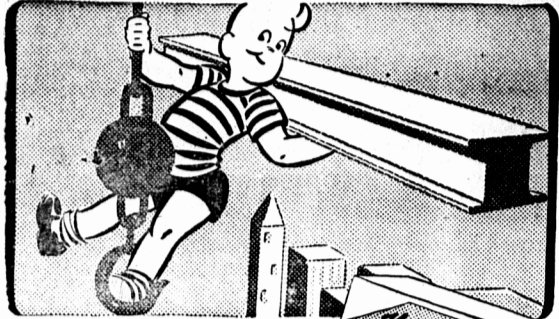


Woman's Realm Social and Personal Fashions Literature

LI'L SAMSON "A simple feat... he eats ALL-WHEAT"



WHEAT is Canada's basic food. Kellogg's All-Wheat is Canadian Wheat in its most delicious form... flaked, toasted, ready-to-eat! Get a package at your grocer's!



FREE!

Your grocer will give you an "Adventures of Li'l Samson" Comic Booklet FREE with every package of Kellogg's All-Wheat. Get your free comics today!

Living & Leisure The Woman's Realm

THE HEART HAS LITTLE ROOM

The heart has little room for many things. But space is there to hold a poem that sings a memory sweet and clear of lovely springs, a bit of laughter, and the joy that kindness brings.

The heart has little room, its limits are the dawn and dusk of day. But love can fill the room with treasure gay. That neither time or tears can take away!

—Arthur Wallace Peach in The Christian Science Monitor.

HINTS FROM HOUSEWIVES

Typical housewives from all the food divisions in Britain have been invited to spend a week at food ministry headquarters in London. They will stop and cook in the way they do at home and in this way it is hoped to pool recipes and kitchen economy throughout the country. First "typical housewife" to arrive in London was Mrs. Lillie Taylor, of Abbeville road, Oldham, Lancashire. After her initial shopping expedition in London Mrs. Taylor, a 45-year-old widow, said, "To-day at the ministry I am cooking for three people. At home I am cooking every day for five."

S O S. VITAMINES

Lost: Quantities of vitamins somewhere between garden and gutter. Elusive as collar buttons, the vitamins and minerals in foods disappear in sizable percentages before you can taste them safely away. The mere act of chewing raw apple causes destruction of half its vitamin C content, one authority declared recently. The quantity of vitamin C in tomatoes, it has been shown, may depend on whether they're picked in the morning or afternoon. Special precautions in cooking must be taken to avoid boiling away iron, vitamins C, B1, B2 and P-P, and frying plays havoc with vitamin A. The least fragile vitamin is D in concentrated form, however, all six essential vitamins are stable because they don't have to be processed.

MATERIAL OF FUTURE

Lack of man power to maintain civilian industries is causing scientists to search for a material that does not require spinning, weaving or knitting, according to recent reports. To make this material, fibres of cotton or other materials, are mixed with cellulose acetate binder fibres which have normal latent adhesive properties. The mixture of fibres is spread out and treated with a solvent causing the fibres to bond with each other and unify the mixture. The fibres sheet is then treated with an alkaline solution, converting the fibres to their original state. It is said that the resulting cloth has the feel and appearance of knitted cloth.

KNITTERS, TAKE NOTE!

There's double wear in elbows of school sweaters if, when new they are reinforced by darning on the wrong side over a good portion with machine wool. If this precaution has been neglected, when holes break through a neat darn may be made, first crocheting in ribs, then darning neatly crosswise.

WHY JAPS ARE RUNTS

Why are most Japs saved-off runts? The probable answer is generations of mild starvation. The building of bone and skeleton is retarded by lack of proteins and several vitamins and minerals, among them calcium, phosphorus

and vitamin D. When there aren't enough of these to go around in the body Nature institutes its own rationing system. Thus while none of the various bodily functions are adequately supplied, each gets a subsistence portion of the available supply. With Nipponese diets to-day reported to be at an all time nutritional low, present and future sons of the Rising Sun may be even more runted. In more ways than one Hirohito and subjects can look forward to short shifts.

WHEN SEWING SILK

Lay a Turkish towel over your lap to prevent silk from slipping when you are hand-sewing it. If you are machine-sewing, fasten a towel over the table end of the sewing machine.

ANNIVERSARIES

Some are sad and some are glad on an anniversary — like a milestone on the winding road of Memory. A birth — a death — a wedding — a sacred date throughout the years. Some recalled with happy thoughts and some with burning tears.

Do not cling too closely to these human reckonings. Time is nothing when we think of deep eternal things. Do not count the birthdays in the feast of growing grey; do not dwell too long upon the griefs of yesterday.

Every day's holy day — and Life's an ever-renewing feast. For we're born anew — and there's no turning back. Dates have no significance in God's wide spheres above; there are no calendars in His own world of Love. —Patience Strong.

THE COOK'S CORNER

SPICE CAKE

Half cup lard, 1-2 cups honey, two eggs, 3-4 cup sour milk, 2-2 cups flour, two teaspoons baking powder, 1-2 teaspoon baking soda, 1-4 teaspoon ground cloves, 1-2 tea-

(Continued on page 8, Col. 4)

YOU WOMEN WHO SUFFER HOT FLASHES

If you suffer hot flashes, dizziness, drowsiness, "hot flashes", blue spells, are weak, nervous or irritable — due to the "middle-age" period in a woman's life — try Dr. Pinkham's Vegetable Compound. It's helped thousands upon thousands of women to relieve such symptoms. Made in Canada. Pinkham's Compound is worth trying!

Home Service

Diet Rids You of Exhausting Fat

What they should do, whether they should live together in strife or separate and live in peace, is a question that only they can decide. But I think you are right in thinking that the decision should be made promptly, before you go through one of those long drawn-out marriages that are nothing but an endurance test, and that not only take all the joy out of life for both, but dull and deaden their ability to make a success in any line.

ANSWER—Yours is a problem which you, of course, will have to settle for yourselves, because you alone know how high is the wall between you, both of fine character, both anxious to do their duty by each other, neither one at fault in any way, yet whose marriage is a daily purgatory to them both because they are so different in temperament, in aim and desire, that they cannot adjust themselves to each other.

ANSWER—I never heard of a wife being a remedy for a man's ego before, and as I do not know whether one would be expected to inflame it or deflate it, I cannot express an opinion on that subject. However, I am strongly of the opinion that in choosing a husband it is better to listen to your head than your heart.

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Dorothy Dix Says—

EVEN CHILDREN LONG FOR A MEASURE OF PRIVACY

Prying Mothers Make Mistake — May Sacrifice Child's Confidence

DEAR MISS DIX—I am 15 years old and have been keeping a diary. About a month ago my mother went into my bedroom, broke the lock and read it. I was very upset about it, although there was nothing in it that I would be ashamed for anybody to see, but I just couldn't believe my mother would do such a thing.

I have stopped a diary, although I enjoyed doing it very much, because I know it would never be mine personally. I have been receiving mail, nothing in the letters important, but I treasured them. Yesterday I found out that my mother had gone through all my letters and read every little silly thing in them, and I am red-eyed crying over it because I know now that the only way I can keep my personal things safe is to hide them.

If my mother would ask me, I would show her my letters after I have read them, but I want the pleasure of opening them first. But what burns me up is for her to sneak behind my back and spy on me. What can I do about it?
DAUGHTER.

ANSWER—Nothing, I am afraid, because mothers have a curious conceit that makes them always think that Mother knows best and that she has a right to pry into every corner of her children's minds and hearts, as well as their bedroom drawers.

It is a terrible mistake that a mother makes when she does this, because it forever shuts her out from the child's confidence. It turns Mother from a best friend into a snooper, and it raises a barrier between Mother and child that she can never break down. And so I should advise this mother, before it is too late, to apologize to her little daughter and tell her that she didn't realize what she was doing when she searched her belongings, and that she will never do it again.

One of the things that we are all too prone to forget is that the fundamental longing of every human soul is for some degree of privacy. We want one secret chamber into which no one ever enters unless we ourselves open the door and invite them in. We never forgive those who do not respect this, but who crash our locks and force themselves upon our innermost thoughts and desires, and so despoil our holy of holies.

AN INSTINCTIVE QUALITY

And children, no less than grownups, have this same longing for privacy. It is something instinctive, as you may see if you will watch even a group of tiny tots whispering together over some secret, though it may be nothing more than that they are going to have gingerbread for supper.

There is something that ministers to our dignity, that recognizes our right as an individual, in having our letters given to us with their seals and come to us second-hand. We may be perfectly willing to read it aloud from the house after we have read it ourselves, but we demand that little gesture of independence, we crave that little thrill of expectation that we lose if another hand has opened the envelope, if other eyes have read its contents before we get it. And dull, indeed, must be the parents who do not realize that half the pleasure their children get in receiving a letter is in opening it.

And how can any mother ever forget when she was 15 and she, too, kept a diary in which she wrote down her secret thoughts and hopes and aspirations and which she would have rather died than have any grownup read? For a moment to pry into a child's soul is like a rough hand tearing a folded bud to pieces. Something wonderful and beautiful has been destroyed that can never be restored. Oh, the pity of it!

CANNOT CARRY ON

DEAR MISS DIX—I am 37 years old, the mother of a 7-year-old and a 3-year-old. The children drained some of my physical energy from me and twelve years of married life have exhausted my nervous energy. My problem is this:

I am only of average intelligence, married to a professional man who is above the average in intelligence and who is highly ambitious. Our natures are directly opposite and the disagreement we have are too numerous to allow for them, but in vain. He will always stay ambitious and never be satisfied and I can't keep up with him. I want to relax. I haven't the energy for a prolonged struggle in the future.

I haven't the qualifications, or a great desire, to try for more than an average, everyday life I know eventually we will part. He will have to find someone to supply his needs, and I wonder if it wouldn't be better to do it now instead of going through more agony? We have both tried because of the children, but we can't make our marriage go.

TWO UNDER PRESSURE.

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ONLY HIS EGO—LET HIM GO

DEAR MISS DIX—I am very much in love with a young man with whom I have been going for four years. Last week he asked me to marry him, but told me that he was not in love with me, but that I'm good for his ego and that we would make a success of married life. What should I do? Marry him as my heart tells me, or forget about him as my better judgment tells me?

ANSWER—I never heard of a wife being a remedy for a man's ego before, and as I do not know whether one would be expected to inflame it or deflate it, I cannot express an opinion on that subject. However, I am strongly of the opinion that in choosing a husband it is better to listen to your head than your heart.

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MRS. WHITE WAS RIGHT...



LIPTON'S NOODLE SOUP MIX
IS THE QUICK SOUP WITH THE REAL CHICKEN-Y FLAVOUR

The finest-flavoured quick soup you've ever served. And it's so quick and easy to make, you'll want it always in your home. Just add contents of package to 4 cups of boiling water. Cook for 7 minutes. Then you can sit down to a smooth, satisfying, golden soup, so delicately seasoned and so appetizingly flavoured that you'll say it equals the best slow-simmered soup ever made on your own stove.

Lipton's Noodle Soup Mix is extremely economical... each package makes one-third more soup than the average canned soup... like your grocer for it today.

2 PACKAGES FOR 25¢

THOMAS J. LIPTON, LIMITED
TORONTO, CANADA

A PRODUCT OF
LIPTON'S
The Packers of
LIPTON'S FULL-FLAVOURED (Small Leaf) TEA

Needlecraft For The Home

SEVERAL NEW STYLE FEATURE
In One New Dress

Here you have the moulded look of the bodice, immensely flattering; the slim skirt, softly draped; and the optional fabric-contrast in the vestee section, definitely Autumn '42.

Style No. 2650 is designed for sizes 12, 14, 16, 18, 20, 36, 38, and 40. Size 16 requires 3-8 yards 39-inch fabric.

To order pattern: Write or send picture with your name and address with 20 cents in coin or stamps to the Needlecraft Bureau, The Charlottetown Guardian, Style No. 2650.

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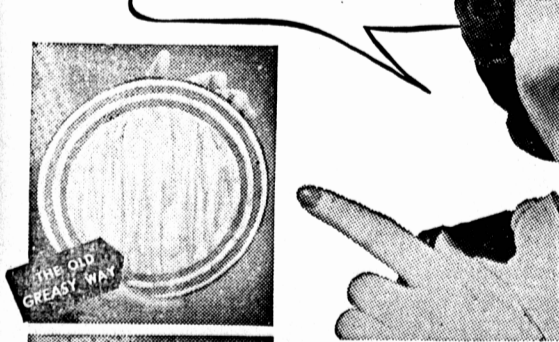
A Morning Smile
BULLS-EYES

Tattered and bandaged, he was applying for a separation order. "My wife ain't safe, sir," he pleaded. She's been throwing things at me ever since we got married."

"And only now, after twenty years, a-ye seeking the courts protection," said the magistrate, sceptically. "Well, sir, her aim's getting good!"

2650
SIZES 12-40

DISHPAN GREASE IS NO PROBLEM NOW!



Just POP your dishes into Rinso suds — they'll come out sparkling!

QUICK as lightning dishes are made spotless, gleaming — the new Rinso way. Yes! even the griest ones. And there's no undissolved grease left floating on the water; no dishpan scum to clean up afterwards. All you do is pop your china, silverware, glass into rich Rinso suds and out they'll come clean and shining! Rinso saves you hours of hard work every week — and saves your hands, too! Safe and gentle, Rinso helps to keep hands soft, smooth and white. Start using it today — get the GIANT package for extra economy.

RINSO DISSOLVES GREASE

Low-Calory Foods Work Miracle

Do you wish you could step out of your exhausting fat into a youthful slim, energetic body? You could, of course, if you'd DIET—the scientific way explained in our diet booklet. By substituting low-calory for fattening high-calory dishes you lose 2 pounds a week—and gain in health!

You don't have to sacrifice. High-calory tuna fish? Go ahead, have it — a quarter of a cup in a salad with low-calory lettuce, tomato and celery. Only 106 calories a serving. But old the tuna fish Newburg (447 a cup).

The reason you gain energy is that many low-calory foods are high in vitamins—carrots 25 each, lean meat, 100 a slice.

A diet's no longer a cracker-tea-and-lemon affair, but three healthful meals a day—even desserts. (Though desserts like Apple Betty, 275 for 3/4 cup) are forbidden, you can have delicious applesauce cake (100).

Eat all you want—yet grow slim. Young! Our 32-page booklet!

TUNA FISH NEWBURG	TUNA-TOMATO SALAD
447 CALS	196 CALS
APPLE BETTY	APPLESAUCE CAKE
375 CALS	100 CALS

Send 20c in coin for your copy of "The New Way To A Youthful Figure" to Charlottetown Guardian Home Service Address. Be sure to write your name, address and the name of booklet.

Name _____
Street Address _____
City _____ Province _____



Roll Your Own In Latest Style

Rationing has taken its toll of a good many "old favorite" cookie recipes, but it is by no means necessary to banish the cookie jar for the duration. Here are wartime cookies tested in the Experimental Kitchen of the Consumer Section of the Dominion Department of Agriculture which are easy on the sugar ration and yet have all the pre-war deliciousness.

When time is at a premium and a batch of cookies must be turned out in a hurry, this modern method of shaping the cookies saves the time formerly required for chilling and rolling the dough. The dough is first shaped into a roll about one inch in diameter, then cut into inch lengths; the pieces of dough are placed on a greased cookie sheet, and pressed into shape with the bottom of a tumbler, covered with a floured cloth.