

Woman's Realm Social and Personal Fashions Literature

THE COOK'S CORNER

CARAMEL APPLE-HAM LOAF

Two tablespoons butter, 3 1-2 tablespoons brown sugar, 3 firm apples, 1 1-2 pounds ground cooked ham, 1 egg, 1-4 cup cream, 3 slices moistened bread, 1 teaspoon dry mustard, 1 1-2 tablespoons grated onion.

Melt butter in heavy frying pan, stir in sugar until melted. Cut apples, unpeeled, into 1-2-inch slices. Add to butter-sugar mixture and cook until slightly browned. Dip slices of bread in water, squeeze and place in bowl with ham, egg, cream, mustard and onion.

Knead well, then spread over top of fruit in pan. Bake in moderate oven (350 degrees F.) for 40 minutes. Pour off fat. Turn out on platter, apples on top and garnish with watercress. Serve with creamed potatoes.

POTATO PUDDING

6 medium potatoes
2 medium onions
1 egg
6 tablespoons butter
Salt, pepper

Method: Peel the onions and the potatoes. Cut them in pieces, then force through the fine blade of the food chopper. Season with salt and pepper and add the beaten egg and the butter melted. Mix well and turn into a well buttered baking dish. Bake in a moderate 375 deg. F.

Living & Leisure The Woman's Realm

GRATITUDE

For sunlit hours and visions clear,
For all remembered faces dear,
For comrades of a single day
Who sent us stronger on our way,
For friends who snared the year's
long road,
And bore with us the common
load,
For hours that levied heavy tolls
But brought us nearer to our goals,
For insights won through toil and
tears,
We thank the Keeper of our years.
—DR. CLYDE MCGEE

Many adults have not had the advantage of musical instruction during their childhood. As the years advance, they are heard to lament that they have no means of expressing their emotions musically.

SAVE STEEL KNIVES

You can ruin a perfectly fine steel knife by trying to pry off a jar cover or open a can with it. It's a good time right now to start cherishing cutlery—the more steel therefore to go into war industries.

Watch your currant bushes carefully to see that the second invasion of currant worms does not cause them to be stripped of their leaves. Remember that the worms start at the bottom of the plants and work upward.

Provide a cutlery rack to keep knives in—it will prevent bending and nicking the blades. And don't try sharpening knives yourself unless you really know how; having them done by an experienced grinder is much less expensive than replacing with a new one. Also, if the knives have wooden handles, don't put them in water to soak; the handles will become loosened.

KITCHEN AWNING

An unusual effect can be achieved by simulating an awning for the kitchen window. It's easily done with a bold striped fabric cornice, drawn straight across the top. Scallop with edges and, with the binder attachment to your sewing machine, finish with contrasting bias tape. If you've never used these special attachments do ask your local sewing centre to show you their shortcuts.

Girls who need girdles to achieve a trim, slight shape are not the only ones who ought to be thinking about their weight.

GAINING WEIGHT MATTER OF ARITHMETIC

Many housewives consider it economical to give their household linens a rest between washings. Therefore, when returning freshly laundered sheets, cases and such to the linen closet, place them at the bottom of the pile instead of the top, where they will again be first to hand. Another good idea is to mend worn spots or tears before laundering rather than afterward.

EASY TO HAVE Healthy CUTICLE Use CUTEX CUTICLE OIL

Dorothy Dix Says—

WAR OFFERS CHANCE TO MAKE A CAREFUL CHOICE OF MATES

Mixing Up Of The Youth Of Our Land Expands Their Matrimonial Horizon

A bit of the silver lining of the war cloud is that it will give the young people of the country a better opportunity than they have ever had before to make a discriminating choice of their mates. Heretofore the boys and girls have been mostly limited in the pick of their wives and husbands by their environment. Tommy had to marry Susie because she was the girl next door, and Marybelle was predestined to go to the altar with John because they had made mud pies together and graduated from the same class in H.I.

But now, with the boys being all scrambled up together in the army and being continually shifted from one camp to another, it is a different story. It throws the lad from Bird Song, Mississippi, on the doorstep of the girl in Rabbit Track, North Dakota, and sets the maiden in sunny California to teaching the down east New Englander how to jitterbug.

Probably when Uncle Sam started out to organize his defense forces he had no idea of becoming a match-maker, but you can see with half an eye how enormously this making up of the youth of the land expands their matrimonial horizon, and how much better chance it gives them of getting their hearts' desire in a life partner. For now they do not have to take what they can get. They look em all over and select the ones that hit their fancy.

It is folly to deny that, taking them as they come, all husbands and wives are pretty much cut out of the same bolt of cloth, and whether they are from the North or the South or the East or the West they average up about the same as to faults and virtues. But, for all of that, husbands and wives do differ from each other as one star differs from another in glory, and it is the unique opportunity to compare the specimens produced by the different sections of our fair land that the youngsters of today are privileged to enjoy. And I hope to goodness they appreciate their blessings.

FOUR TYPES OF MATES

Let us consider the four types of mates among whom our boys and girls will be able to pick and choose. Let us begin with the Northern man who always has a fatal fascination for the Southern girl because she represents the big, strong, silent hero of fiction, who is ice without and a seething volcano within, of whom she has read but never met.

Used to the facile love-making of the boys she has grown up with, she takes his dumbness as a sign of deep feeling, and it is only after she has worn herself to a frazzle trying to make an impression upon him that she realizes that he is granite all the way through. Generally speaking, there are exceptions, of course, to every rule—the Northern man has more backbone than heart. He is a good provider and makes a better husband than he does a lover.

Pretty much the same thing may be said about the Northern girl. She is pretty and intelligent and chic and knows her way about. She is industrious and frugal, a meticulous housekeeper, and she will help her husband to make a fortune or get into the Senate, but she doesn't baby him or flatter him, and if a Southern man marries her he had just as well make up his mind to live on cold bread, the balance of his life.

The Eastern man and woman, especially the Bostonians and New Yorkers, are irresistibly alluring to the young inhabitants of the South and West. They are sophisticated, worldly wise; they represent all that ever went with evening dress, as Mr. Kipling used to say. Maud Muller she realizes that he is granite all the way through. Generally speaking, there are exceptions, of course, to every rule—the Northern man has more backbone than heart. He is a good provider and makes a better husband than he does a lover.

A CAN-OPENER COOK

Eastern girls seldom bear transplanting and the man who marries one has to be able to endure her moans over living in a barbarous land, far, far from home. Also, if she is a city girl, having been brought up in a two-by-four flat, she is a can-opener cook.

In the West marriage is run on a fifty-fifty basis as it is nowhere else in the world, and it is folly for either a man or a woman with a head-of-the-house complex to espouse anyone west of the Mississippi. Living handy to the divorce mill, they stand no foolishness from their mates.

Western women were the first publicly to put on the pants. Also, they emancipated themselves from domesticity by substituting the cafeteria for the cook stove, but they make excellent wives for men who are not fussy about their food and who are fond of hiking.

Southern men are natural as love-makers. They are born with a line that will make any woman who is not stone deaf or blind listen. Unfortunately they do not always mean everything they say, so it is well for a girl to discount their "honeys" and "darlingest thing in the world" until they show up with a wedding ring. As husbands they are still gallant to their wives and generally treat them as politely as they do their secretaries.

Southern women are the true husband-spoilers, and if a man wants a wife who will baby him and tell him how big and strong and wonderful he is, Dickie is his best bet. So there you are, boys and girls. Take your choice.

NEW PERTH SCHOOL
Honor roll for New Perth School for the month of April.
Grade X—1. John Minchin; 2. Leo Corcoran; 3. Doris McLean.
Grade VII—1. Lea Myers; 2. James Corcoran.
Grade V—1. Anna McLaren; 2. Gerald Corcoran; 3. Velma MacNeill.
Grade IV—1. Angus MacDonald; 2. Harry Myers; 3. Teresa Myers; 4. Eleanor Minchin; 3. Earl Power.
Grade II—1. Pauline Cummiskey; 2. Hazel Stewart.
Grade I—1. Nita Thompson; 2. Margaret Power; 3. Patricia Callahan.

HERMITAGE SCHOOL
Report of Hermitage School for the month of April.
Grade IX—1. Alfred Curley.
Grade VIII. Sr.—1. Joseph Rooney.
Grade VIII. Jr.—1. Audrey Morton.
Grade VII—1. Frances Rooney; 2. Joseph McVarish.
Grade VI. Sr.—1. Edna McVarish; 2. Alban Rooney.
Grade VI. Jr.—1. Phyllis Larkin.
Grade IV. Sr.—1. Joseph Larkin.
Grade IV. Jr.—1. Betty Masters; 2. Alban Curran; 3. Edward Larkin.
Grade III—1. Edna Masters; 2. Hilda Larkin; 3. Jean McVarish.
Grade I—No tests given.
Highest percentage in Senior Grades—Edna McVarish.
Highest percentage in Junior Grades—Betty Masters.
Perfect Attendance—Audrey Morton, Frances Rooney, Edna McVarish, Alban Curran, Betty Masters, Hilda Larkin.
(Patriot please copy.)

CAST-IRON COOKING UTENSILS
Grandmother's cast-iron skillet and Dutch oven are kitchen favorites to-day. To keep them from rusting, always see that the utensil is thoroughly dried after washing. If food becomes stuck on the inside or burned fill with water to which a little washing soda has been added and heat. Ordinarily the stuck-on particles will come off with this treatment, but if stubborn, use steel wool scouring pad.

HERMITS DRESSING GOWN
There's something spring fresh about polka dots. Perhaps that's why they are particularly appealing to faded fashion fancies in late winter. New, and just the item to

STOPS PERSPIRATION 1 to 3 DAYS
YOU GET 50% TO 100% MORE FOR YOUR MONEY
ODO-RO-DO Cream

TRY THIS NERVOUS
on "certain days" of month
If functional monthly disturbances make you nervous, restless, high-strung, cranky, blue-try Lydia E. Pinkham's Vegetable Compound at once to help relieve pain and nervous feelings of women's "difficult days." Very effective. Made in Canada. Well worth trying!

STOPS PERSPIRATION 1 to 3 DAYS
YOU GET 50% TO 100% MORE FOR YOUR MONEY
ODO-RO-DO Cream

Name _____
Street Address _____
City _____ Province _____

Needlecrafts For The Home

A charming young frock with a nipped-in waistline and a dirndl skirt, achieves the "pretty and feminine" air with very simple lines, easy to make. Square neckline adds to both comfort and style of the frock.

Style No. 3134 is designed for sizes 12, 14, 16, 18 and 20. Size 16 requires 2 3-4 yards 36-inch fabric 2 yards binding. Write or send picture with your name and address with 20 cents in coin or stamps to the Needlecraft Bureau, Charlotte-Town Guardian, To Charlotte-Town Guardian Needlecraft Department, Style No. 3134 Size _____

Name _____
Street Address _____
City _____ Province _____

A Morning Smile
PAYS TO ADVERTISE
Dorothy had been praying each evening at bedtime for a baby sister. The other day her mother, while reading the paper exclaimed: "I see Mrs. Smith has a little daughter."
"How do you know that, mamma?" Dorothy inquired.
"It says so in the paper, dear."
"Read it to me."
Her mother read: "Born on July 2nd, to Mr. and Mrs. Q. Smith, a daughter."
Dorothy thought a moment and then said: "I know what I'm going to do. I'm going to stop praying and begin advertising."

WISE
Customer in a drug store on Sunday morning: "Please give me change for a dime."
Druggist: "Here it is. I hope you enjoy the sermon."

DAILY MENUS Sugar-Saving
(FOR FRIDAY, MAY 15)
BREAKFAST
Tomato Juice Rolled Oats Whole Wheat Toast Honey
Beverage of Choice Milk for Children
LUNCH
Cheese Omelet Green Celery Whole Wheat Bread Canned Cherries Milk for Children
DINNER
Salmon Steaks Parsley Potatoes Spring Salad of Mixed Greens Vitamin B White Bread (Canada Approved) *Apricot Upside-Down Cake Beverage Milk for Children

APRICOT UPSIDE-DOWN CAKE
1 1-4 cups sifted pastry flour
2 teaspoons baking powder
1-4 teaspoon salt
1-2 cup granulated sugar
1 egg, well beaten

SMART KNITTED JACKET AND CROCHETED PILLOX
This lovely jacket and pillowbox make a smart combination. The jacket is easy to knit in the giant stitch, in sizes 32 to 42. The lofty crocheted pillowbox may be made in about an hour's time. Pattern No. 1091 contains list of materials needed, illustration of the designs 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 Guardian.

To Charlotte-Town Guardian Needlework Department
Design No. 1091
NAME _____
STREET ADDRESS _____ PROVINCE _____
CITY _____

His wife thought his shirt was white... till she saw his mother's Rinso-washed apron

You'll never be satisfied with anything else once you see RINSO WHITENESS

JUST look at clothes washed in Rinso and see for yourself. They're not merely whiter; Rinso gives the whitest wash! The only true standard of whiteness is Rinso whiteness.

And Rinso is grand for washable colors, too, keeps them fresh as new. You'll marvel when you see how it helps all the clothes to last longer. You see, you don't wear them out with rubbing or scrubbing because Rinso's rich suds simply float every speck of dirt away. Whatever your washing experience, once you have tried Rinso you will never be content with anything else. Use Rinso next time you wash. Get the GIANT box at your store for extra economy.

RINSO KEEPS COLORS BRIGHT AND GAY — **MAKES CLOTHES LAST LONGER, TOO!**

Send 20c in coins for your copy of "Hand-made Gift Novelties" to The Guardian Home Service Be sure to write plainly your Name, Address and the Name of book etc.

Name _____
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Rinso gives the whitest wash — gives the whitest wash

Dainty Dressing Table Is Easy to Make
Trimmed With Daisies
Covered with dainty organdie, a packing case is transformed into a smart dressing table which will lend charm to any boudoir.
Daisies are tacked here and there to the three organdie ruffles, which range in color from white through creamy yellow and canary. More daisies edge the top, form at the centre a pretty bouquet, tied with black velvet ribbons.
And, if you place your table in front of a window, charming to use white organdie curtains with matching bouquets for tiebacks.
To make the table nail on your packing case a kidney-bean shaped top cut according to the dimensions in our diagram. Cover top, also make a skirt for the sides, in plain white satin.
And now stretch over the top a layer of organdie. Cut perky organdie ruffles in graded widths, measuring twice the distance around front and sides for fullness. Hem edges, gather, and fasten to the foundation.
Find full directions for making this lovely table in our 32-page booklet—also how to make many other items for home and personal use. Among them are a bookrack, table, novelty pillows, utility bath room box, sewing stand, cellophane travelling sets.



Send 20c in coins for your copy of "Hand-made Gift Novelties" to The Guardian Home Service Be sure to write plainly your Name, Address and the Name of book etc.

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