dey says dat young nigger Bruno Johnson done got a terrible position in de army. Lisa—Is dat so? What sort uv a position is it? Mandy—Why, dey say he's done attached to a flyin' corps.

Here's Relief for COUGHS AND COLDS!

Get after that cold or cough due to a cold right away! Start taking Father John's Medicine. This nutritive tonic is rich in vitamins A and D to help build up the inner resistance which is the only real protection against colds. Millions have proved the effectiveness of Father John's Medicine for more than 85 years. Get Father John's Medicine today from your druggist—for yourself and the whole family.



Father John's Medicine
Contains no poisons, narcotics or dangerous drugs in any form. Made in Canada.