

Woman's Realm Social and Personal Fashions Literature

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RED ROSE
TEA
ORANGE PEKOE
 Canada's largest selling
 fine **QUALITY** tea!



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 This adorable apron with the pineapple edging is easy to crochet. A pretty yet inexpensive gift. Pattern No. 1155 contains complete instructions.
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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 provided by the Board Readers. Persons who have intelligent questions to ask on price control are invited to send them in writing to the office.

Q. I have recently arrived from England to join my soldier husband. How do I obtain a ration book?

A. Apply to any Local Ration Board bringing with you the proper credentials, and they will arrange for a ration book to be issued to you.

Q. I was married to a Canadian soldier overseas and have just arrived in Canada. Where do I obtain my food ration book?

A. Take your passport and some identification papers to your nearest Local Ration Board. You will be given a form which you can complete immediately and without leaving the Board offices you will be issued your ration book.

Q. When will a new ration book be issued?

A. No decision has yet been made regarding the issuance of another ration book. However, by using the spare coupons in the present book it can be made to last almost another year.

COOK'S CORNER
 (Without Meat)

MINCEMEAT
 (Without Meat)

1 Lemon
 1 orange
 1 pound raisins
 1/2 pound sultanas
 1/2 pound currants
 1/4 pound chopped mixed peel
 2 pounds apples
 1 pound sugar
 1 teaspoon cinnamon
 1/2 teaspoon nutmeg
 1/2 teaspoon mace
 2 teaspoons salt
 1 pound chopped suet.

Method: Grate the rinds from the lemon and orange and squeeze out the juice. Wash and dry the raisins and currants thoroughly. Chop the peel finely. Peel and core the apples and chop them or put them through the medium blade of the food chopper. Combine these fruits and add the grated rind and juice of the lemon and orange, along with the sugar, spices and salt.

Put the meat through the food chopper, using a fine blade. Add this to the fruit mixture and stir thoroughly. Pack the mixture into a jar or crock. Cover and keep in a cool, dry place.

MODERN ETIQUETTE
 By Roberta Lee

Q. What kind of envelope does the wedding invitation require?
 A. The wedding invitation requires two envelopes; the first, or inner envelope, is used as a protection for the invitation and is unsealed; the second envelope is heavier, and large enough to contain the invitation and the inner envelope.

Q. Is it customary for women to dine at men's clubs?
 A. It is not customary, but where there are special rooms set aside for this purpose it is often done.

Q. Should boiled eggs be eaten with the fork or the spoon?
 A. They should be eaten with the spoon.

BETTER ENGLISH
 D. C. Williams

1. What is wrong with this sentence? "You are more worthy than him."
 2. What is the correct pronunciation of "contractor"?
 3. Which one of these words is misspelled? Silhouette, sincerity, ally, siege.
 4. What does the word "mutability" mean?
 5. What is a word beginning with ind that means "to secure against loss or damage"?

ANSWERS
 1. Say, "you are more worthy than he (is worthy)." 2. Accent second syllable, not the first. 3. Synchron. 4. Quality of being subject to change. "The mutability of man's laws are unlike the laws of God." 5. Indemnify.

for Safety use Silverwood's
SILVERWOOD'S
 EVAPORATED MILK
 Delicious in tea—coffee and on cereals—adds that same fresh flavour and smoothness to soups, soups—for general household use.
 Mothers, who know, will tell that babies like its distinctive flavour day after day—its SAFE.
 Good Milk Makes Good Meals
 BUY SOME TODAY

ELLEN'S DIARY
 By an Island Farmer's Wife

I knew there would be a soum of loss on the horse trough, even before I had done a jacket and set off to my only small early morning chore. James had gone ahead of me, his hands warm in a pair of grey woolen mittens and he wore the navy overalls, washed and dried on a beautiful November day and now had been and reinforced by two large patches extending a distance above and below each knee. "Those are patches," James exclaimed approvingly when he saw them. He sometimes entertains a false notion, that for me mending is a sort of lost art. To James an article of wearing apparel, neatly mended, conveys more of a farm-wife's character in re-ferred wall paper, using the same paper as on the walls of the room. The paper can be cut and fastened with paper clips or pins, then changed when it becomes too soiled.

Spinach should be drained well. Put it in a strainer and press with a spoon until the water is pressed out. Add seasonings and butter and serve in a heated vegetable dish.

Rusty Keys leave them in a saucer containing kerosene for several days. The rust will be loosened by the oil and will then rub off easily.

Dorothy Dix Says—

Women Hath Charms
 Carelessly-Dressed Girls Less Attractive Than Meticulous Ones

DEAR MISS DIX: A young lady who attends the same university I do claims that there is a man shortage, and that the problem of having a date is very difficult. I think the reason for this is because so many girls have thrown away all of their feminine charms and even discarded their feminine clothes, and thereby they have forfeited their attractions for men.

When a girl loafs around the campus in slacks or overalls, with her shirttail out, and puffing a cigarette, she doesn't look like a lady love. She looks like a tramp. And you can't wonder that boys don't ping to spend their money in taking her out, or find any pleasure in looking at her. She revolts all their feelings for what is desirable and fascinating in a young girl. If a girl's hair smelled of perfume instead of tobacco, she would have many more dates. This is a free country where people have the liberty of dressing and looking as they please, but the boys also have the liberty of picking out what they like in a girl.



FEMININITY PREFERRED

ANSWER: Right you are. The best commentary on the girl who tries to make an imitation man of herself was delivered by an old colored friend of mine. He said: "No'm, I ain't got no use for these he-se gals that goes around in britches. I likes a man to be a man and look like a man, and I likes a lady to be a lady and look like a lady, and I want to be able to tell which before they turns their backs on me. Maybe God likes these he-se women, but not me. I ain't got no taste for 'em."

The eternal charm of woman for man is femininity, and when a woman casts that aside she has thrown her trump card into the discard. A man wants a woman to be gentle and sweet and refined in character and mind. He falls for fluffly ruffles and chiffons and lovely colors. All the women who are men-charmers are feminine plus. It is only the women in satin slippers who walk over the hearts of men. The slowest man can run away from a pair of dirty brogues.

DEAR DOROTHY DIX: I am a fellow 21 years of age. Recently I broke my engagement to a very lovely girl and now I realize what I take I made and would like to go back to her. She played square with me all the time I was in the service and I don't know why I thought I had ceased loving her. I was just so confused at the time, but now I know what I want and I want her.

Is there anything I can do to get her back?

A HEARTBROKEN VETERAN

ANSWER: If she is a very fine and understanding girl, I think she will listen to you and comprehend why you acted as you did. Undoubtedly she has been responsible for a lot of the confused thinking of the men who were in it. They had been separated so long from the women they loved and had muddled so much over the state of their affections that they got to the point where they didn't really know themselves how they felt.

Put your cards all on the table and tell the girl honestly just what is in your heart and I think she will forgive you and trust you.

DEAR MISS DIX: Which is more attractive to boys—for a girl to have a good disposition and personality, or a pretty face?

THE THINKERS

ANSWER: That is a question that not even the most advanced thinkers have ever thought out, for it depends upon how much intelligence the boy has. If he is a little light in the upper story, he will probably be more attracted by a good-looker. But, if he has sound judgment and real brains, he will choose the girl with a good disposition and a pleasing personality.

Living & Leisure
 THE WOMAN'S REALM

THEY SOFTLY WALK

They are not gone who pass beyond the clasp of hand. Out from the strong embrace. They are but come so close. We need not grope with hands, nor look to see, nor try to catch the sound of feet. They have put off their shoes softly to walk by day. With our thoughts, to tread At night our crowded paths Of sleep.

They are not lost who find The sunset gate, the goal Of all their faithful years. They wait as they do watch The sunset gate, the goal Of all their faithful years. The peak above the clouds And storm. They are not lost Who find the light of sun And stars and God.

They are not dead who live In hearts they have bequeathed. In those in whom they have bequeathed.

They live again. And shall live through the years Of eternal life and glow.

WALLPAPER

For fresh grease spots, a blotter and warm iron may work. Otherwise, use a thick paste made of French chalk or powdered magnesium and spread it over each spot with a spatula. Let it dry for a day or so, then brush it off. Two or three applications may be necessary.

When the paper is smothered with it down with a wall mop or with soft cloth, be fastened over the broom. Then before using a cleaner, try it out on some spot that will not show, to see if it is safe. Good commercial cleaners are on the market, and the home-made variety is easily and cheaply made with 1 cup of water, 1 1/2 cups flour, 4 tablespoons salt,

MILK FOR HEALTH

Here's a word of advice from the health and welfare department nutritionists to persons who make their own decisions: Stick to milk.

Adults require only about half the milk growing children need because bone formation has been completed, but calcium still is necessary for blood clotting and for regulating the action of the heart muscles, the nutritionists point out.

The protein in milk is necessary for body repair and when riboflavin found chiefly in milk is left out of the diet for any length of time, digestive disturbance, nervous depression, general weakness and deterioration of tone, poor condition of the eyes and skin are apt to develop, and the course of life seriously curtailed.

A good plan for a longer life with a shorter period of dependence, therefore, is to drink at least a half-pint of milk daily.

CARE CROMWELL

When dealing with important State matters, Oliver Cromwell, who was born on April 25, 1599, used to dictate, so it is said, three or four contradictory letters before letting his secretary know which one actually was sent.

Iantigen "B"
 DISSOLVED ORAL VACCINE
 FOR
CATARRH
 See Page 3

HOUSEHOLD SCRAPBOOK
 By Roberta Lee

The pots containing the house plants can be made more attractive by covering them with scraps of left-over wall paper, using the same paper as on the walls of the room. The paper can be cut and fastened with paper clips or pins, then changed when it becomes too soiled.

Spinach should be drained well. Put it in a strainer and press with a spoon until the water is pressed out. Add seasonings and butter and serve in a heated vegetable dish.

Rusty Keys leave them in a saucer containing kerosene for several days. The rust will be loosened by the oil and will then rub off easily.

HCW CAN I!
 By Anne Ashley

Q. How can I remove blackheads, and avoid a greasy skin?
 A. Use a colloid water made by mixing 2 grams of powdered borax, 1 ounce of glycerine and 19 fluid ounces of orange-flower water. Always shake well before applying.

Q. How can I prevent rain or snow from sticking to the automobile windshield?
 A. Apply the following solution: One ounce water, two ounces glycerine, 1 1/2 ounces salt. Apply with chamois cloth or any soft material.

Q. How can I make a filler for the cracks in new floors?
 A. By making a putty of linseed oil and sifted whiting, to the proper consistency.

MORNING SMILE

Ethel—Did Clarice enjoy her date with Joe last night?
 A. She was never so humiliated in her life! When he started to eat his soup five couples got up and began to dance.

GOT HIS OWN BACK
 The unpopular cook of the cargo boat found his seaboots full of pig-wash in his life! When he started to eat his soup five couples got up and began to dance.

Days passed, then, unable to keep silence any longer, the brand asked:
 "Did you find out who put the pig-wash in your boots, cook?"
 "No," replied the cook, "but I know who ate it."

Needlecraft FOR THE HOME

FROM A REMNANT
 Just use a remnant you have on hand or pick up at a bargain counter to make this gay apron that uses only a yard of fabric. With scalloped and high-waisted pockets, it makes a lovely gift for Christmas.

No. 2841 is cut in small, medium and large sizes. Medium requires only 1 yd. 38-in., 5 3/4 yds. 40-in. and 6 1/2 yds. 42-in. Send 30 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 some number in your address.

Address: Pattern Department Tn, Charlottetown, P.E.I.

Pattern No. 2841

Name _____
 Street Address _____
 City _____ Province _____

RELIEF FROM ECZEMA
 A lady writes: I had eczema break out on my face and neck, but it did not go away. I tried many things, but it did not go away. I tried many things, but it did not go away. I tried many things, but it did not go away.

MECCA OINTMENT

Apron of Fabric
 2841 SMALL MEDIUM LARGE

Why Be Satisfied With Clothes That Look "HALF-WASHED"?

I'VE DISCOVERED THAT I NEED SUNLIGHT'S EXTRA-SOAPINESS FOR EXTRA-DIRTY SPOTS

NOW CLOTHES COME BRIGHTER ALL OVER WITHOUT HARD RUBBING

JUST put a touch of Sunlight on extra-dirty spots on cuffs, edges, collars. Then wash the clothes the way you always do. Sunlight whips up into the richest, deepest-cleansing suds you ever saw. In no time at all you hang out a wash that's brighter—that doesn't have a "half-washed" look. Sunlight is safe for the finest washable colors. Wonderfully economical, too.

FOR A COMPLETE WASHING JOB YOU CAN'T DO WITHOUT

SUNLIGHT SOAP

A LEVER PROCESS

Here's a SENSIBLE way to relieve 'PERIODIC' Female Pain

with its nervous tension; weak; tired; crampy feelings

● If at such times you feel so nervous, tired, irritable, a bit blue—due to female functional, periodic disturbances—don't delay—try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. Here's WHY:

1. Pinkham's Compound comes in a mild form. It is one of the most effective medicines made especially for girls and women for this purpose.
2. This medicine is what is known as a *sterile* because it has a soothing effect on one of woman's most important organs.
3. Pinkham's Compound is made from wholesome roots and herbs (plus Vitamin B).
4. Pinkham's Compound HELPS NATURE! Buy a bottle today at any drugstore. Follow label directions.

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