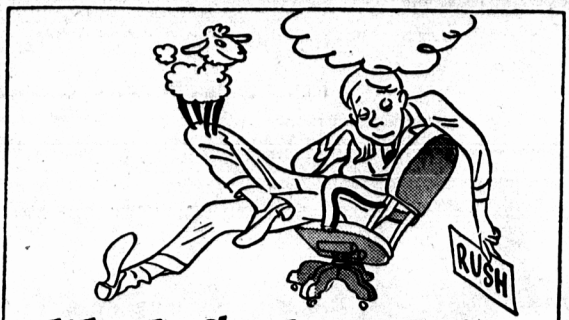


Woman's Realm Social and Personal Fashions Literature



Wool Gathering?

WELL... that's not surprising, if you've been counting sheep all night! Why can't you sleep? Can it be that you're bothered by the caffeine in tea and coffee? Try Postum instead!

You'll love its wonderful depth of flavor—not like tea, not like coffee, just a grand heart-warming goodness all its own. And Postum contains no caffeine, nor any other drug that might whip up heart or nerves, or upset digestion.

So easy to fix—right in the cup—just by adding hot milk or boiling water. Enjoy Postum with meals... between meals... at bedtime—anytime!



Living & Leisure THE WOMAN'S REALM

"Not until the loom is silent and the shuttle cease to fly, shall God unveil the canvas and explain the reason why the dark threads are as useful in the skilful weaver's hand as the threads of gold and silver in the pattern He has planned." —Unknown.

One cup holds sixteen tablespoons of dry material, or twelve if a liquid.

Sweet corn may be preserved at home by salting in glass canning jars.

To get clothes ready in a hurry for ironing, sprinkle them with warm water instead of cold.

CREAMED FACE NEEDS SAVING

"Divorce is hatched in a cold cream jar," said a famed illustrator, who recently told an audience of professional women that many a marriage failure can be blamed on the "greased pig" faces of careless wives.

One way you can save your marriage and your face is to limit the cold-creaming to 15 minutes before bedtime.

Beauty Angle

As good as keeping cream on all

DO YOU SHOW YOUR AGE?

Many women lose the charm and vitality of youth all too soon! Eating too much rich food and taking too little exercise—they feel middle-aged, "slowed down," tired all the time. They begin to show their age—to develop "middle-age spread."

What a boon when they hear about Bile Beans—the favourite British remedy for keeping fit and trim! This gentle regulator, made from 10 pure vegetable extracts, helps offset the effects of too much fatty food and too little exercise.

So get Bile Beans—"The Medicine That Wakes Up Nature"—and enjoy that "grand-to-be-live" feeling that puts a sparkle in your smile! Your druggist has BILE BEANS—over 7 million boxes sold last year. Get Bile Beans today. 51

It is to keep it on a face to which the blood flow is increased for 15 minutes. To increase the blood flow to your face, hold your feet higher than your head.

To wing into this beauty angle—in case you've never done it—on your back on the bed with your hips propped up by three pillows and your heels elevated still higher by the footboard.

USING SURPLUS SYRUP

Even the most skilled home owners sometimes overestimate the amount of syrup they need for a certain lot of fruit. With sugar short in supply throughout the world, every ounce of sweetening that is wasted is a speck that matters.

If fruit has been simmered in the syrup the surplus syrup makes delicious sauce for desserts like cottage pudding and can also be used for sweetening and flavouring fruit dishes. If it can be used immediately, sugar's fine, but if it moulds within a short time even when kept in the refrigerator, it cannot be used with safety.

In a couple of days, put it in a clean jar, sealing with a rubber ring and top and process it along with the last batch of fruit. The sealer does not have to be full, so even as little as a cup can be saved for a dessert months hence. Clear syrup to which fruit has not been added will keep without processing for the reasonable length of time in the refrigerator.

HOUSEHOLD SCRAPBOOK

By Roberta Lee

Berries

As soon as berries are delivered remove them from their boxes, place them unwashed in glass jars with tightly fitting tops, and keep on ice until ready for use. This will preserve them for several days.

Corn

When preparing corn for canning or for the table, use a small hand brush to remove the silk. It removes the work much quicker than the fingers.

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 Trade Board from consumers in this region. The answers are provided by the Board members. For those who have intelligent questions to ask on price control are invited to send them in writing to the Women's Regional Advisory Committee.

Q. I want to sell my car. What are the regulations about advertising it for sale?

A. In your ad you must state your name, address, the location, make, model, body type, model year, serial number of your car, options and accessories including spare tires and tubes and the proposed price sale which must not exceed the maximum price permitted by regulations.

Q. Can we use "P" coupons to buy Maple Syrup?

A. Yes, "P" coupons are the same as preserves coupons. Each cent entitles the holder to 24 fluid ounces of maple syrup or the stated amount of other rationed preserves, or one-half pound of sugar.

Q. I wish to rent a furnished house. Must the landlord have the price set the same as on an unfurnished place?

A. Yes, the rental must be fixed on a furnished house. The owner should apply to the nearest Rentals office, an appraiser will inspect the house and set the maximum rental which may be charged.

HOW CAN I !!

By Anne Ashley

Q. How can I take the shine out of a silk garment?

A. Lay the garment on a table and rub with a damp cloth in cider vinegar and the shiny place until it disappears. Hang the garment in a shady place and it will look like new when dry.

Q. What is a home remedy for a headache?

A. Try laying thin slices of a raw potato across the forehead. Or the pinch of salt to dissolve on the tongue, then in about ten minutes take a drink of cold water.

Q. How can I determine the correct time for boiling chicken, fish, and ham?

A. Lay the table is: Chicken, per pound, 20 minutes. Fish, per pound, 10 minutes. Ham, per pound, 25 minutes.

BETTER ENGLISH

D. C. Williams

1. What is wrong with this sentence? "The ship sunk near the shore."

2. What is the correct pronunciation of "solace"?

3. What does the word "inordinate" mean?

4. What is a word beginning with "ve" that means "quality or state of being true"?

ANSWERS

1. Say, "The ship sank." or, "The ship has sunk." 2. Pronounced sol-ace, o as in solid (not as in sole), a as in ate un-stressed. 3. Hickory. 4. Not limited to rules; excessive. "He possessed an inordinate greed and love of wealth." 5. Veracity.

Of course they should be washed immediately before using.

Preserving the Broom

Try fastening a strip of an old stocking around the bristles of the new broom. This will prevent it from spreading and add many weeks to its life.

KING COLE

Extra Choice
The Finest Money Can Buy
TEA

Dorothy Dix Says—

AVOID DAILY SPATTING

Newlyweds Warned Against Greatest Cause Of Wrecked Marriages

If I could give one piece of advice more earnest than any other to the thousands of youngsters who are rushing into marriage, it would be this: BEWARE THE DAILY SPAT. It is the most dangerous thing you can do if you expect to be happy though married.

Don't contradict everything your husband or wife says, no matter what superior information you may have to the contrary, or how right you may be in your own opinion. The arguing habit kills more love breaks up more homes and is first aid to more divorces than all other causes combined. The family war, like the war of nations, is never won by either side. Both lose out.

RIFT WIDENS WITH TIME

We often wonder why so many marriages go on the rocks for no apparent reason. Both the husband and wife are fine people of irreproachable character, intelligent, kind and generous. He is a good provider. She is a splendid housekeeper. They have a beautiful home and nice children, and when they married they were much in love with each other.

Yet in a little while there is a rift within the love. Their voices take on a little edge when they talk to each other, and they begin giving each other sly little digs, that are like rapier thrusts, when they are in company, or else they sit up when they are alone in a silence so thick you could cut it with a knife. When you go in their house, you freeze at the temperature has dropped from summer heat to the freezing point and that all the signals for stormy weather are out, and you think it is just too bad that this has happened to the X's, and wonder how it came about.

Nobody knows, least of all do the X's realize that they brought their calamity upon their own heads by their daily spats. They thought that a family fight was an innocent diversion and that calling each other names and raking up family scandals and pointing out each other's faults was of no consequence, because after they had exhausted their venom on each other they would kiss and make up. They ignored the stark and terrible fact that no quarrel is ever really made up.

Close it over as we may, forgive it as we pretend to, there is the bitter memory of it always festering in our consciousness. There is the bitter knowledge that in their anger our husbands and wives have shown us just what they think of us.

The tragic truth about these daily spats that wreck so many marriages is that they are nearly always about nothing. Any word of a fighting word. I have sat at breakfast tables where I thought murder would be committed before the meal was over, because the wife thought a certain movie was just too sweet and the husband called it tripe. And I wondered that neither one had the sense to perceive that they were playing with dynamite that would one day explode and blow their home to smithereens.

Of course, the young couple to whom I am talking and who have not yet acquired the daily spat habit will say that no husband and wife can always see eye to eye and agree on every subject. Certainly not, but when they differ they can keep their opinions to themselves. They can keep off of the subjects that are sure to bring on a row. They can handle each other with as much tact as they would a stranger, and they can make a solemn, cross my heart and wish I may die vow never, never, NEVER to argue.

Tortured By SINUS PAIN

You can get quick relief from painful distress with a few drops of VICKS VAPOR-EZOL.

MORNING SMILE

Bill: "My daughter has a queer way of getting her own back on the telephone people."
Dick: "What's her method?"
Bill: "She uses my car to knock down their poles."

FLOWERS AND FRUIT

Pat (on the morning of his birthday, rubbing his hands together at the prospect of a present): "Sure, Ol' always done me dirty, and Ol' always mane to do it."
Rose: "I believe you, Pat, and that's what I'm sure to bring on a row. They are very kind of you, and may all your business acquaintances treat you as liberally." —Farmer's Magazine.

A DEODORANT OF DOUBLE ACTION

Helps prevent perspiration spots and odor without irritating the skin.

ARRID

The Largest Selling Deodorant

DESIGN NO. 791

Odd lengths of dyed colors of floss are used to imbroder these motifs on towels or place mats. Hot iron transfer pattern No. 791 contains 9 motifs measuring from 3 by 7 inches each with complete instructions.

To order pattern: Write or send above picture with your name and address with 20 cents in coin or Postal Note to Needlework Bureau, Charlottetown, P.E.I.

Design No. 791

Name _____
Street Address _____

ELLEN'S DIARY

By an Island Farmer's Wife

Another lonely time, Julie and I had at Alderlea today, but only until the afternoon, when, having finished at Rob's, the harness home began at Alderlea. We, at our work about the house, knew very little of it. We saw farm wagons piled with hay, the workers perched on top, come from the fields and presently relieved of their heavy loads.

I was able to assist later but only in a minor role. When Jack and Jeanie had brought the load from up the wood road, it seems at Alderlea, there is always an incident; "last load." "Now James will say something towards the sun, sinking fast behind the wooded hills to the west, "if we only had that last load in, everything would be great." Consequently another trip is made to gather it, the workers returning with their bounty will after twilight, it was then that this evening. From the porch in the darkness, I heard the creaking of wagon wheels, and then, "Even before I could turn away, "Ellen," James called "are you too tired to come and hold the light for us? No farm woman at such a time can disregard this or similar appeals."

A bit blindly, I followed the sound of his voice across the yard, and then when my "cat's eyes" came to me, I went to a grain building at the rear of a barn. It was already partly filled with sheaves, "Give me your hand now, Ellen," James said, "and I'll help you to climb up here." Sheaves make slippery footing, and it is difficult to scale any distance. Besides James is not the staunch support he once was—lay it to his activity or mine. However, in a twinkling I was on the heights with the others, and when perched comfortably on a beam holding a lantern, a favorite place of mine, this, at the harvest time, it is a charming sight to see a farm-family snugly and snugly enclosed. This is our harvest. These are our workers, not bothered by thoughts of gain or "over-time" but knit by the strong bonds of flesh and blood, all sharing a common and goodly interest. I prefer this to a number of places. It is a charming "at-framing" of harvest all about; cob-webbed rafters above, a depth of sheaves beneath and in the pool of light shames all folk. The glitter and tinsel, the envious and avaricious and what-not of the world, pass me by and here is only peace and content.

We chat quietly. Jack tugging the sheaves through a door in a stable remarks "I never saw so good a harvest," meaning the long spell of fine weather. James, showing this potential seed into winter quarters recalls others pretty much like this. One in particular, "what you were about the size of James' Jeanie handing the sheaves to the men and women, John and the cards for tonight." "The conversation at times but there is no need. A cricket sings for my enjoyment in a far corner; another almost beside me. The horses in the wagon, champ bits, impatient to be done with their work and off to the stream in their pasture. One of the mares in the stable neighs; one in the team answers the rattle of the harness as she comes in through the square of darkness one by one. Beyond it, the rising sheaves continue to come in through the square of darkness one by one. Beyond it, the rising sheaves continue to come in through the square of darkness one by one. Beyond it, the rising sheaves continue to come in through the square of darkness one by one.

James pauses now and again, to thrust a hand to the heart of a sheaf to make sure the saving is being done in season, then satisfied resumes his work. It is indeed pleasant here, I think, as I adjust the lantern-wick, to give the best light. Only to farm folk is given the full meaning of the word, the farm-folk who so patiently have through the seed time, now know the joys of the harvest.

Julie has a worry tonight—a burden of sorts on her small shoulders. All today, she has had a feeling something was going to happen. Added to this, I caught the dark cat—the black coat and white vest of him, more than looking intently at Julie. This evening, when we were at the separating and she had put a quantity of whole milk in the cat pan, he drank it with reluctance, stopping at intervals to smother back his whiskers, all the while looking at Julie. Not appealingly as if he were ill or hungry but rather mournfully. She herself noticed his actions. "You, out you" she said playfully "what is you-all looking at me for?" "The Darky cat only blinked at her and took another little sup of milk. He spoke of it. "Good luck you must be going to have Julie," I said. For black cats have their names on the same list as rabbits, paws, and horses above the door. I guess that must mean an all black cat. That's what I decided when Julie had helter-skelter in the dark, just as I was sliding down from the sheaves in the grain building. "It's grandly me," she told me "he's been taken suddenly sick." Julie always get sore by that; grandfather of hers so I could understand how badly she felt.

A big man, like James, Julie says, her grand parent is but little older: blue-eyed, from his photo, not bald, but like James, having an abundance of hair reddish, once, but greying now, she tells me. Julie's grandfather, she explains to me, "I never saw him, because he likes them." And now the poor man is ill. "It never rains but it pours," James said, mistaking the adage, for at the time his thoughts were on the weather and Jeanie's forecast. Anyway he is not orient-minded. He does not subscribe to ancestor worship. Yet he smiles happily if James springs to his arms, leaving ours empty. I hope no fatal malady comes to Julie's grandfather to interrupt her stay at Alderlea.

Julie, who "just can't content herself anywhere, is now at the wood, pulling it apart as I said, to rid it of clinging burrs, from hand to hand—the same piece of it, from hand to hand, James, in my room, can see her clearly in

EXTRA FRESH BREAD!

INSIST ON FLEISCHMANN'S ACTIVE FRESH YEAST



Fresh active yeast goes right to work! No lost action—no extra steps. Gives sweeter, tastier bread flavour—light, smooth texture—perfect freshness! IF YOU BAKE AT HOME—always use Fleischmann's active, fresh Yeast with the familiar yellow label. Dependable for more than 70 years—Canada's tested favourite.

Always fresh—at your grocer's

MADE IN CANADA

COOK'S CORNER

QUICK 'DINNER ROLLS (Serves 6-8)

One-half cup shortening, 1/4 teaspoon paprika, 1 teaspoon each seeds, 1 loaf regular or sandwich bread, unliced.

Blend shortening, salt, paprika and celery seeds. Remove crusts from bread. Cut down middle lengthwise a little more than half through the loaf. Then cut half through crosswise at about 2" intervals. Spread mixture generously over entire surface and in cuts in loaf. Bake in hot oven (375 degrees F.) for about 20 minutes, or until golden brown. Serve hot, each person breaking off his own roll.

RIPE CUCUMBER RELISH

2 large ripe cucumbers, 2 medium onions, 1 pint vinegar, 1/2 cup sugar, 1/2 cup mustard, 1 cup flour, 1 teaspoon turmeric. Peel and remove seeds from cucumbers. Chop finely. Chop onions and add three tablespoons white hot.

Q. Should a banana be skinned and eaten with the fingers when it is served whole?
A. No; the banana is not a finger food. Strip off the skin, place the banana on the dinner plate and cut one bite at a time with the side of the fork.
Q. Is it necessary for a woman to say "please" and "thank you" to her servants?
A. It is not exactly necessary, but this courtesy should not be omitted when speaking to people who are working for her comfort.
Q. Is it proper to seat a husband and his wife side by side at the dinner table?
A. No; it is customary to separate them.
Q. Let stand half-hour.
Cook 10 minutes. Mix sugar, turmeric and mustard to smooth paste with vinegar. Add to pickles.
Cook slowly 20 minutes. Serve white hot.

Needlecrafts FOR THE HOME

CUT A PRETTY FIGURE

Charming frock has smooth hip and shoulders and subtle soft details that do wonders for the figure. So simply designed it is a good basic dress for fall.

No. 2506 is cut in sizes 10, 12, 14, 16, 18, 20, 42 and 44. Size 36 requires 3 1/2 yards 36-inch.

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. Include postal unit or some number in your address.

Address Pattern Department The Charlottetown Guardian.

Patron No. 2506

Name _____
Street Address _____
City _____ Province _____

the kitchen. "Ellen," he speaks to me sternly, "if her grandfather does die—poor girl—she's not going to ruin our wool. Go and speak to her!"
Until tomorrow — Diary—Good night....

HUMANS HAVE 32 teeth.

Here's a SENSIBLE way to relieve distress of periodic FEMALE WEAKNESS

with its nervous tension weak, tired cranky feelings

Have you at such times noticed yourself feeling nervous, "dragged out," irritable, a bit blue—due to functional periodic disturbances? Then don't delay, try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. Pinkham's Compound is one of the most effective medicines for this purpose. Pinkham's Compound is what is known as a *sterine sedative* because it has a soothing effect on one of woman's most important organs.

Lydia E. Pinkham's VEGETABLE COMPOUND

Surer Success for Today's Cakes

YOU can make your dream cake, even under present conditions, if you use Swans Down. For Swans Down gives extra evenness... extra lightness... surer success—every time. Even if you must use less sugar, shortening or eggs, results are exceptional with Swans Down.

Made from the heart of choice Canadian wheat, Swans Down is sifted and re-sifted through silk until 27 times as fine as ordinary flour. The newest bride can bake like an expert, with Swans Down and the tested recipes on the package.

If a cake's worth making it's worth making with

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