

# Woman's Realm Social and Personal Fashions Literature

## Today You Need Healthful Food

GOOD FOOD is essential to good health—and never before was good health so important. Eat nourishing Grape-Nuts Flakes regularly, with milk, sometimes with fruit, too.

You see, Grape-Nuts Flakes is made from two grains—sun-ripened wheat and malted barley. So it provides high quality carbohydrates and proteins, useful quantities of iron and phosphorus, and other food essentials.

Decide now to make Grape-Nuts Flakes a "regular" on your breakfast table. Order from your grocer—either the regular package or the giant economy size.

## Grape-Nuts FLAKES

A Product of General Foods



## Home Service

Relax and You'll Learn the Dance Steps



Dancing Easy

Don't be continually worrying about how you look on the dance floor. The more natural you are the better dancer you will be. In general, the illustration above shows the correct posture for dancing. Feel tall, free and streamlined. Everyone can be a good dancer if they try. Practice makes perfect. Confidence is also acquired by dancing as much as possible and with confidence you obtain ease and poise.

Once you have learned to dance naturally it's easy to learn the various smart steps of modern social dancing.

These steps require a greater control of your body as a dancer, more ease and grace. But it is not difficult—and it is a lot of fun, learning! Our 32-page booklet helps the beginner not only with instructions but also with clearly defined diagrams to enable them to follow the steps with ease.

Not only the newest and smartest steps are included in the booklet, but also the fundamentals of dancing are outlined. How to lead and follow, for example.

Send 15 cents in coins for your copy of How to do the Newest Dance Steps and Variations to the Charlotte-Town Guardian, Home Service, Address. Be sure to write plainly your Name, Address and the name of booklet.

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

## TAKE ALONG MECCA ON HOLIDAYS

Don't let Sunburn, Windburn, Poison Ivy, Mosquito and Insect Bites spoil your holiday. Mecca Ointment is almost magical in soothing and healing skin irritations.

## TILLIE THE TOILER — ON THE DEFENSIVE!



## Living & Leisure The Woman's Realm

### JUST A DOG

Just dog. I answer when people say "What kind of a dog is he?" Just good plain dog. With a winning way. But he's a pedigree.

I've had him now For a long, long while Along at my side to jog But he isn't just a dog. For looks or style—just a dog.

Just dog—with a faith that Will not fail And a heart that is made of gold. Just loyalty fine from The tip of his tail To his nose that is moist and cold.

Just a dog who will follow me Where'er I go. Through down to the depths I fall. Just dog—plain dog. Since you want to know— That's all!

Just dog—philosopher—lover—friend Unwavering—honest—true. With deep affection that has no end What ever I say or do.

### WEEKLY TIPS FOR MEAT RATIONING

Whether you get a few as "coupon change" or purchase a full ration value, the tips below will help you get the most out of your meat. Sausages are quickly prepared and there are all sorts of different ways of using them. Waffles and sausage are always popular especially with the men of the family. The Consumer Section, Dominion Department of Agriculture suggests Oven-Fried Sausages with Apple Waffles. They are sure to make a hit. The syrup problem is neatly solved by serving a real old-fashioned cream gravy instead.

The sausages are pricked and parboiled for 5 minutes, then cooked in a moderate oven, 350°F. for 25 minutes. They should be turned several times during cooking to ensure even browning. When the sausages are cooked, remove from the pan and keep hot. Pour off all but 2 tablespoons of fat, blend in 2 cups of milk. Stir until thick and smooth. When season with salt and pepper. Apple waffles are made from a plain waffle recipe to which is added 1-3 cup of grated tart raw apples. A crisp salad is the perfect accompaniment.

### A Morning Smile

"I can trace my descent for 800 years. Sure enough?" "Yes. How far can you trace your descent?" "Not very far, but I never claimed to have descended so far as you have."

A visitor found himself seated next to a distinguished Maori at a public function. In the course of conversation the Maori remarked: "You may be surprised to hear I have Scottish blood in my veins." "I am, indeed," replied the visitor. "How is that?" "Well," said the Maori, "as a matter of fact, my grandfather once had a Scotch minister for dinner."

### IMPROVED OUTPUT BY WOMEN

By Thelma Craig

The approach of the dog days is hardly an appropriate time to go into the question of wool supplies. Not many people's imaginations are equal to a winter blizzard at 20 below, while the temperature hovers in the nineties.

However, it is nice to know, even in the summer time, that there is an improvement in Canada's output of woolen goods for civilian use. David Dick, wool administrator, Wartime Prices and Trade Board, says that less demand for overcoating by the armed forces will result in more cozy great coats for the men who battle the winter on the home front.

Furthermore, an additional supply of wool blankets will make it possible for the army to settle snugly down to sleep in cold winter nights. Their coverlet may not be rainbow-tinted nor of the snowiest hue, but for weight, warmth and wear it will equal or outdistance any blanket that has ever appeared on the Canadian market.

No one can say Canadian sheep aren't doing their part to protect the population from winter chills. They supplied 18,000,000 pounds of wool in 1942, which represents approximately 14 per cent of the country's total requirements. Moreover, it is expected there will be at least 10 more per cent sheep shorn this year than last. This, coupled with slightly improved shipping conditions and slackening demands for the armed forces, is a promising sign for woolers in the land of "Our Lady of the Snows."

### A Job Only You Can Do

Price Control Questions And Answers

Questions and Answers on Price Control. The guardian as a regular feature each day. The questions are those which have been asked by the Board Readers. Persons who have intelligent questions to ask or price control are invited to send them in writing to the Women's Regional Advisory Committee of the Wartime Prices and Trade Board.

### A Morning Smile

"I can trace my descent for 800 years. Sure enough?" "Yes. How far can you trace your descent?" "Not very far, but I never claimed to have descended so far as you have."

## Dorothy Dix Says—

### MEN'S CLOTHES LIKELY TO PUT GIRLS INTO OLD MAIDS CLASS

#### Women Known By Dress, And Males Don't Pet Females Looking Like Lad With First "Longs"

There is much discussion at present as to whether the wearing of men's clothes tends to make women masculine characters. In my opinion it is just the other way about, and the reason that the women who pass up frills and furbelows of their sex for the hard-boiled shirts and tubular britches of men do so, is because they are so naturally lacking in femininity that they try to turn themselves into imitation men as a compensation for not being the real thing.

Nothing else could account for their deliberately chucking their pretty frocks which have always been woman's one best bet, into the ash can. For while clothes may not make the man, as the old proverb says, they certainly do a lot towards camouflaging a woman's bad points and high spotting her good ones. Practically any woman in a glamorous white gown or a pink chiffon goes trailing clouds of romance and glory, while a girl in a pair of pants and a jacket of men's cut is regarded as a "tomboy."

For women cannot claim for them that they are anything more than practical, or serviceable, or cheap, and easy to jump into, none of which qualities are seductive.

From time immemorial women have dressed to make themselves alluring to men, but they seem to have made a bad guess when they swapped the garments on which the masculine sex considered it had a priority. There is nothing about a girl who looks like a bad understudy of her little brother before he learned how to wear his first long, that makes a man want to put his arms around him, or her, or it, and whisper sweet words in her ear.

And it is highly significant, and a fact no girl should miss, that in this he-man's army wherever the soldiers have been entertained they have cried out with one voice for the girls who came to dance with them to wear their prettiest and longest and frillest and fluffiest dresses, and flowers in their hair. There hasn't been a single, solitary call for a pair of slacks. So, taking it all in all, the danger seems to be not that the wearing of men's clothes will make girls masculine in character, but that it will make them old maids.

Look about among your acquaintances and see how true this is. There is Mrs. A. who always wears dark, conservative clothes that are trim and tasteful, and that are as neat as a pin. No foolish ornaments. A bow would fatten itself out on her, no matter how flamboyant it started out. You don't have to be told that she is sane and sensible; that she keeps within her budget; that she feeds her family on wholesome food, without a grain of seasoning in it; that all of her ideas and opinions are those held by the right people, and that nothing ever changes them. A good wife. A good mother. But unexciting to live with.

There is Mrs. B., who is Mrs. A.'s reverse. She is fat and frowsy and her clothes always look as if her worst enemy had bought them. She wears what hits her fancy instead of what she should wear, and she can't resist a bargain table. Her house always looks as if a hurricane had passed through it. Her family spends, for the most part, on stuff out of cans and out of paper bags. But Mom is such good fun and lets them do as they please that her children and husband adore her.

And look at Sally C., who dresses like a Dolly Hint from Paris, when her income only entitles her to a basement bargain wardrobe. She always has the latest freak hats and the most exotic hair-dos and the last word in shoes, and she will keep her husband's nose to the grindstone as long as she lives.

And there is Mamie D. who wears so much junky jewelry she rattles when she walks. And Cornelia X. who comes to work looking as if she was on her way to a cocktail party. They couldn't proclaim more clearly that they are lacking in judgment and self-control, and that their husbands will be sold down the river to the specialty shops and the installment houses if they wore sandwich boards on which were inscribed their characters than that he who ran might read. And it would be a smart chap who ran.

Yes, undoubtedly women express themselves by the way they dress, but it is because they were that-way that they wear the kind of clothes they do. The clothes didn't turn the trick.

## HERE'S GLORIOUS RELIEF FOR SUNBURN!



## Noxzema COOLS, SOOTHES —won't stain clothes

Don't let fiery sunburn make you miserable, steal time from your work and play! Take a tip from scores of life-guardians and use Noxzema! Just notice how gloriously cooling Noxzema is, the minute you apply it; how it soothes your burned shoulders and legs, what grand quick relief it gives you! And Noxzema's greaseless, too! It vanishes almost at once; you can dress and be on your way right after using it!



## NOXZEMA

SUNTAN CREAM SUNTAN OIL

FOR A RICH, EVEN TAN WITHOUT PAINFUL BURNING

By WEBSTER

## Desert Destiny

By Joseph Chalwick

### CHAPTER XVI

Anger was behind Jim Conroy's words, and Tracy felt the hard impact of his fist. When he spoke so bitterly of Phil Garrison, she knew he was giving her reason enough to hate him.

"You want to know why I've decided to stay here," he said, "so I'll tell you. It's partly because of the Senora. Can you believe, Tracy, that I fell in love with that fine old lady the first moment I saw her? But my other reason is more selfish."

"Tracy said nothing. Indicating the traveling bag he had been unpacking when she entered the room, Jim Conroy went on: "That bag contains everything I own in this world. I'm not broke. My bad leg makes it impossible for me to get back into the Service where I belong. Phil Garrison is responsible for the spot I'm in. I figure he owes me something."

"And so," said Tracy, as bitter now as he, "you mean to stay here and let Garrison Ranch pay off Phil's debt?" "It's an idea," he replied. "I can be as tough and selfish as the Garrisons themselves."

"Just what is this debt?" "I don't think you'd like to know about that." "On the contrary," she retorted, "I don't think I'd like not to know."

She saw the long, thoughtful look he gave her. Something warned her not to try to pry into the life of Phil Garrison. And yet she had to know. She silently waited.

"All right," you asked for it, Tracy," he said. "I was a volunteer pilot in China when this Phil Garrison showed up on his own one day at our squadron headquarters. We marked him at once as an adventurer. He wanted to join our group, but the commanding officer didn't quite trust him."

"Phil Garrison hung around and took up a plane one day, without permission. He could fly all right. We could all see that he'd make a swell combat flyer, but there was still his character. I won't detail his lack of virtues. He wouldn't take no for an answer. He had some money and he knew how to use it. All of a sudden he was flying a Chinese-owned plane and using our base."

"A good job he did, too, but he was erratic. We were flying over enemy-occupied territory one morning and tangled with a swarm of Japs. Phil was shot down first, and then I got it. His plane was a total wreck, but I managed to make repairs on mine and I hoped to get back to base. Phil had been slightly wounded; mainly he was scared. A Jap patrol was heading toward us, and it looked as though we'd be taken prisoner—or worse—if I couldn't get the plane into the air."

"Tracy found her chair standing rigid. Her heart pounded heavily as Jim went on, his voice harsher now: "I wouldn't have judged Phil Garrison too harshly for what he did when I got the plane repaired enough to hop off. Fear can make a weak man half-crazy. Maybe I could have forgiven him for that."

His eyes stormy, Conroy began pacing to and fro, limping a little. "He wasn't as badly wounded as I thought. He pretended to be unable to move. I guess the plan was in his head from the very first. I helped him into the cockpit, then went to get the leather jacket left on the ground. He got me from behind, using the gun he carried in a shoulder holster. The bullet got me in the leg, and I fell, and before I could get up he was taking off."

He broke off abruptly. Incredibly Tracy, and she knew he saw disbelief in her eyes. Angrily he flung at her, "All right—call me liar!" "Tracy said brokenly, "Go on. What happened after that?"

### CROCHETED BOLERIO IS EASY TO MAKE

958



### DESIGN NO. 958

This lovely bolero is crocheted in the fan design. Easy to make and lovely to wear with your pretty pastels. Pattern No. 958 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, Charlotte-Town Guardian, Needlework Department.

Design No. 958  
NAME \_\_\_\_\_  
STREET ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_

## WEEKLY WARTIME NUTRITION HINTS

Martha Logan, Swift's famed home economist, whose weekly wartime cooking column is a regular feature of this page. Look for these valuable hints each Monday.



## Summer Lunch Boxes

In hot weather it is more than ever important to be sure war workers get the foods they need

Hot weather appetites need tempting. And when it is a question of keeping up the health and strength of one of Canada's war workers it is our job to see that the appetite is tempted... and tempted by the right kinds of food!

So, this week, I want to run over again what we already know about lunch boxes and see how these rules are affected by summer conditions.

Every lunch box should contain: SANDWICHES: Two or three sandwiches made with Canada Approved bread. At least one of meat, fish or poultry and preferably another with egg or cheese.

In making meat sandwiches, remember two or three thin slices of meat make a better tasting, easier eating sandwich. RAW VEGETABLES: Could be used as a sandwich filling, or as a salad. If you supply a meat or fish salad in a container, plain bread and butter sandwich will accompany it—or one with a little relish in it. Chopped cabbage and carrot are particularly valuable.

MEAT SALADS: Try one of these in a waxed container or covered glass jar. 1. 1/2 cup diced Savoury Loaf, 1/4 cup diced celery and grated carrot, 1/2 cup dressing. 2. 1/4 cup Bologna cut in strips, 1/4 cup diced celery, 1/2 cup mixed leftover vegetables. Salt, pepper, mayonnaise to taste. 3. 1/4 cup chopped cooked Frank's, 1/2 cup diced cooked potatoes or kidney beans, 2 tbsp. chopped celery or onion, Mayonnaise or salad dressing to taste.

MEAT FOOD: A hot cream soup in a thermos actually stimulates the appetite. As alternatives, iced coffee, half-and-half, with milk, or frosted cocoa are delicious cold beverages and give valuable milk nutrients. Ice cold milk alone is often best of all.

And do, please, "dress up" the packing and arrangement of the lunch box. Appearance and freshness makes so much difference to one's appetite. Wrap sandwiches, lettuce, devilled eggs neatly in waxed paper. Use paper cups, fruit jars or jelly glasses with fitted covers for packing salads. And remember, too, variety is the spice of life!

"Meat Complete," Martha Logan's famous handbook of wartime time housewives. If you haven't your copy yet, send 10¢ to Swift Canadian Co. Limited, Dept. 1, London, Ont.

## SWIFT CANADIAN CO. LIMITED

Makers of Premium Quality Products; Brookfield Butter, Eggs and Cheese; Jewel Shortening and Silverleaf Lard.

## THE COOK'S CORNER

### Strawberry and Apple Jam

Wash strawberries, drain and remove tops. There should be 4 lbs. Wash an equal weight of red apples (skins may be left on if desired) and cut into 1/2-inch cubes. There should be 2 lbs. prepared apples. To the strawberries add 2 1/2 lbs. sugar and let stand while apples are cooking. To the apples add 1 1/2 lbs. sugar, and heat slowly stirring until the sugar is dissolved. The jam is now ready for bottling. Boil for 15 minutes, stirring constantly. Add the strawberries with their sugar and stir while boiling for 15 minutes or until the jam is somewhat thick. Pour into sterilized jam jars and seal at once with coating of hot paraffin, adding second coating when jam is cold.

### Apple and Raspberry Jam

Make same as apple and strawberry jam, but reduce the amount of sugar on the berries to 2 lbs.

## Needlecraft

### For The Home

#### FOR FUN IN THE SUN Make Your Own Play Suit

Of course you need play clothes, and the economical plan is to make your own. This style, for instance, is the simplest thing in the world to run up in a hurry. The three pieces—halter-neck bra, brief skirt and shorts—make up an outfit you can wear for a bathing suit, or just for a great play suit.

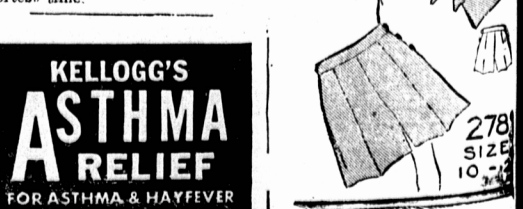
Style No. 2789 is designed for sizes 10 to 20. Size 16 requires 2 1/2 yards 35-inch fabric. Pattern is hand-cut to United States Standard measurements and includes chart with step-by-step instructions.

Send twenty cents for pattern, write your name and address and style number. Be sure to state size you want.

Style No. 2789  
Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

### WASTE AND SALVAGE

The elimination of waste and salvage of every scrap of material is one way in which every Canadian can help eliminate the enemy in the shortest time.



KELLOGG'S ASTHMA RELIEF FOR ASTHMA & HAYFEVER