

Woman's Realm Social and Personal Fashions Literature

CHOOSE YOUR CHILD'S CEREAL For its GROW ABILITY!



...and You'll Choose Whole Grain Quaker Oats

No other natural cereal is so rich in the vital growth factor—protein—as whole grain oatmeal. Children can't grow without it—and without it adults lose their stamina, resistance to fatigue. Be sure your family gets this growth and energy element every day—by serving them big, tempting bowls of delicious hot Quaker Oats.

QUAKER OATS

Living & Leisure The Woman's Realm

FOUR THINGS

Four things a man must learn to do if he would make his record true: To think without confusion clearly; To love his fellowmen sincerely; To act from honest motives purely; To trust in God and heaven securely.

ROTATE THEM

The towels and sheets in the bottom of the linen cupboard pile get dusty quickly when they are forgotten or are being kept for "best." To keep them clean and insure uniform wear freshly laundered linen should be put at the bottom of the pile.

MAKE YOUR OWN HANDY APRONS

Now that pinafare fashions are coming into their own, there's nothing to stop you, with the aid of a pattern cut from newspaper, from making an assortment of aprons, all of which can be easily laundered.

The snack apron can be a dainty affair in muslin, organdie or voile, with pastel bindings. Or from an old-fashioned crazy quilt you might borrow the idea of combining gay pieces left over from housewives. A frivolous rain-bow dither effect is given if you sew brightly colored different colors together and gather them into a waistband.

For more practical use, try a large square of fabric with a pocket running the full length of them. This handy apron will keep lint and threads from getting into your dress while you're sewing or knitting.

To meet those grimmer cleaning tasks that come up from time to time, make yourself a sturdy apron of bed ticking or checked denim with capacious pockets.

PUT YOUR BEST FACE FORWARD

If you want to put your best face forward this spring—treat yourself to a real old-fashioned beauty mask. And we do mean old-fashioned! Grandmas use them, and without benefit of powder or rouge usually managed to present a rosy face to the world. Give yourself a good 15 minutes for your beauty mask.

First clean your face thoroughly with a smooth, rich cold cream followed by a healthy soap and water lather to remove every trace of dust, dirt and stale cosmetics.

To help soften blackheads at this stage, poultice your face with towels wrung out in hot water. All cleaned up? Now you can do a really good job on those enlarged pores with a mixture of uncooked oatmeal and almond meal and a few drops of milk. Mix to form a paste. If you want your mask to bleach add a few drops of lemon juice or peroxide.

History's favorite siren, Cleopatra, liked a simple honey mask, and this is a popular treatment used in more expensive beauty parlours. Just put generous sops of liquid honey into the skin, like cold cream.

If, like Lillian Russell, you prefer milk-try buttermilk. It is rich and pure and bleaches the skin. Whichever mask you choose, leave it on for 12 to 15 minutes. Remove with cold water.

Here's Quick Relief from SINUS PAIN

3-Purpose Medicine Helps Clear Out Congested Sinus Areas

ONE best way to get relief from torturing sinus pain is to clear congestion from nasal passages and give sinuses a chance to drain. A few drops of Vicks Va-tro-nol in each nostril is usually enough to bring this comforting relief.

3-Purpose Medicine... Va-tro-nol is so successful because it does three important things: (1) shrinks swollen membranes of the nose; (2) helps

VICKS VA-TRO-NOL

clear out pain-causing congestion and (3) soothes irritation. Many sinus sufferers say it's best relief they've found. Try it!

THE COOK'S CORNER

SPICE CAKE

1/4 cup butter
1/4 cup lard or shortening
1 1/2 cups honey
2 eggs
1/2 cup sour milk
2 1/2 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon ginger
1/2 teaspoon nutmeg
1/2 teaspoon salt
1/2 teaspoon vanilla
1/2 teaspoon baking soda

Cream butter and lard together well (all lard or shortening may be used). Add honey gradually. Add eggs one at a time, beat thoroughly. Add mixed and sifted dry ingredients alternately with the milk. Bake in two 9-inch layers pans at 375 deg. F. for 30 to 35 minutes or in a 9 x 9 inch cake pan at 350 deg. F. for 60 minutes.

GINGERSNAPS

2-3 cup molasses
1-3 cup shortening
1/2 cup soda
1-3 teaspoon ginger
2 teaspoon salt
Heat molasses, boiling point and pour over shortening. Add sifted dry ingredients. Chill, roll and cut into desired shapes. Bake in moderate (350 deg. F.) oven for 8 to 10 minutes. Yield: 36 cookies.

BUTTERSCOTCH SLICES

1 1/2 cups sifted flour
1/4 teaspoon baking powder
1/4 teaspoon salt
1/2 cup shortening
1/2 cup packed brown sugar
1/4 teaspoon vanilla

Mix and sift flour, baking powder and salt. Cream shortening and sugar, then add vanilla and egg. Stir in flour. Shape in roll about 2 inches diameter. Wrap in wax paper. Chill thoroughly. Cut chilled roll in 1/8 inch slices, place on ungreased baking sheet and bake at 400 deg. F. for about 8 minutes. Makes 3 1/2 to 4 dozen cookies.

RED TAPE ORIGIN

All official documents formerly were bound with red tape, giving rise to the expression for tedious official procedure.

ORIGIN OF THE CAT'S "NINE LIVES"

Cats, during the Middle Ages, were subject to severe persecution and torture, particularly if they belonged to supposed wizards or witches. In those days cats were believed to be the emissaries of the devil and were said to deserve whatever rough treatment was the lot of their owner. It was at this time that the nine-life idea began. With their supple abdominal walls and their ability to land on their feet, cats were able to stand punishment that would nearly kill a human being. It is believed that because the cats of so-called witches withstood harsh treatment they were in league with the powers of darkness.

OVER 85 YEARS OF SUCCESS PROVE ITS VALUE IN FIGHTING COLDS



Father John's Medicine

Home Service



THE PECULIAR DODO

Everyone has heard the expression, "as extinct as the dodo," but not everyone can tell us just what the dodo was.

The bird was native of the Island of Mauritius, and was first known to Europeans about the early part of the seventeenth century when the Dutch reached the Island. The name, however, is Portuguese, and was given by them to the dodo because it seemed so stupid.

The bird was related to the pigeon family, but reached the size of a turkey or swan. It could neither run, fly nor fight, and so became a ready prey to the domestic animals which followed the Portuguese and Dutch settlers to the island.

It is about one hundred and eighty years since it was last seen alive.

MONEY TO CARRY OUT PET DREAMS!

"I'm helping, too!" Proud words from a housewife, earning money that may make possible new furniture, education, a new home!

Successful home earners have discovered that the way to earn money is to be "different," but it's not hard to be different!

Look at Mrs. U., who made a home dress shop different simply by having an "exclusive" stock of one-of-a-kind dresses. Her advertising was different, too; cheap, but charming—postcards that said, "Come to the Back Door Shop. It's lots of fun."

Another way is to offer quality—yes, and to charge for it. Mrs. G. built a flourishing cake business on a super-angel cake she priced at \$1.50, making 35 per cent. profit on each one. And there's Mrs. F., who offered low price, selling tea sandwiches to those who couldn't afford caterers' wares.

You needn't invest money or be specially talented to earn at home! Our 32-page booklet explains five main rules of home business success, tells how other women got started making money, describes enterprises you might try. Has ideas for women who can sew, knit, crochet, cook, type, be helpful.

Send 15 in coins for your copy of "21 Ways To Earn Money At Home" from the Charlotte-Town Guardian Home Service, address. Be sure to write plainly your name, address and the name of booklet.

REFRIGERATOR TIP

Meats and fish should be stored under or near the evaporator of the electric refrigerator, where the temperature is lowest, while fruits and vegetables which do not require such low temperatures should be stored on the lower shelves.

HAVE ANOTHER SLICE!



YOU BET—hits the spot

—to bake bread just right, use Fleischmann's FRESH Yeast

Bread is extra important in war menus. It's not only an essential high-energy-low-cost food, supplying Vitamin B, it's also a good stretcher for other foods. If you bake bread at home—use Fleischmann's fresh Yeast and be sure of light delicious loaves every time. This dependable yeast has been Canada's favorite for over 70 years. Ask your grocer for Fleischmann's fresh Yeast—with the familiar yellow label.

MADE IN CANADA

SUPPLEMENT YOUR DIET by eating 2 cakes of FLEISCHMANN'S fresh Yeast every day. This fresh Yeast is an excellent natural source of the important B Complex Vitamins.

Dorothy Dix Says—

COMPROMISE NEEDED IN HOMES

Becomes Answer To Most Domestic Problems, Would Practically Eliminate Divorce

It has been said that life is just a series of compromises and, if this is true of human relations in general, I often wonder why we so seldom introduce it into the family circle. Believe me, if we did, we would not only find it the answer to most of our domestic problems, but we would make marriage a peace party instead of a battle ground, and practically do away with divorce.

Outside of the home no one except a congenial idiot expects to be perpetually yes-said and to have everyone drop all of their own opinions, tastes, habits and preferences and adopt his or hers; but in the home only too often there is an autocrat who arrogates to himself or herself the right to boss the whole show and with whom everyone must agree, or else there are ructions.

WE CAN'T PLEAS OTHERS' LIVES

Even the most egotistic and overbearing of us do not expect to set the pattern of others' lives for them, for well we know that if we tried to force Smith to become a vegetarian because we happened not to like meat, or to make Mrs. Smith give up her clubs because we believed that a woman's place was at home, we would soon be flocking by our luncheon. Also, we know that any business would end in bankruptcy if each partner tried to run it in his own particular way.

So we leave Smith to his thick steaks, and congratulate Mrs. Smith upon being elected president of the Higher Thought Association, and the business firm prospers because the partners walk warily and keep off of each other's toes.

But we use no such common sense and appeasing tactics in dealing with our domestic affairs. We run our homes on the rule-or-ruin principle, and if you will trace every unhappy marriage to its source you will practically always find that it is the result of a man and woman getting together who refused to arbitrate their differences of opinion. Each is determined to make the other a rubber stamp of himself or herself.

Now, of course, it is impossible for two people of different sexes, with different backgrounds, with different teachings, with different habits and tastes to agree on every point. They are bound to see things from different angles, and that is probably what attracted them to each other in the first place. But as soon as they are married what drew them together thrusts them apart. Neither will concede the right to an opinion to the other, and another marriage heads for the rocks.

STRIFE MAKES HOMES MISERABLE

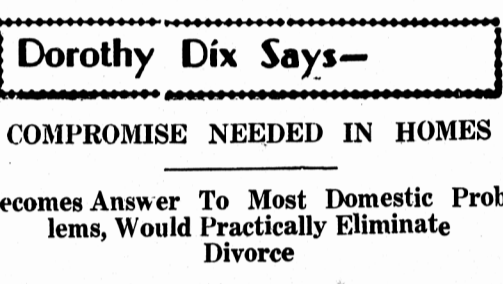
I get hundreds of pathetic letters from husbands and wives who say that they are married to good, kind, upright men and women; that they have fine children, and lovely houses, but that they are utterly miserable because their homes are places of strife in which they quarrel over trifles so continually that they sit up in silence when they are together for fear of starting something if they speak.

One woman wrote that she was thinking of getting a divorce because she liked boiled potatoes and her husband was addicted to French food. Another couple argued over the baby's formula until he grew up and was drinking cocktails. And, of course, there are always differences in families and religion that are as good for a fight as a nickel is for a ginger cake.

And apparently it never occurs to any of these otherwise intelligent people to compromise their differences of opinion by cooking two dishes of potatoes instead of one, or by each putting up with the other's mother, or by granting to each other the right to worship God according to the dictates of their own consciences.

There is talk about revising the marriage ceremony. If it is ever done, I hope they will put in a clause about binding husbands and wives to cleave to each other until death shall thorn part.

GAY KITCHEN TOWEL MOTIFS



DESIGN NO. 737

These popular motifs may be embroidered on tea, dish and glass towels to make the kitchen brighter. Hot iron transfer pattern No. 737 contains 8 motifs measuring from 3 by 4 to 6 by 8 inches each 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, Charlotte-Town Guardian.

Design No. 737

NAME _____

STREET ADDRESS _____

CITY _____ PROVINCE _____

FOAMY FROSTING

1 egg white, 1/2 cup corn syrup, 1/2 tsp. salt, 1/2 tsp. vanilla. Put egg white, corn syrup and salt in top of a double boiler and heat with egg beater until well mixed. Put over boiling water and beat continuously until it stands up in stiff peaks. Add flavoring and beat until thick enough to spread.

WHY IS COCOA NOURISHING?

Cocoa is nutritious because of its high protein, fat, carbohydrate, and mineral content.

PERFECTION COCOA is exceptionally rich in these valuable energy-giving elements because it is guaranteed to contain 22% of rich, nourishing Cocoa Butter.

For an economical, nourishing food-drink which the whole family will enjoy, be sure to buy PERFECTION COCOA. Regardless of price, there is none better. Yet PERFECTION COCOA costs less!

ONLY 27¢ FOR A FULL POUND

Why Pay More?

NEW CREAM Deodorant

Safely helps Stop Perspiration

1. Does not rot dress or men's shirts. Does not irritate skin.

2. No waiting to dry. Can be used right after shaving.

3. Prevents under-arm odor, helps stop perspiration safely.

4. A pure, white, antiseptic, stainless vanishing cream.

5. Awarded Approval Seal of American Institute of Laundering—harmless to fabric. Use And regularly.

ARRD is the largest selling deodorant

Also 15¢ and 59¢ jars

ARRD

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 housewives in this region. The answers are written by the Board leaders. Persons who have intelligent questions to ask no price control questions to send them in writing to the Women's Regional Advisory Committee of the War Time Prices and Trade Board.

Q. I bought a jar of apple butter today for which I was required to surrender two "D" coupons. A weeks ago I bought a jar of the same apple butter and no coupons were taken from me. Is apple butter a rationed commodity?

A. Apple butter is not rationed. Please forward the name of your retailer who required coupons and an investigation will be made.

Q. Why don't stores have to save waste paper and paper for salvage? Stores near me throw out cartons every day and the boys play football with them after school.

A. Stores as well as households have been asked to save their waste paper for salvage. People in your community might urge the store to save cartons, etc. A special drive for waste paper is being conducted by the Patriotic Salvage Corps this month.

Q. Why does a person have to surrender two coupons for a cheaper brand of salmon? Should this not be graded the same as meat?

A. Difference in coupon values for meat is based on the percentage of bone content. Such a difference is unnecessary in the case of salmon.

That's My Brand Pard

I'VE TRIED OTHER BRANDS OF TISSUES BUT I'VE FOUND YOU CAN'T BEAT KLEENEX TISSUES FOR QUALITY... THANKS FOR KEEPING KLEENEX "TOPS!" (From a letter by J. V.)

TELL ME ANOTHER AND WIN 1500 SOUVENIRS

KLEENEX

WE PAY \$500 FOR EVERY TRUE CONFESSION WE PUBLISH ON KLEENEX DISPOSABLE TISSUES. MAIL YOURS TO KLEENEX, DEPT. A-1, 330 UNIVERSITY AVE., TORONTO, ONT.

Block Buster!

It isn't your dealer's fault there's not enough Kleenex to go around! We're making as much as we can every day but it seems like everybody wants it!

50% more pulls per package!

All for the same low price—you get 50% more pulls than before. The new War-time Economy Package gives you 300 tissues (150 pulls)—the old package gave you 200 tissues (100 pulls).

Continue to use the same number of applications as always and you'll find the new War-time Economy Size Kleenex goes half as far again. And there'll be more to serve everybody.

A Morning Smile

NOTHING TO BRUSH

An artist who was spending a holiday in a small village entered the store and asked if they kept camel's hair brushes.

"No sir, we don't," the shopkeeper replied. "These are," he added apologetically, "we never have no call for 'em. Nobody in these parts seems to keep camels."

Tommy, who had been fed on dehydrated food from Canada, wandered into a museum at El Alamein, where they saw some Egyptian mummies.

"Blimey!" exclaimed one, "Dehydrated girls!"

VERNON SCHOOL

Report for January.

SENIOR DEPARTMENT

Grade X. Sr.—1, Anna McQuaid; 2, Olivia Sullivan;
Grade X. Jr.—1, Marion Furness; 2, Marion McQuaid. 3, Isabel MacLeod.
Grade IX.—1, Arthur Merrill; 2, Don Drake;
Grade VIII.—1, Phyllis Furness; 2, Georgina Murphy; 3, Herby Henry.
Grade VII.—1, Earl Morrissey; 2, Jean Murphy; 3, Joan Murphy.
Grade VI.—1, Audrey Henry; 2, Zita Rooney—Teacher.

PRIMARY DEPARTMENT

Grade V.—1, Helena Doherty; 2, Eugene Doherty.
Grade IV.—1, Kenneth Murphy;

Needlecraft For The Home

DAINTY FROCK

Your angel child will look like a cherub in this very little dress with its striped vestee.

No. 3683 in size 4 requires 1 1/2 yards 36-inch fabric, 1/2 yard contrasting, 1 1/4 yards edging.

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.

Address: Pattern Department the Charlotte-Town Guardian.

Name _____

Street Address _____

City _____ Province _____

STOP COLDS

with this New, Scientific Immunity Treatment ASK YOUR DRUGGIST

ROBERTS VITAVAX

COLD VACCINE plus VITAMINS

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