

Woman's Realm Social and Personal Fashions Literature

An Old Favorite in a NEW Dress!

Best Yeast—the chosen favorite with commercial and home bakers alike—now comes in a NEW white dress to seal in its extra strength and keep its freshness at the peak of efficiency. This means quicker baking time—with lighter, whiter, and better-textured bread and buns for you. Insist now more than ever on BEST YEAST. Born and bred in the Maritimes, it's Canada's best for baking—and best for eating, too!



BEST YEAST

Best for Baking; Best for Health!

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 Profits Board from housewives in this region. The answers are prepared by the Board. Readers who have intelligent questions to ask or who are writing to see the Wartime Prices and Profits Board, Chappell Building, Charlottetown.

Q Can one member of a household take all the family's books down or must everyone go himself?
A One member of the family may obtain the books for all the others at the same address, provided each holder of a ration book has filled out his or her own postcard at the back of the book. Naturally, parents or guardians may perform this duty for children too young to write.
Q When can we start using the new books?
A March 5, 1943.

SHEER, RUFFLED SHIRT, CREPE SKIRT

NEW YORK—The sheer ruffled shirt worn with a crepe skirt, narrow and slanted in one of the newer fashions favored for semi-formal evenings. The practical Gibson Girl combination of blouse and skirt shown for daytime and evening wear has been taken note of by

A Morning Smile

NO MORE CIRCULATING

Judge: "Do you wish to marry again if you receive a divorce?"
Lisa: "Ah should say not. Ah wants to be withdrawn from circulation."

THE LIMIT

"Dare Teacher," wrote a mother to the schoolm'am, "you keep telling my boy to breathe with his distram. Maybe rich children can afford distrams, but how about when their father only makes \$1.50 a day and has got five children to keep? First it's one thing, then it's another, and now it's distrams. That's the worst yet."

The visiting minister, after a very cold, drive, arrived a few minutes before seven at an out-of-the-way church to find a steaming-hot whiskey toddy thoughtfully left for him in the vestry. Without touching it, however, he proceeded to robe himself, and called for the vergor.
"My friend," he said, beaming at his wid-in-law, "I appreciate your kindness and thoughtfulness in providing for the least of us. But I must gratefully decline the subject of my sermon this evening, and thirdly, I've had one already."

piece goods departments, since its adaptability appeals to the woman who makes her own clothes and takes pains in planning a wardrobe.

Dorothy Dix Says—

BOYS' STEADY COMPANY RACKET BEST IGNORED BY WISE GIRLS

Showering Affection On Wife And Children Thoughtless Of Man When Visiting Mother

DEAR MISS DIX—We are three girls of 16. We would like you to tell us something about going steady with boys. We don't want to keep company with just one boy because we are too young to tie ourselves down that way, but how can we tell a boy that we don't want to go with him steady so that he won't be offended?
When the boys say that they won't spend their money on taking a girl out who won't go steady with them, what can we do, for of course, we want dates? When a girl of 16 has been writing letters to a boy of 20 for three months, and she doesn't get an answer to the last one she wrote him, although she has written a whole mass of letters, should she write him another letter to find out what is wrong, or just forget him, as she has only seen him once?

THREE GIRLS.

ANSWER—You are wise little girls to refuse to let the boys bluff you into falling for their "keeping company" racket. At your age you don't want to be tied down to any one boy. You want to be free to look them all over and see which one you like best and find most congenial.

There are many reasons why girls should steer clear of this arrangement. For one thing, it is so unfair to the girl, because if she lets one boy monopolize her, she loses all chance of getting acquainted with other boys. She gets to be known as "Bob's girl" or "Pete's girl" and that cuts her off from all other boys almost as much as if she were married.

On closer acquaintance she may not like his manners nor his attitude towards her. She may not like his dull company. But if she wears his brand, she hasn't a chance of swapping him out for some more attractive lad. Furthermore, if Bob or Pete gets tired of her, all he has to do is to fade out of the picture and she is left without a single string to her bead. And she finds it hard to get back into circulation.

Hence, she is smart if she asserts her independence and keeps going. So just tell the boys that you are looking about a bit and that you have no idea of keeping steady company with any lad until you are engaged to him.

Perhaps the boy may resent it at first, but he will see your point and think the more of you because you hold yourself high, instead of cheap. When a boy fails to answer your letters, let that end the correspondence. Don't ask him why he hasn't written to you. Just know that he has taken that way of dropping you.

DEAR DOROTHY DIX—My mother has reared seven children and nobody could have been a better mother than she has been to us. Her aim was to give us a good education and to show us how much they love and appreciate her, they spend their time and money on the picture and and children. This turns her up. I think husbands should be kind and loving to their wives, but when they are spending only a few hours with their mother they might devote the time to her.

Both of my brothers give their wives expensive Christmas gifts of clothes or furniture or jewelry, but they never send mother a present that costs more than a dollar or two. I know she is deeply hurt by their actions, as she is alone most of the time, but she never makes any complaint. Why haven't men more sense and more taste? MRS. X. Y.

GOOD MAN MUST CONSIDER MOTHER, TOO

ANSWER—Goodness knows, I don't. I have seen many men practically ignore their mothers while they lavished all sorts of endearments and caresses on their wives in their mother's presence, and I have wondered at their stupidity in not realizing how it must hurt even the least selfish mother to have her own show her how completely some other woman has taken her place in their affections.

A good mother does not want her son to love her better than he does his wife, because she knows that his happiness depends upon his devotion to the woman he married, but always a mother hates to see her son who is bone of her bone and flesh of her flesh and heart of her heart, she still wants to feel that she is very near and dear and important to him, and it is turning the knife in the wound when he ignores her and parades his affection for his wife before her.

Probably the man who does this is not intentionally unkind. They just don't think. But that is no excuse. They should think. That is what they have a mind for.

DEAR DOROTHY DIX—I am married to a fine man in everything but this: He has laid down the law to me that I cannot invite any of my relatives to my home. I would be so happy if I could ask them once or

Full Strength Full Value



BLUE RIBBON COFFEE

has more flavor

HINTS ON ETIQUETTE

At a birthday party, when gifts are given, they are usually opened at once and the donor thanked. At a "shower" all the presents are given at a stated time instead of one at a time.

twice a year, but he goes into a fury if I even suggest it. Don't you think this is unfair?

HUSBAND SHOULD ACCEPT WIFE'S RELATIVES

ANSWER—Certainly do. You make the home just as much as your husband does, and you certainly have just as much right to have your there are few of them who are mean and tyrannical enough to deny their wives the pleasure of having their people visit them occasionally.

As a general thing, it is the wives who take this monopolistic attitude towards the home and who feel that they have a right to have their families camp in the guest room and their friends underfoot, while they shut their doors in the faces of their husbands' families and friends.

I have known many husbands who did not dare to invite their own mothers to their houses, and who would not have dreamed of bringing an old friend home to dinner, but you are the first wife I have known of who didn't have even the cook's privilege of entertaining her family in the kitchen.

Living & Leisure

The Woman's Realm

A CHILD'S GRACE IN WAR-TIME

Before I sit and break my bread I hold my hands and pray For all the ships, the laden ships: Death hunts for night and day: For all their brave and watchful men In peril on the sea— Then eat, with humbleness and thanks, What God has brought to me! —C. H. in Time and Tide.

FLORAL PRINTS FOR HOME DRESSMAKERS

NEW YORK—Girls want to look pretty as possible whether in war or peace time and they are willing to make sacrifices toward this end. Even the sacrifice of making their own clothes. Experts seem to think that home sewing is going to be indulged in—if one can put it that way. Consequently the fabric sections of our great stores are all pepped up and displaying very tempting yard goods. It may not be easy to tag or identify these fabrics, but does that matter?

Among the prints displayed are distinctive floral, sweet pea and tiger lilies being among the newer motifs.

GOOD COFFEE GOES FURTHER

Good to the last drop! That is literally what we expect nowadays from our coffee and there are ways to achieve this. If your coffee comes in a package, transfer it to a perfectly clean, dry glass jar with an air-tight lid and store in your refrigerator. Let it stand upside down so that the rising aroma will not filter its way out through the cracks. Black dress, beaded or embroidered or appliqued in white, is right out in front also.

WHITE APPEARS AT NECK AND ELBOW

NEW YORK—One begins to see about town more than a flash of white at neckline and elbow; while black forges ahead and now seriously rivals the black lace trimmed sheers that have captured the fancy of so many women. "Pur-lough fascinations," they are called. Lace trimming is also appealing, as solids as well as sheers, but the black dress, beaded or embroidered or appliqued in white, is right out in front also.

MILK DIET ESSENTIAL

Milk is a rich source of calcium, phosphorus and a good source of vitamin A. Milk also supplies source of vitamin A. Milk also supplies animal protein, fat and carbohydrate. Since milk is our chief source of calcium, the following consumption is recommended:

From birth to end of 6 months of age, 1-2 pints daily.
From end of 6 months to end of 1st year, 1 quart daily.
From end of 1st year to end of 10th year, 1-4 pints daily.
From end of 10th year to end of 18th year, 1-2 pints daily.
Adults (except as noted below), 1-2 pints daily.
Pregnant women, 1-3 pints daily.
Nursing mothers, 1-3 pints daily.

FIRST PRINT LIFTS WOMAN'S MORALE

NEW YORK—There's something about that first print dress that puts new heart and hope into a woman. It has the tonic effect at about the time one needs a pick-me-up or spring tonic. The young set have taken over prints early this season. Some wear white prints with gold

THE COOK'S CORNER

SAVOURY VEGETABLE PIE

2 cups water, 2 lbs. shredded meat, 1/2 lb. salt, 2 carrots, 2 parsnips, 1/2 onion, 1/2 small cabbage, 1 medium sized onion, medium sized potato, cover other vegetables, 1/2 in. pan, cover with water, add cap. draping, or jar, simmer about 1 hour and 1 cup meat stock. 2 cups peas or soybeans and 1 lb. flour mixed first in little water. Cook again 15 minutes slowly. Grease casserole, cover bottom with sauce, raw potatoes or cooked with pea vegetable stew over this and cover with suet crust. Bake in hot oven 20 minutes.

SCOTCH SOUP

1 cup rolled oats, 2 cups water, 1 potatoes, cut in pieces, 2 onions, sliced thin, 1/2 cup sugar, 2 tbsp. salt, 1-2 cups tomatoes, 2 tosp. fat, 2 tosp. liquor, 1/2 pepper.
Put in soup pot rolled oats, water, potatoes, onions and seasoning, cook slowly for 1 hour. Melt fat, to it add flour and stir slowly into soup, then add tomatoes and sugar, 10 to 12 servings.

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BRITISH COLUMBIA PACKERS LTD.

MAKE SHIELDS FOR LIGHTS AT HOME

If you have unattractive wall-bracket light fixtures that you would like to hide from view without going to the expense of buying parchment shields, you can make your own shields by curving either white or cream-colored drawing paper across the lights, attaching the paper to the wall with thumbtacks to match. To make the paper fit smoothly where it meets the wall (make a half-inch crease in the paper on left and right where the tacks go in. The light is diffused softly through the paper, and the effect is that of expensive shields.

HINTS ON ETIQUETTE

A few good parlor games will make for a gracious, merry evening; when young people—or older ones—drop in on us in these days of home entertaining.

Ask Your Doctor

When the question arises, "What milk for baby's bottle," ask your doctor about these irradiated Carnation Milk facts: easily digested; sterilized for safety; always the same wherever you buy it; easy to mix in formulas; inexpensive; irradiated for extra "sunshine" vitamin D.

Carnation is fine, whole, cows' milk with part of the natural water removed. It is double-rich and creamy-smooth. Ideal for cereals, for cooking and for drinking. Write for free book "Your Contented Baby". Carnation Co. Limited, Toronto.

IRRADIATED Carnation Milk

A CANADIAN PRODUCT - "from Contented Cows"

Needlecraft For The Home

FOR SHEER CHARM Make This Lovely Frock

A soft type of dress will delight the feminine heart and please the masculine eye. It features a gain mid-corsement and the open sweetheart neckline. This design is beautifully adaptable to winter pastels, to smart navy, and to all the gay spring pinks. With all its charm, the pattern is so easy to follow that it presents no problems even for a beginner.

Style No. 3541 is designed for sizes 10, 12, 14, 16 and 20. Size 16 requires only 2 7/8 yards 39-inch fabric.

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

Style No. 3541

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★in the old familiar 48 ounce PACKAGE
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THERE'S an interesting choice for every user of Robin Hood Oats. You can get them in the familiar 48-ounce package, or you can buy the Giant, new Economy Package, which contains a full 80 ounces of the same high quality Oats, and has a handy built-in pouring spout on the top.

No matter which package you buy, you get the same, delicious Robin Hood Oats with the distinctive, pan-dried flavour that everybody likes. For at Robin Hood Oats are made from best-quality, sun-ripened oats from Canada's prairies! These fine Western oats have a delightful flavour that is heightened, and a roasty richness added by Robin Hood's own pan-drying process.

Robin Hood Oats are a rich source of food energy and they contain essential minerals, digestible proteins and at least 72 International Units of Vitamin B-1 per ounce!

Join the thousands of happy Robin Hood breakfasters who enjoy the delicious goodness of Robin Hood Oats every morning. Ask your grocer for them in the familiar 48 ounce package or the new, Giant Economy Package next time you're shopping.

THIS GIANT 80 OZS. OR THIS 48 OZS.

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