

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

## Why is the WHEAT GERM so important to you?

The wheat germ is a proven natural source of Vitamin B1. An adequate supply of Vitamin B1 is essential to normal growth and development in children, and to the good health of adults. "Shreddies" are made from whole wheat in which the precious germ is retained in its entirety.



## Shreddies



the popular whole wheat cereal Made in the famous Shredded Wheat bakeries at Niagara Falls. This energy-giving breakfast treat is flavoured with malt, toasted to a tasty nut-crispness. "Shreddies" contain all the goodness of whole wheat... the bran, minerals, protein, the precious wheat germ.



\*SHREDDIES is a registered trade-mark owned in Canada by the Canadian Shredded Wheat Company Limited.

### A Morning Smile

He felt her small hand in his. He closed his eyes and sighed happily. When he looked up again she had gone. In his hand lay a nickel.

#### A START

They were sitting on the verandah in the moonlight. No words broke the stillness. She began to yawn. "I say," she said suddenly, "suppose you had money, what would you do?"

A preacher stopped at a fish market and said to the clerk: "Throw me a dozen of those best mackerel—one by one, high and fast." "What on earth for?" asked the astonished clerk. "I've got to say I caught them and I can't lie about it."

#### OLD FASHIONED SAMPLER



DESIGN NO. 619

A cross stitch sampler that is easy to make. It is a lovely colorful gift. Hot iron transfer pattern No. 619 contains motif measuring 9 by 11 inches with 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, The Charlottetown Guardian, Needlework Department.

Design No. 619  
NAME \_\_\_\_\_  
STREET ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ PROVINCE \_\_\_\_\_

### Dorothy Dix Says—

#### AVERAGE CHILD SUBJECTED TO BARRAGE OF CRITICISM

##### It's Tragic To Think How Many Parents Put Out Fire On Children's Altars

It is a strange thing that parents almost universally use blame instead of praise in trying to induce their youngsters to walk the straight and narrow path, although they know perfectly well that flattery is the greatest motive power in the world, and that all of us can be jollied into doing things that wild horses couldn't drive us into doing. An inborn human trait is the urge we all have to live up to our blue china and justify our reputations, and this is just as true of children as it is of grown-ups. Why fathers and mothers don't play this tip across the board in dealing with their offspring is a mystery past solving. Certainly it is their one best bet.

But they don't. The average child grows up under a ceaseless barrage of criticism that would convince him, if he were old and wise enough to reason about the matter, that he was a congenial idiot, a mannersless boor, a member of the great unwashed, that he had inherited all the defects of his ancestors and that he was practically a hopeless case of maladjustment to his situation in life.

From morning till night he hears nothing but: "Johnny, get up. Don't be such a lazy polch your shoes. Don't be so untidy." "Johnny, what makes you so dumb? Don't bring me another report like the last one." "Johnny, don't eat like a pig." "Johnny, take off your hat when you come in the house." "Johnny, stand up instead of 50 per cent under the room, where you learn any manners?" And so on and on until they are discouraged and accept themselves as a foredoomed failure and quits trying to be anything else.

Parents justify their perpetual faultfinding by saying that they are trying to help their children correct their shortcomings, but, unfortunately, they have exactly the opposite effect. They only exaggerate the youngsters' defects and make them more pronounced. Children take their fathers' and mothers' estimate of them as final, and if Mama and Papa are always impressing on Mary that she is shy it makes her so tongue-tied she has never a word to say in public; if they are always telling her how awkward she is, she gets so unsure of herself she falls over her own feet.

If Father is always calling Johnny a fool, he gives up studying and lets the class go ahead of him; if Father is always prophesying that he will never amount to anything, it keeps him from doing the do-nothing stool at the bottom of the ladder, without ever attempting to climb it.

It is tragic to think how many parents unwittingly put out the fire on their children's altars—girls who would have been beautiful and made good marriages if their mothers had not killed in them the self-confidence that makes a woman carry herself 40 per cent above her looks for scalloped dishes, dressings, etc. Save wax from jellies, jams, etc. Wash. Dry Melt and use again. Save vegetable water for soups or sauces.

Save vinegar from pickles. The spicy flavor adds zest to salads. Save celery tops, parsley or green onion tops for the soup pot or for seasoning. Beet and turnip greens are nutritious and tasty vegetables. Save butter wrappers. They are excellent for wrapping nuts. Save energy by planning ahead. Save by using reliable recipes. Eliminate possible failures. Save by serving well-cooked foods attractively. Save by constant attention to the care of your stove and refrigerator. Faulty equipment increases total food cost.

## Living & Leisure The Woman's Realm

#### LITTLE THINGS

Life is made of little things, A smile, a sigh, a clasp of hand, A kiss, a frown, like magic wand Turns Joy to Grief, Or, all too brief, Gives glimpse of ecstasy of bliss.

A brilliant flower, a seagull's wing On ocean wave, the sheen of star, A lighthouse shining out afar, A moonlit path on silver strand, A memory of some far land, Yest Life is made of little things.

MARY G. REED in The Boston Herald

Instead of trying to water the entire garden at once, concentrate on one portion at a time and give it a thorough soaking, at least a foot down. Next day, try another part. Such a soaking should last a week.

#### VARNISH SCREENS

You can't get copper window screens? Try varnishing your old ones to make them do one more year. By that time you'll have plastic screens. A chemical product called "saran" is entering the field.

To prevent a crust forming on cornstarch pudding, cover dish with wax or parchment paper while pudding is hot and hold paper in place with a rubber band.

#### KINDERGARTEN CAREER

Michael had taken a strong dislike to kindergarten. All persuasion failed, and finally his mother in desperation told him firmly that he would have to go. "All right, Mother," retorted Michael "if you want me to grow up into a beading stringer, I'll go."

#### RICH BROWN STEW

To make a rich, brown stew, brown the meat in a heavy pan before the liquid is added. If you prefer a light-colored stew, add liquid to meat without first browning. Vegetables should not be added until just long enough before serving to cook thoroughly. Overcooked vegetables lose color, shape and vitamins. When all is cooked tender, thicken liquid, with flour to make gravy.

Weighing only 20 pounds, arm chairs are being made from plastic to all who have it in their power to save the wild flowers of Canada.

#### CONSERVATION IS IMPORTANT ITEM

Keeping footwear in good order is not only economy but really good grooming, too. First of all, buy shoes that really fit; they'll retain their shape better. Keep them clean and polished—not only for good looks, but because cleaning and polishing helps preserve the leather. Place them on shoe trees as soon as you remove them. Have them repaired as soon as they appear to be becoming crooked. If you've been caught in the rain, dry them

carefully and slowly—never close to artificial heat, and polish once or twice as soon as they are dry. Don't try to remove shoes or put them on without unshoing sufficiently. And don't wear the same shoes every day; having several pairs and wearing them alternately makes for longer shoe life and greater foot comfort.

#### IN "DEPRESSED CLASS"

Dr. Krisbina Shridharan, prominent Indian, and author of My India, My America, who is now on this continent, says American women are so strong, although he favours emancipation of Indian women. "Men over here," he says, "belong in what we call the depressed class in India." He is particularly interested in cellular work-shops for men in the United States because he feels that American men have found in them an asylum from the wife's domination of the rest of the house.

#### CONDEMN DESTRUCTION OF WILD FLOWERS

Once again in the spring of the year, appeals are being made by the various horticultural societies throughout Canada against the reckless plucking of wild flowers. These appeals for the preservation of our native beauty do not mean that no flowers should ever be picked but they do emphasize the necessity of a little thought on the part of the picker. Some wild flowers should never be picked at all; others may be taken at will. Of the latter kind, like violets and hepaticas, are the plants whose flower stem rises directly from the roots, and provided the body of the plant is not injured, no damage will have been occasioned. In any case tearing up a plant by the roots merely to gain a bloom is wanton destruction.

Other wild flowers that should never be plucked at all are those which cannot be picked without removing all the foliage upon which depends the flowering of the bulbous root for the following season's crop of flowers. Of this species of the official floral emblem of Ontario, instead of plucking the White Trillium, it would be far better to leave the entire plant to one's garden, and thus perpetuate the significance of the emblem. So the appeal goes out once more to all who have it in their power to save the wild flowers of Canada.

#### CONSERVATION

Save pennies by right buying. Save by proper storage. Save by regular checking of refrigerator and food cupboards. Save food value by careful preparation. Save fuel by cooking several dishes in oven at one time or cooking sufficient cereal for two meals. Save time by knowing cooking times on shoe trees as soon as you remove them. Save sugar by proper cooking. Save time by careful planning and careful cooking. Save all fat. Clarify and use for

### THE COOK'S CORNER

#### NORWEGIAN BUTTER

Two cups flour, 2 cups sour milk or buttermilk, 1 teaspoon baking soda, 2 eggs, 2 teaspoon cream of tartar, 2 tablespoons melted butter, 1-2 teaspoon salt. Sift flour, measure and sift again with soda, cream of tartar and salt. Beat egg-yolks until light; add milk and melted butter. Add flour mixture gradually, and beat after each addition. Fold in egg-whites, beaten stiff, but not too dry. Drop by tablespoons on hot, slightly greased griddle or heavy iron frying pan. Cook until golden brown, turning once. Serve immediately, with butter and corn syrup or maple syrup or honey.

#### CREAM SCONES

Two cups flour, 2 teaspoons baking powder, 2 tablespoons sugar, 1-2 teaspoon salt, 1-4 cup butter, 2 eggs 1 cup cream. Sift together the flour, baking powder, one-half the sugar and the salt. Cut in the butter. Separate one of the eggs and reserve the yolk to place the tops of the scones; add the yolk to the remaining egg and beat; add the cream. Stir the egg-cream mixture into the dry ingredients lightly and quickly. Toss onto a lightly floured board. Roll or pat to 3-4 inch in thickness and cut into large circles. With a sharp knife cut each circle into fourths and place pieces on a buttered sheet. Place in the oven and bake for about 15 minutes at 450 degrees Fahrenheit. During the last of the baking, remove part way, brush the tops with egg-white, slightly beaten, sprinkle with the remaining sugar, and return to the oven to complete the baking.

Save by knowing how much to buy. Save sour milk. It makes tender cakes and biscuits and delicious cottage cheese. Save dry bread. It makes crumbs for scalloped dishes, dressings, etc. Save wax from jellies, jams, etc. Wash. Dry Melt and use again. Save vegetable water for soups or sauces. Save vinegar from pickles. The spicy flavor adds zest to salads. Save celery tops, parsley or green onion tops for the soup pot or for seasoning. Beet and turnip greens are nutritious and tasty vegetables. Save butter wrappers. They are excellent for wrapping nuts. Save energy by planning ahead. Save by using reliable recipes. Eliminate possible failures. Save by serving well-cooked foods attractively. Save by constant attention to the care of your stove and refrigerator. Faulty equipment increases total food cost.

#### WHERE POLAND LIVES!

LONDON (CP)—Polish bombing raids have taken part in 2,734 air operations over Europe since groups of that nation's pilots joined the Royal Air Force.

#### New Booklet Guide to Commercial Art Field



#### How To Make Your Talent Pay

Have you a knack for art, a special ambition to learn advertising design? You may be on the right track, for there's a continuous demand for such work as dramatic posters, smart packaging, booklets. You may learn much about this commercial art field at home. Study and practice show you how to develop ideas, use principles of design to create an effect. Perhaps you wish to draw an airplane poster that will give a thrilling effect of speed, action! Then you may base your drawing on oblique lines in our sketch. But if you want to show how relaxing air travel can be, you use horizontal lines, restful tones and colors. Or, in picturing the company itself as being dignified and dependable, you'd use vertical lines, strong values. You enjoy, too, learning how differently the same picture can be drawn with pen, pencil, crayon or brush. Finally, you learn how to present your sketch to the client! Our new 32-page booklet explains the most important phases of the commercial art field. Describes and illustrates principles of design, techniques. Tells how to sell art work.

Send 15 cents in coins for your copy of ADVERTISING DESIGN SELB-TAUGHT to The Charlottetown Guardian Home Service Address. Be sure to write plainly your NAME, ADDRESS, and the NAME of booklet.

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

## Children's garments require more than ordinary washing



You simply can't believe how dirty their little night clothes get—especially around the collars! Children play so hard they get rubbed right into their clothes—clings stubbornly.

## You need Sunlight's "EXTRA-SOAPINESS" to get right at those extra grubby parts

Isn't it amazing how children get their clothes so dirty? Isn't it surprising, too, how stubbornly the dirt sticks? You know yourself that no ordinary washing is completely effective in cleansing the very dirty parts. Some of the dirt is left behind, and so the clothes won't come really clean. Whether you use flakes, powder or bar soap you need Sunlight's "extra-soapiness" to remove every speck of dust and grime. The Sunlight method of washing is simply to apply Sunlight right on to the "extra dirty" parts at once.

And you do this lightly—not with hard rubbing—for Sunlight has a wonderful "extra-soapiness" which makes it exactly suited for soaping the clothes. The light film of Sunlight left in contact with the dirt is sufficient to loosen the most stubborn grime—quickly, thoroughly—leaving the clothes fresh and spotlessly clean. Use Sunlight Soap for all washing and household cleaning tasks. Its purity gives it tremendous cleansing power and saves your hours of work—it's gentle to your hands, too.



## You can't do without SUNLIGHT SOAP

### A HOME ON THE RANGE

By Bentley Ridge

"However, I hear you're going back to Christchurch," he added. "My mother thinks it too uncomfortable here." "Oh, yes, I didn't think you people would be able to stand it." "That irritating smile, and that 'you people' again! Myrtle was instantly infuriated. Did he think she didn't get the grit to stick it out—and she was not young after all, as she was."

#### MRS. DAINTRY RETURNS

She heard the sudden new cheerfulness of her father's voice as he turned to speak to Telforth in the doorway after her mother had passed through. "Well it seems there is no need—ah—for me to take advantage of your offer to put me up; not that I would have accepted it, grateful

though I am. My daughter will be staying on here." "So she says," said Telforth. (Myrtle was thankful that her mother was out of hearing.) "However, she'll be away until to-morrow, driving Mrs. Daintry to town. If you care to come over for tonight, it'll be no trouble to my housekeeper. Give me a ring about six, and if you're feeling like it by then, I can come and pick you up in the car." "Thank you," said Captain Daintry. "I shall probably take advantage of that offer. I'd like to have a talk about the—ah—place here." "Right, sir." And with a smile and a nod Telforth turned back to the gate. He untethered his horse and rode away with a wave of his hand. Myrtle gazed after him coldly, forced to admit that a well-built man on a horse looks—well—at least a man.

Mrs. Daintry was frantic when she heard. "Are you mad, Myrtle? Last night you said that nothing would induce you to stay! Am I expected to stay down in Churchyard by myself? Nothing to do, nowhere to go, no one to talk to!" "I simply don't see how father

(Continued on page 6, Col 5)

## Needlecraft For The Home

For the gad-about cottons that contrive to be smart while completely formal, the pinafore frock strikes the just right note. Or make the frock in taffets, and wear it in town. Style No. 2556 is designed for sizes 10, 12, 14, 16, 18 and 20. Size 16 requires 3 3/8 yards 35-inch fabric for pinafore; 2 1/8 yards for blouse. To order pattern: Write or send picture with your name and address with 20 cents in coin or stamps to the Needlecraft Bureau, Charlottetown Guardian, Needlecraft Department.



Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

#### POINTERS ON FIGS

Five axioms in the care of young pigs are: (1) Provide iron to prevent anaemia in suckling pigs; (2) give iodine to the sow to prevent goiter and hair-loss; (3) Provide minerals and cod liver oil (or sunlight) to prevent rickets in weanlings; (4) sterilize the farrowing pen with scalding water to prevent worms; and (5) change diets gradually to prevent digestive disturbances. Special Pamphlet No. 34, War-time Production Series, entitled "The Prevention of Common Losses in Young Pigs" can be obtained by writing to the Publicity and Extension Division, Dominion Department of Agriculture, Ottawa.



Best for Baking Best for Health! FRESH FROM MARITIME PLANT