

# Woman's Realm Social and Personal Fashions Literature

**Make Your Own Chocolate Syrup**

with **FRY'S COCOA**

Take 1/2 cup of FRY'S COCOA and 1/2 cup of sugar. Mix together dry. Slowly add 1 cup boiling water, stirring constantly. Boil for one minute. Then pour into a clean dry glass jar. Cover and let cool. Keep this tasty chocolate syrup handy in your kitchen, ready for instant use.

**IDEAL FOR CHOCOLATE MILK, ICE CREAM AND DESSERTS**

## Ellen's Diary

By an Island Farmer's Wife

James said this morning we at Alderley were like the unfortunate dog in the fable, who chased the fox: "A lip behind," he spoke in reference to the harvesting operation. He thought if we had harvested a little more yesterday we might have had it completed and ever last grain, straight under cover. I came to my mind, although I thought it wiser not to mention it this morning to him, that James as our foreman at the work, was much like the farmer who ran desperately to get beyond reach of the angry head-of-the-horse, to be finally tossed over a fence by the latter, shaken and wounded. When someone remarked: "You didn't run fast enough," James gasped: "I ran fast enough, but I didn't start soon enough." Maybe, if we had commenced a little earlier yesterday morning, the harvest would have been completed.

on farms—and in cities. There should then be no complaining, but instead a quiet thankfulness when we can go about our daily chores. For just as quick as writing it, reverses can come.

I went with James to the field for the remaining sheaves. We thought perhaps Rob would return in time to start the engine for James, never both about such things. It was my task to build the load, round after round and "keep the centre full," James warned. He left me there, high-up on 'top the load. He said it would be far better that I trouble getting down to help with the other load. He finds me unwieldy now that I've grown older and difficult to assist when alighting. I rested while he threw the remaining sheaves on the other wagon, and then in order that I might be under his watchful eye, I proceeded to harness a team of horses, was a new but not altogether unfamiliar experience for "give yourself plenty of room now!" Indeed he cautioned me so often and so loudly I was embarrassed and grateful that none were passing on the road beyond, and Rob had not returned. Things were as we had left them. Excepting the younger cattle, a whole dozen of them, in the aftermath behind the gateway and were in possession of the lawn, nibbling what they wished, and from the paddock in the rear of the pigery was also on the lawn. She rested at ease and like a huge dog chewed complacently on one of Pard's discarded bones. I followed her in trail about the lawn, and a difficult one indeed before I could get to the gate. I thought, "We'll have to ring that pig!" I think, at the time, I regarded her as I would one of the "master-races" or as a son of Nippon and I muttered threats of vengeance. There was no thrashing done at Alderley this evening and skies are dreary and threatening.

I listened for Rob's car returning. There had been cars come in the road and over the hill-top, with glowing lights. I hoped each was in turn was Rob's but Pard knew better. I heard him give a few short welcoming barks before he ever slowed at the lane's end. I took his hand was skillfully handaged and the doctor said "it was not so thrashing done at Alderley this evening and skies are dreary and threatening."

There was an invitation by phone this afternoon to attend a presentation to the bride. The folks have gone out from Braxford to take up residence in a neighborhood in the community on any other island community can afford such losses but then I suppose in life as in a game of chance, our losses are another's gain. It seems

(Continued on page 3)

## Dorothy Dix Says—

### TEACH HAPPINESS TO CHILD

#### Greatest Joys in Life Free To All, Love, Work, Friendship, Beauties of Nature

A woman says: "I want my children to be happy. Is there any way I can teach them how to be happy?"

Well, happiness is more or less a gift of Nature and depends more upon our lives than it does upon our will-power or our circumstances. Some of us are born with an optimistic temperament and a cheery outlook on life that no amount of ill luck ever dispels, while others are grouchies in their cradles and spend their entire existence in borrowing trouble.

Nevertheless, in spite of the fact that the secret of happiness has never been reduced to a formula, there is much that children can be taught about how to acquire it, and, like all education, it should begin while they are very young and before their dispositions have set in a permanent gloom. If, for instance, you teach a child to laugh when it bumps its nose instead of howling to Heaven and nursing its wounds, you have given it its first and unforgettable lesson in how to be happy.

The next lesson is to teach children to take a cheerful outlook on life instead of a pessimistic one. Get them to bring a child up in a house whose walls are reeking with melancholy, for the one only kills the child's body, while the other slays hope and courage.

### TEACH JOYS OF WORK TO CHILDREN

You can teach a child how to find joy in work and struggle, and that it is a great and thrilling game in this country of boundless opportunities to hustle out and get what he wants. You can point out to him that almost all of the men and women who have done great things and sit in the seats of the mighty, were poor boys and girls who have worked their own way up, and who had lots more fun in making their money than they have in spending it. They had the real time of their lives when they were climbing the ladder.

You can teach children to find happiness in simple things. It is not what we have, but what we sense that gives us pleasure. The greatest joys of life are free to us all: love, friendship, companionship, the beauties of nature, the glamor of crowds, a good dinner and a good story. Every child can be taught to find a perpetual source of happiness in these.

Children can be taught that the surest way to keep happy is to keep busy, for an idle mind and idle hands are the devil's workshop. They can be taught to keep busy with the things that interest them, to do things that have something so vitally important to do that you have to concentrate your mind on it to the exclusion of brooding over your troubles.

Finally, the young can be taught that the only never-failing way to be happy is to make other people happy.

## Beautiful Teeth Start Young



THE building of beautiful teeth starts with mother's diet, before the baby is born. In babyhood, in pre-school years, the teeth are still in the formative stage—and even in adolescence, milk and vitamin D must keep up the good work of nourishing and protecting the teeth.

Irradiated Carnation Milk is a splendid source of calcium and phosphorus, and is enriched with "sunshine" vitamin D. A wholesome, nourishing, digestible milk for all ages. Write for free book, "Your Contented Baby". Carnation Co. Ltd., Toronto, Ontario.

**Carnation Milk**

"From Contented Cows"

A CANADIAN PRODUCT

If you don't see Carnation Milk at your grocer's, ask for it

## How Can I!!

By Anne Ashley

### A Morning Smile

NEVER BEFORE

An Irishman came across the wooden barricade which is placed around the enclosure where immigrants suspected of suffering from contagious disease are isolated.

### The Cooks Corner

**CRANBERRY RELISH**

Two cups cranberries, 1 orange, 1/2 cups sugar.

**GRAPE PRESERVE**

Pulp all grapes and put pulp in pan, which will come out easily, then put pulp through strainer.

**PEACH PRESERVES**

Five pounds peaches, 3/4 pounds granulated sugar, 2 cups boiling water, stick cinnamon or ginger root.

**CLEANER PAINT**

Mix a paste of common whitening and warm water. Rub briefly with a piece of flannel. Then wash in cold water.

### COLORFUL MOTIFS



DESIGN NO. 552

Old Mexican motifs are embroidered on towels and a type of household linens with left-over pieces in the sewing basket.

DESIGN NO. 562

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

## A Job Only You Can Do

Make General 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 provided by the Board members.

Who have intelligent questions to ask on price control are invited to send them in writing to the Women's Regional Advisory Committee of the War Time Prices and Trade Board.

I have read recently that canned cranberry sauce has been placed on the list of rationed commodities again. Is this so?

A. Yes. Cranberry sauce is again on the list of rationed commodities, at the rate of 12 fluid ounces per preserves coupon.

Q. For how long a time must a visitor from the United States be in Canada in order to obtain ration coupons?

A. He must be in Canada for five days or more.

Q. I tried to get a honey voucher at the Local Ration Board in exchange for preserves coupons but was told I hadn't sufficient. Why should this be so when there are plenty of coupons remaining?

A. Valid coupons only may be used for a purchase voucher for honey. If you had enough of these valid coupons to cover your order, there should be no difficulty in exchanging them at your Local Ration Board. These purchase vouchers are to be used only when purchasing honey by mail.

Q. I am in need of some spare parts for my threshing machine. Where do I obtain a permit to buy them?

A. It is not necessary to have a permit to buy spare parts for farm machinery.

## Needlecraft For The Home

LOOK TO LOOK AT

For the moments when you want to look your feminine best, we offer this dress, completely flattering to your figure, exquisitely trimmed.

No. 3666 in size 36 requires 3 1/2 yards 36-inch fabric; 4 yards lace trimming.

Send 30 cents for PATTERN. Print your Name, Address and Style Number plainly. Be sure to state size you wish.

Address: Pattern Department, The Charlotte Town Guardian.

To relieve distress of MONTHLY Female Weakness

Lady E. Pinkham's Vegetable Compound is made especially for women to help relieve periodic pain with weak, nervous, tired, irritable feelings—due to functional monthly disturbances. Pinkham's Compound helps nature and that's the kind of medicine to buy! Follow label directions. Worth trying!

LYDIA E. PINKHAM'S COMPOUND

## Living & Leisure The Woman's Realm

### A TALE THAT IS TOLD

DAWN with the flush of the radiant morn  
A rosebud unfolding its petals bright,  
The tremulous breath of a babe newborn  
The wonderful advent of life and light.

NOONTIME, the glory and mystery of life—  
The rose in full bloom, and man in his prime  
Voices of pleasure, ambition and strife,  
And all the footsteps of passing time.

NIGHT, with its forces of grandeur and gloom—  
The soul goes peacefully back to God,  
Rose-petals falling—the darkened room,  
The weary at rest meath the quiet sod.

BOREDOM—  
The world's most boring job is being done by the wife of a famous general, an unknown Tommy's wife and other women volunteers at the army comforts depot in London. They count the cards in every pack sent in for the troops to make sure there are 52.

FOR PEPPY PICKLES  
Here's how to ensure crisp, tangy cucumbers or shrimps which make a grand addition to a meal: are fresh, and watch the brine. If the pickles turn out limp and soft it's either because the brine was too weak, because the cucumbers were not kept covered with it, or because an inferior quality of vinegar was used.

If the brine is too strong the pickles will shrivel. Standard brine allows one-half cup salt to one quart boiling water, cooled to room temperature before pouring over the cucumbers and left for six to eight weeks to deepen the color and transparency and develop tender crispness.

## Better English

By C. D. Williams

1. What is wrong with this sentence? "There is no place like New England."  
2. What is the correct pronunciation of "dog"?  
3. Which one of these words is undesirable? Habitable, creditable, undeliable.  
4. What does the word "antecedent" mean?  
5. What is a word beginning with "ex" that means "to enliven"?

ANSWERS  
1. Say, "There is no other place like New England."  
2. Pronounce the o as in cost, not as in of.  
3. Undeliable.  
4. A word which precedes another word in a sentence.  
5. Excite.

## Modern Etiquette

By Roberta Lee

Q. When did people stop bowing when meeting on the street?  
A. Many people still incline the head slightly when speaking to acquaintances on the street. The custom of bowing or curtsying women and men is a habit of the past which has been modified to a great extent by 1890.

Q. If I receive an invitation to a wedding am I obliged to send a present to the bride?  
A. No. Our sending a gift is a matter of your own desire and ability to gratify it.

Q. Is it improper to eat the lettuce upon which a salad is served?  
A. An inclination may guide a person. The lettuce may be eaten if one chooses.

"IT'S NEVER FAILED ME!"

"IT ALWAYS MAKES MY BREAD JUST RIGHT"

**ARMID'S YEAST**

YES—YOU CAN ALWAYS DEPEND ON IT!

IT'S A REAL BAKING SAFEGUARD!

## APPLAUDED—BY 4 GENERATIONS

Fleischmann's fresh Yeast can always be trusted to give you good bread you can be proud to serve! It has been Canada's favorite fresh yeast for over 70 years. Use it if you bake at home—see if it doesn't give you a better tasting, more even-textured loaf! At your grocer's. Get some today!

GET MORE VITAMINS—MORE PEPI! Eat 2 cakes of Fleischmann's fresh Yeast every day. This Yeast is an excellent natural source of the B Complex group of vitamins!

MADE IN CANADA

## New Cream Deodorant

Safely helps Stop Perspiration



- Does not irritate skin. Does not irritate skin.
- No waxing to dry. Can be used night after night.
- Prevents under-arm odor, helps stop perspiration safely.
- A pure, white, antiseptic, stainless vanishing cream.
- Awarded Approval Seal of American Institute of Laundering—harmless to fabric. Use Armid regularly.

Armid is the largest selling deodorant

39¢

Also 15¢ and 59¢ jars

ARRID

## Animal Tom Thumb

The opossum measures about one-half inch at birth.

## Have YOU a Baking Problem?

AT SOME TIME OR ANOTHER since you learned to bake, some question has probably cropped up which was really "ticklish", and like me, no doubt you searched through all your cook books trying to find the answer.

Well the Lakeside Milling Company, realizing the baking problems which homemakers face, set up the Home-Baking Service Bureau where women could seek such advice. Every mail brings questions from Canadian women who have experienced some difficulty—maybe a certain recipe is always a failure—or certain combinations of ingredients never work. Whatever it is that's bothering you, write me about it and we'll try to find the solution. There is absolutely no charge or obligation for this information. It is sent to you free with the compliments of the Lakeside Milling Company.

I'm a homemaker myself and can understand the tangles you run up against when baking. In the Bureau we are constantly trying new recipes and improving old ones, and every day we are discovering an easier and better way of doing things. Different brands of products are also tried and we have discovered, when it comes to flour, that Blossom of Canada gives the best results. I can truly recommend it for all your bakings.

Mr. Campbell, President of the Lakeside Milling Company, is anxious that all homemakers know about this service. So write me, giving your discoveries in baking and we can exchange ideas. Remember, all inquiries are answered free without any obligation.

Ruth Hudson  
Director, Home-Baking Service Bureau

For eight years Ruth Hudson has been in charge of the Lakeside Home-Baking Service Bureau and I have the utmost confidence in her. She is a graduate dietitian and, in addition, is a homemaker with the problems of a family. I have placed all the facilities of the Bureau at her disposal to help Canadian housewives. This service is not confined to users of Blossom of Canada Flour. It is offered free to all women who are interested in baking.

**LAKESIDE MILLING COMPANY LIMITED**

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