

# Woman's Realm / Social and Personal / Fashions / Literature

**SERVED Hot or Cold**

**IT'S A TASTY ENERGY BREAKFAST**



On cool mornings, try Nabisco Shredded Wheat this way: Dip the biscuits quickly into hot water, drain and serve with hot or cold milk. Or split them, toast lightly, dot with butter, and serve with top milk or cream. Plan breakfast around Nabisco Shredded Wheat. Growing youngsters especially need the food energy it helps to supply.

**THE CANADIAN SHREDDED WHEAT COMPANY, LTD.**  
Megara Falls, Canada

**TESTED PRACTICAL RECIPES IN EVERY PACKAGE**

**A JOB ONLY YOU CAN DO**

Prince 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 Women's Regional Advisory Committee of the War Time Prices and Trade Board.

**Best Is Cheapest**

## KING COLE TEA

Never Before Has Fine Quality Meant So Much

**ELLEN'S DIARY**  
By An Island Farmer's Wife

I wound the old clock last night. Then sat a minute beside the fire. Judy tuned in to the local station leaving her multi-light on the table. James put his pipe down and was on his way to the stair-way. Then the strangest, queerest sound came to our ears. James had been reading ghost-stories for Pat's benefit. Indoors with plenty of light and heat it can be a pleasant pastime. "Now what was that?" I'm not easily frightened, at least not when I'm under our own vine and fig-tree. Judy said round-eyed: "Listen here!" I looked at James to find him into a scold. After all he's my knight. He pat-tered to the front-door in his sock-feet. The screen-door was hooked. He looked about. There was a light in the house across the lane. Lights are reassuring. He opened the door gingerly, and went to the front-verandah. "Nothing here!" he said. Judy and I followed him. There was nothing to be seen. I wondered what the curious noise, like some-thing I had never heard before, could be. We spoke of it when we retired. When I came to the kitchen this morning, to consult the clock, it was silent. "Why I never wound it!" I said. Oh yes Mrs. S. Judy said you wound it. I examined the clock and then I knew. The terrible noise we heard last night was the spring giving away for James said at once: "Ellen you wound her too tight!" That was it I suppose. We have other time-keepers, no so dependable. And there is the radio. But until either one or the other of two (shrewd) clock-cleaners, I know, call to Alderlea, when re-time-time comes, "I shall start to remember re-ally. After many years, there's no old clock to be wound tonight."

There are different and strange "bumps" around Alderlea now. This morning I picked up the "baking-bug." Well, every tin was empty and (Continued from page 3)

**Living & Leisure**  
**THE WOMAN'S REALM**

**A LUNCHEON DISH**

Small quantities of left over vegetables including potatoes can be converted into an appetizing and nourishing luncheon dish in the following manner:

Poach in milk as many eggs as there are persons to be served. Remove the eggs to a plate at the saucepan, add a little butter, making a white sauce of the season to taste, and put in water. Pour all around the poached eggs. You may use peas and potatoes, carrots and potatoes or any other combination, and have a perfectly balanced meal in one dish—starch, protein and green vegetable.

The next time you are without a hot-water bottle, fill an ordinary glass bottle with hot water, screw on the top securely, cover with something woolen, and it will retain the heat a long time.

When you find your lying sugar or even brown sugar is in lumps, place it in a paper bag, and dump the sugar from the nose of the tea-kettle into the bag. In a very short time the sugar will be soft moisture, so that it can easily be sifted or rolled.

If you use the end of a candle as a stopper for your glue pot, it will not stick, as is the case with an ordinary cork.

Sometimes cereals need to be crisped before serving. By placing it in a lightly covered pan and leaving it on the radiator all night, it will be crisp and ready for breakfast in the morning.

**EXERCISE HELPS TIRED FEET**

Your feet won't hurt nearly as much in warm weather if you exercise them every day. This may sound as though it would make them heavier rather than easier, but actually gentle exercise aids flexibility and normalizes circulation will be ever so helpful in shoring up aches.

When you sit, try rotating each foot, first to the right, then to the left. Don't swing your leg; try to direct all motion into the ankle joints. This is an excellent way to strengthen feet and to lumber them up.

At night, try this one to ease the toes that have been cramped into ill-fitting shoes during the day; sitting on the floor, or up on your bed, give each toe a little exercise, first pulling it out gently to its full length, then rotating from left to right and right to left. Try spreading your toes too, by all means, wiggle them apart and separating them, and curl them upward and then downward.

Some of this is very easy at first if your feet are as neglected as most women's are, but foot exercise shows results in a very quick, satisfying manner.

**MODERN ETIQUETTE**  
By Roberta Lee

Q Does the manner in which a person receives an invitation disclose his breeding?  
A A person's lack of it, or good breeding, is often disclosed by his manner of acknowledging an invitation.

Q What would be considered the chief essentials of a well-written business letter?  
A The business letter should be lucid and brief as possible.

Q When walking with two women should the man walk between them or on the outside?  
A He should walk on the outside.

**BETTER ENGLISH**  
By C. D. Williams

1. What is wrong with this sentence? "John Hancock was the first man of all to sign the Declaration."  
2. What is the correct pronunciation of "christening"?  
3. Which one of these words is misspelled? Carrousal, carress, carnis.  
4. What does the word "colossal" mean?  
5. What is a word beginning with ca that means "to fascinate"?

**ANSWERS**  
1. Omit of all. 2. Pronounce "kris-n-ing; the 4 is silent. 3. Carrousal. 4. carress. 5. Fascinate. "It was a colossal statue." S. Campbell.

**Q** How many coupons must I give for a jar of cranberry sauce? at the rate of 12 fluid ounces per coupon.

**Q** Do Christmas trees come under a ceiling price?

**A** No, there is no price ceiling on Christmas trees.

**Q** What procedure must be followed when purchasing a used car?

**A** It is necessary to complete in triplicate a statement of sale forms which can be obtained from any regional or local office of the W. T. B.

**Q** Where do I apply for extra rations for farm help?

**A** Apply at your Local Ration Board for transient labour coupons.

**Q** I rented two rooms in my home to a lady living alone. Her son visits her very frequently. Can I limit his visits to once a week as I don't like so many people coming in and out?

**A** There is no Board regulation which regulates the number of visitors a tenant may have.

**Q** I wish to have some circulars printed to advertise my Auction Sale but understand this is prohibited by Board Order. Am I right?

**A** No, the Board order restricting such use of paper has been revoked. You may have your circulars printed.

**Q** I am thinking of selling my tractor now and buying a new one in the Spring. Must I obtain a permit to do so?

**A** Yes, you must obtain a permit to sell your tractor or you will not be entitled to a permit to buy a new one, but would sign at you retain your present tractor.

**Dorothy Dix Says—**

**A REGRETTABLE CONSIDERATION**

**Wife Would Destroy Happiness To Satisfy Her Own Selfish Desires**

DEAR MISS DIX: I have been married for ten years and have two little girls. My husband is a very fine man and a good provider. Never ten along together very happily, have never had a fight. But I have found out that I do not love him and I have been going out with another man who is married and who has two children.

My husband does not suspect that anything is wrong and I am wondering if I should tell him and leave him, as I am not happy?

**WORRIED WIFE.**

**GET AWAY BY YOURSELF AND REASON!**

**ANSWER:** Do you think you would be happy if you would give up your kind and generous husband, your soft and easy life, your nice home and, above all, your two little girls for a liaison with a married man? For apparently the man you say you have fallen in love with has given no indications that he intends to divorce his wife and break up his home and orphan his children.

I never heard of a woman contemplating making a more losing bargain, and if you do, you will spend the balance of your life regretting it. Before you do this foolish and fatal thing sit down quietly and try to figure out the cost. Not only the loss of a good husband and your children, but the respect of all who know you, your place in society and probably your lover. For a married man's ardor over an affair is very apt to cool when he finds he has to support his Lady Love instead of sending her an orchid now and then.

Before you tell your husband anything about this affair with the married man, I earnestly advise you to go away and take a nice long trip by yourself. Plenty of times a wife thinks that she has fallen out of love with her husband when she is just fed up with ordering and sending her children off to school and needs a change and rest from domesticity.

Try this and the chances are that when you come back a secure home will look better to you than a love nest, and you will see your husband the way you did on your wedding day.

**HOUSEHOLD SCRAPBOOK**  
By Roberta Lee

**Wash Fabrics**

To set the color in wash fabrics, put five cents worth of sugar of lead in four quarts of water, dissolve, and soak the goods for about twelve hours. Then rinse and dry in the shade.

**Headache**

A severe headache can be treated effectively by hot water applied to the forehead and temples, followed by applying a menthol ointment of some kind and then a vigorous massage.

**The Rolling Pin**

Never operate the rolling pin backwards and forwards when making pastry. Roll it forwards only and then lift it.

**FROM HOLLYWOOD**

comes word that the nervous strain of wartime living is leaving worry marks on the loveliest faces. And worry makes wrinkles! To prevent permanent lines forming—here are a few facial habits screen stars avoid: (1) Don't wrinkle up your forehead when concentrating on a sure way to cause deep furrows that massage can't erase. (2) Don't pull at your ear or mouth when embarrassed. It distorts your expression and distorts the natural pores of your face. (3) Don't rub your eyes when they're tired. It causes irritation and will leave them swollen and discolored. (4) Don't read or think. It not only spoils your hair-do, but causes a strained expression around the eyes. Do learn to relax. When tired, massage forehead in a rotary motion with second and third fingers. To rest eyes, blink them open and shut slowly several times, or cover with pads soaked in witch hazel. Keep your skin in good condition with regular whipped cream leaf facials made with a mild complexion soap. And when applying make-up, always look in the mirror every few minutes. Completely relaxed, not raising eyebrows, pursing mouth or straining cheek muscles.

**I KNOW IT'S THE ONLY SOAP THAT STOPS "B.O."**



**Women everywhere use fresh, clean-smelling LIFEBOUY for lasting protection against "B.O."**

**ITS FRESH, CLEAN SCENT IS YOUR GUARANTEE**

Day by day the demand for Lifebuoy among women grows! For Lifebuoy offers sure protection against "B.O." And women like to know daintiness is beyond reproach!

You see, Lifebuoy contains a special, purifying ingredient. That's why Lifebuoy gives lasting, all over protection. Yes, Lifebuoy is different... ACTS different... even SMELLS different. Its fresh, clean scent tells you Lifebuoy stops "B.O."

**ONLY LIFEBOUY contains the special purifying ingredient that stops "B.O."** The fresh, wholesome scent of the Lifebuoy cake—VANISHES almost instantly, leaving your skin naturally fresh and clean.

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

**LIFEBOUY HEALTH SOAP**

LEVER PRODUCT

**DEAR DOROTHY DIX:** I am a married woman with three very small children and for the past six months I have made my home with my parents. My sister, who has two children, also makes her home with our parents. We do not get along together and my children are being spoiled. I want to move out, but my mother wants me to stay.

Should I stay and be bossed around just as though I were a child or should I move out?

**MRS. K.**

**ANSWER:** Get a place of your own to live with your children won't annoy anyone but you. Any two young mothers with kids, who are bound to fight and scrap, cannot possibly live in peace together, for every mother is firmly convinced that her own youngsters are pin-feathered angels who could not do any wrong, and that anybody is a crank who doesn't enjoy listening to their yells and letting them destroy their furniture.

Anyway, married daughters can never fit again into the old home. Once they leave it their place in the family circle closes up and they are outsiders.

**DEAR DOROTHY DIX:** I am a war wife with a baby 16 months old and am living with my parents for the duration. My husband has been writing me that if I don't come out to the camp where he is taking his training that he will leave me, and that I had better hurry up and come. I want to hang on to him. I love him very much and want to be with him, but I have my baby to think of and I know that the living conditions at this particular camp are very bad, and that it is no place for a baby.

What shall I do?

**UNHAPPY.**

**ANSWER:** Can't you get your mother to take care of the child while you go out and stay with your husband? It probably won't be long before he will be sent overseas. But certainly it is risking a baby's life to take it to a place where the living conditions are so difficult. Evidently your husband is a young and knows little about the care that a baby requires, or he would not be willing to jeopardize his life for the pleasure of having you with him.

**WARNS MOTHERS OF BOTTLE-FED BABIES**

If your baby is bottle-fed, be sure to watch his bowels closely. Mother's milk has a natural laxative effect which helps take care of baby's needs. Lacking this, a bottle-fed baby often gets fretful, feverish and suffers constipation and upset stomach. Let Baby's Own Tablets help you keep your baby's bowels on schedule—sweeten upset stomach—relieve feverishness and discomfort of teething. No "sleepy" stuff—no dulling effect. Easily crushed to a powder, if desired. Don't let your baby suffer—get Baby's Own Tablets today. 25¢.

**HOW CAN I !!**  
By Anne Ashby

**Q** How can I make a washing powder substitute?  
**A** The small bits of soap from the kitchen and bathroom should be saved, for they can be used when washing. Place in the boiler instead of washing powder or large pieces of soap.

**Q** How can I easily smell hard-boiled eggs?  
**A** Let the eggs remain in hot water for 45 minutes. Pour off the hot water and cover with cold water. The shells will then come off easier.

**Q** How can I relieve pain of burn?  
**A** To relieve the pain of a burn try applying the white of an egg.

**COOK'S CORNER**

**OYSTER TARTLETS**

5 or 6 slices side bacon  
2 tablespoons butter or bacon dripping  
2 tablespoons flour  
1 cup scalded milk  
1/2 teaspoon salt  
Few grains pepper  
1/2 pint oysters  
1/2 pint cream  
1/2 cup diced celery  
Hot baked tart shells

Put the bacon into small pieces and fry until crisp; drain from fat. Melt the butter or if you prefer, measure out 2 tablespoons of the dripping left when cooking the bacon; blend in the flour; stir in the scalded milk slowly. Season with salt and pepper. Strain off the oyster liquor, wash and drain the oysters thoroughly; add them to the strained liquor and heat until the edges curl. Add the oysters, peas, and bacon chips to the sauce. Heat thoroughly, turn into hot baked tart shells and serve at once, garnished with lemon wedges, and sprinkle with paprika.

**MORNING SMILE**

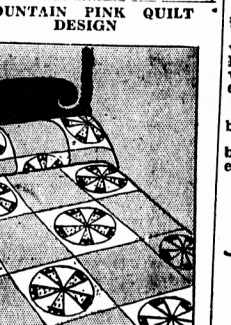
"I saw your old man's gone in the Navy," said Mrs. Bulbus.  
"Yes," he replied Mrs. Thinsly.  
"An' what's 'e a-doin' there?"  
"What's 'e a-doin'?" said Mrs. Thinsly grinning. "It's mine-sweepin' that's what 'e's doin', and 'e'll 'ear a piece of my mind when 'e gets us 'ome. Not in all these years, 'as 'e ever with a broom in 'is 'and to help me!"

**WANTED EFFORT**

She watched the door of her new establishment open to admit her first client. Business had started! A good impression must be created! Suddenly she grasped the telephone receiver and became engaged in an animated conversation. Then an appointment having been arranged, she replaced the receiver and asked: "What can I do for you, sir?"

A woman's pause, and then: "If you please, Ma'am, I've come to connect the telephone!"

**MOUNTAIN PINK QUILT DESIGN**



**DESIGN NO. 86**

There is a delightful and simple charm about this quilt design. The finished block measures 11 inches. The pattern No. 86 contains 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, Charlottetown, Guardian.

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

**Needlecraft FOR THE HOME**

**SUBMERGED FRENCHES**

Supple princess lines, with soft shirring at the waistline achieve a very flattering silhouette. Fine beaded dress for jewelry, especially with the bare sweetheart neckline.

No. 3886 is cut in sizes 12, 14, 16, 20, 40, 42 and 44. Size 36 requires 2 1/2 yards 36-inch fabric.

Send 20 cents for PATTERN. Print your Name, Address and Style Number plainly. Be sure to state the size you wish.

Address: Pattern Department, the Charlottetown Guardian.

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

**FEATURE BOTH TYPES**

Short dinner dresses vs. with floor lengths for evening this season—both types feature sequin, beaded, and jeweled trims.

**SORE THROAT**

Let a little time-tested, soothing VapoRub melt on your throat. Works fast! **VICKS**

3886 SIZES 12-44

**THIS GRAND MEDICINE made especially to relieve 'PERIODIC' FEMALE PAIN**

**With Its Nervous, Tired Restless Feelings—**

Take heed if you like so many girls and women—on such days—suffer from cramps, headache, backache, feel nervous, dragged out, a big blue—all due to functional monthly disturbance!

Start at once—try Lydia E. Pinkham's Vegetable Compound to relieve such troubles because this medicine has a soothing effect on the nervous system, it purifies the organs. Thousands upon thousands of women and girls—rich and poor have reported benefits.

Pinkham's Compound is made from effective roots and herbs (plus Vitamin B1). Here's a product that helps nature and that's the kind to buy! Just see if you're not satisfied with results. Follow label directions.

**Lydia E. Pinkham's VEGETABLE COMPOUND**