

Woman's Realm Social and Personal Fashions Literature

Living & Leisure - THE WOMAN'S REALM

Anyone can carry his burden. However heavy, till night fall. Any one can do his work, however hard, for one day.

PARACHUTE TROUSSEAUX

Unused air force parachutes are being snapped up by brides-to-be who find they can make a complete bridal outfit, including undies, for less than \$20 without sacrificing precious clothing coupons.



Cook's Corner

ORANGE HONEY BRAN BREAD

- 2 tablespoons shortening
1 cup honey
1 egg
2 cups flour
3 teaspoons baking powder

METHOD: Cream the shortening and blend in the honey. Beat the egg, then add to the honey mixture, and continue beating until the mixture is creamy.

Four into a greased loaf pan and bake in a moderate oven (350 degrees F.) for about 1 hour and 15 minutes.

bric parachutes were released recently by the board of trade for manufacturers and sale to the public. A nylon parachute costs \$18.50 and when unpacked provides more than 30 square yards of material sufficient, according to experts, for one bridal gown, two sets of undies, and two night-dresses.

FASHION FAD

Spanish ladies of the 1500s wore perfumed gloves when appearing in court.

Health and happiness are influenced by environment as well as by germs. The department of National Health points out that, while modern science pushes forward with research and education to the ultimate conquest of disease, everyone must enlist in the fight for better living conditions.

FIGHT FAMINE

Freshen stale bread by pouring a little boiling water in a roasting pan, placing loaf on rack, covering closely and letting stand about 10 minutes.

Freshen rolls, muffins and tea biscuits by heating in top of double boiler with lid on, or in a moistened paper bag in oven.

FISH A TREAT WHEN PROPERLY PREPARED

Fish is a tender meat because it contains little connective tissue. To cook small fish caught in streams and lakes, clean them, sprinkle with salt, dip in milk, then in cornmeal or an egg-milk mixture, then in cracker crumbs.

Large fish are often baked with a well-seasoned stuffing. A little lemon juice or vinegar sprinkled over the cooked fish will greatly improve the flavor.

PLASTIC SCREENS WILL PROTECT YOUR ROOMS

Plastic screens should soon be more than abundant for use by the general public now that the Army and Navy demands have lessened. These are the only practical screens in tropical countries



Sleep is the healer of tired nerves

If you have been living at high tension with overwork or worry wearing down your nervous energy, you may have lost sleep, indigestion and chronic fatigue as your troubles.

To get well it is necessary to relax and rest and use Dr. Chase's Nerve Food to rebuild your depleted system, why not get started today?

Ask for the new economy size bottle of



Modern Etiquette

Q. When a guest drops a knife or fork, and the hostess is serving without the assistance of a servant, should the guest pick up the dropped article?

A. Yes, as quietly as possible, and without displaying embarrassment.

Q. Is it proper for a woman to return the wedding presents when there is a divorce?

A. No; but she should return the family heirlooms given by the relatives of her husband.

DOROTHY DIX SAYS - Unfaithful Wife

(Woman With Perfect Mate Finds Self In Quandary) DEAR DOROTHY DIX: I have been married five years and have a little girl of four and an absolutely perfect husband who adores me, and who gives me all the money I want to spend without asking what I do with it.

DEAR DOROTHY DIX: I have been married four years. Have a pretty home, a good husband and a little boy. The only trouble is that my husband absolutely refuses to give me an allowance. I never have a penny of my own, and I have to account for every nickel that I spend.

DEAR MISS DIX: I have been married four years. Have a pretty home, a good husband and a little boy. The only trouble is that my husband absolutely refuses to give me an allowance. I never have a penny of my own, and I have to account for every nickel that I spend.

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Ellen's Diary

By an Island Farmer's Wife

Between showers which came in the wake of last night's rain, our men carried the old farmers' boiler out from its corner in the piggery. At the moment, when his hog farming is pressing hard for room, the space it occupied has been requisitioned in order to make another pen. Only a small herd it is really, but then because at present each mamma-pig insists on having a room to herself, and all to the welfare of Alderley, it takes the space to the limit.

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A BRAN-NEW Muffin Treat - spicy and sweet, but takes no sugar!

APPLE SPICE ALL-BRAN MUFFINS 2 cups Kellogg's All-Bran, 1/2 cup molasses, 1/2 cup milk, 1 egg, beaten, 1 cup sifted flour, 1 teaspoon soda, 1/2 teaspoon cinnamon, 1/2 teaspoon ginger, 1/2 teaspoon nutmeg, 1/2 teaspoon allspice, 1/2 teaspoon cloves, 1/2 teaspoon sugar.

Fill greased muffin pans two-thirds full. Dip apple slices in cinnamon-sugar mixture and place on top. Bake in moderate oven (400°F.) about 20 minutes. Makes 15 muffins.

What a heavenly spicy fragrance! What a luscious flavor of apple, spice, and toasted nut-sweet All-Bran! Get Kellogg's All-Bran and try these grand muffins tomorrow. P.S.—Don't forget! Saturday is muffin day!

KEEP "REGULAR" NATURALLY

Household Scrapbook

A Meat Sandwich Dice cold roast meat, 2 tablespoons peanut butter, 1/2 cup finely ground raw carrots, salad dressing, salt and lettuce. Whip the peanut butter with salad dressing until creamy, then add to the sliced carrots and meat.

Quilt Patterns Try using a good ink blotter when making a pattern for cutting quilt blocks. It will stick to the material much better than paper.

The Coffee Pot If the coffee pot and the tea kettle are washed with the pots and pans after each meal no sediment will collect in them.

girl who enjoys driving her cow to and from pasture and 'cuber' her imposing car with a smooth touch visited Alderley, and a 'lad'-doctor who of island girls come next to a few brave pluckers in the field of medicine and enjoys her profession 'much'. A smallish dark-eyed lady she is with no hint of the professional manner, but talking over the head of a former's wife like me out very human and understanding and with an infectious

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BABY'S UPSET STOMACH QUICKLY CORRECTED

BABY'S Little "Tummy" is often easily upset. It's really difficult to tell just how to do it. Let Mrs. M. S. Alvey, of London, Ont., tell you: "Baby's Own Tablets are a great help at the first sign of upset stomach, during teething time or when a cold is coming on. They help the baby to get rid of excess mucus and promote quiet sleep. When a mother's milk is unknown in our home, Baby's Own Tablets are a great help. I used my Baby's Own Tablets during my first pregnancy and they were equally effective for teething troubles, constipation, simple fever and diarrhoea. Swallowing, easily crushed to powder if desired—prompt in action. No 'sleep' stuff—no dulling effect. Buy a box today or tomorrow so often strikes in the night. 25 cents. Money back if not satisfied."

Those who know prefer it... if you do not see it, ASK FOR IT.

Silverwood's Evaporated Milk

Needlecrafts - FOR THE HOME

SCHOOL SUCCESS A trio of blouses to complete the school wardrobe of the girl in your life. All basic, all better halves.

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 zone number in your address. The Pattern Department, Charlottetown Guardian.

Pattern No. 2738

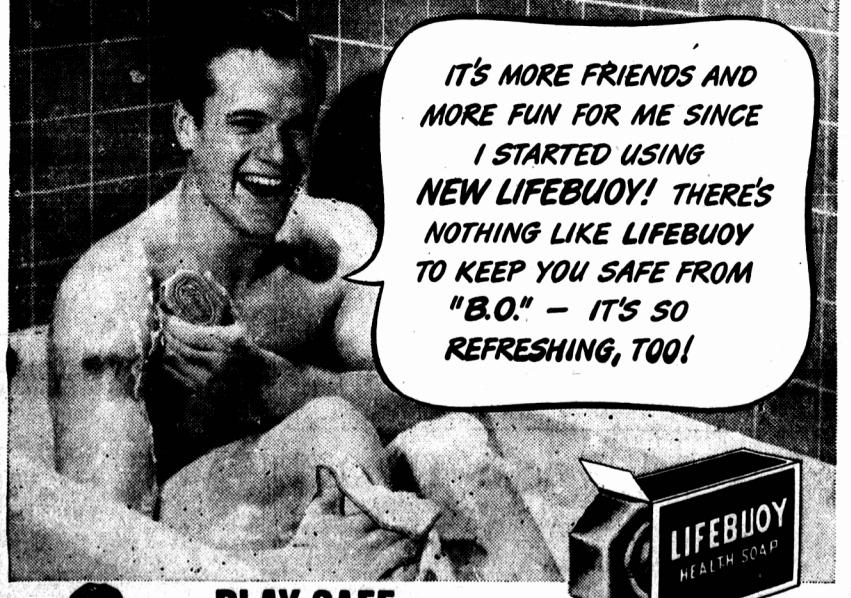
Name Address City Province

BLACKHEADS Don't squeeze blackheads - dig out them. Get two ounces of prozone powder from any drug store and apply gently with wet, hot cloth over the blackheads. This simple dig-out method disappears by this simple method.

HEAR The Frank Parker Show Sunday & Thursday 6:30 p.m. CFCY

LOOK OUT!

DON'T LET "B.O." COME BETWEEN YOU AND POPULARITY



PLAY SAFE WITH NEW LIFEBOUY

No other soap can do for you what new Lifebuoy does! That's because only Lifebuoy is especially made to stop "B.O."

YOUR GUARANTEE—ONLY LIFEBOUY contains the special purifying ingredient that stops "B.O."

THE ONLY SOAP IN THE WORLD ESPECIALLY MADE TO STOP "B.O."

Better English

D. C. Williams

- 1. What is wrong with this sentence? "We shall arrive at about nine o'clock."
2. What is the correct pronunciation of "rathskeller"?
3. Which one of these words is misspelled? Neglige, neuritis, negoshiate.

Morning Smile

APPROPRIATE The newly married man sighed deeply as he said: "The fellow who was my best man came to lunch with us for the first time on Sunday. My wife's cooking impressed me so much that he's sent her a carving set."

A stout gentleman, determined to lose weight during a stay in the country, hustled to the general store for a pair of overalls. He picked out a pair big enough for energetic exercise. Then a thought struck him. "Wait a minute," he said to the clerk, "those fit me now but I expect to lose a lot maybe I had better buy a smaller pair."

The clerk shook his head, calmly went on wrapping the overalls. "Mister, if you can shrink as fast as those overalls will, you'll be doing all right."

How Can I!!

By Anne Ashley

Q. How can I arrange short stemmed flowers satisfactorily? A. They can be arranged neatly in a dish by covering a small embroidery hoop with mosquito netting, adding water and placing the stems in position through the meshes of the net.

Q. How can I make better dish towels? A. More efficient dish towels are small cheap Turkish towels. They absorb water better than the ordinary dish towel and leave no lint on the dishes.

Q. How can I sweeten old butter and hard jars? A. If they are filled with very hot lime water and left until they are cold, the jars will be as sweet as when new.

ALL FOR THE NEW BABY



DESIGN NO. 1099 Little baby jackets are easy to create in a very short time. Pattern No. 1099 contains complete instructions.

To order: Send 15 cents in coin to Needlework Bureau, Charlottetown Guardian, Design No. 1099

Name Address City Province

"SALUDA" TEA BAGS No waste

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