Woman's Realm ~ Social and Personal ~ Fashions ~ Literature

BETTER FOR VITAMIN D

FREE

Send your name and address for the booklet "How to Put 'D' In Your Diet" which contains many useful suggestions and recipes for healthful balanced menus.

Jot it down on your Shopping List

● In SUNCREST Milk you get ALL the original cream from the rich milk produced by the famous, tested herds of Leeds and Grenville Counties—*plus* the health value of Vitamin D added by irradiation. It comes to you doubly concentrated, doubly rich—and with the extra health value of the added sunshine vitamin. That makes it better for baby—and better for all the family. It's better, smoother, finer-flavoured, too. Put SUNCREST Milk on your shopping list. Use it in cooked dishes, in beverages, and for infant feeding in accordance with the formula recommended by your doctor.

GENERAL MILK PRODUCTS OF CANADA, LTD. - BROCKVILLE, ONT.

Living & Leisure
The Woman's Realm

'He played the game"—
What finer epitaph can stand,
Or who can earn a fairer fame
When Time at last has called his hand?
Regardless of the mocking roar,
Regardless of the final score,
To fight it out, raw blow for blow,
Until your time has come to go
On out beyond all praise or blame,
Beyond the twilight's purple glow,
Where Fate can write against your name
This closing line for friend or foe:
"He played the game."
—Grantland Rice.

JUNIOR DRESSES ARE MORE SOFTLY STYLED

A combination of fashion features makes the junior frocks lovelier than ever this year. They're softer in their styling, more colorful, cut on lines that are ever-so-slightly slimmed down, so that they take on a little extra sophistication, and at the same time, a great deal of prettiness.

In the subtle slimming of the silhouette, waistlines are longer, even when they appear to be at normal. Girls still like the fitted midriff with middy look, but belted dresses too are dropped a bit, for more becomingness. Skirts are whittled down slightly and there are fewer dirndls.

The dressmaker look, or softer styling is evident everywhere. Ruffles give an added flip to hemlines of shirtwaist dresses, and are matched by more ruffles used on the bodice, jabot fashion. If dresses are really simple, they are of gay fabrics in bright colors that take away any possible look of severity.

TINY ANTIQUES

Don't mention anything that weighs more than three pounds to an antique dealer, not if you value his friendship. But if you'd like to see a bright smile blossom on his face and his eyes sparkle, steer the conversation to knick-knacks. For the smaller articles, according to dealers in New Orleans where the business of retailing heirlooms has flourished since the last Spanish flag over the city was hauled down, are selling as they never sold before. Remembering the days when a Chippendale chair and a Louis XIV secretary was a fast-moving bit of goods, the retailers moan that people haven't homes any longer. Sons and daughters are in military service. And parents are too occupied visiting them to bother with such details as furnishing a home.

HAPPY MEETING

Not every Canadian airwoman arriving in Britain is lucky enough to be met by her husband, complete with band. Leading Airwoman Marion Ferguson, of Windsor, Ont., and Humboldt, Sask., waiked down the gangplank at a British port, along with many others in air force blue, to the tune of O Canada. In the midst of the welcoming band she spotted her husband, LAC. John Ferguson, a musician with the Canadian bomber group.

RIGHT FOODS DAILY

The right daily foods to store up health are listed by the Nutrition Bureau:

Milk or cheese; fruits and vegetables; eggs, meat or fish, dried beans or peas; wholegrain and enriched cereals and bread; butter or other fat.

Four to six glasses of water to drink; eight hours of sleep; some time in the fresh air, sunshine if possible; periods of relaxation — avoid fatigue in work or play — these for good health.

A tortoise, believed to be 300 years old, lives on a farm near Cairo, belonging to King Farouk of Egypt. It still enjoys its food, and many British troops have been among its visitors during the war.

HAVE ANOTHER SLICE!

—to bake bread just right, use Fleischmann's FRESH Yeast

More than ever now you'll find bread important. It is today's most essential high-energy, low-cost food—a good source of Vitamin B—a good *stretcher* for other foods! If you bake at home be sure your bread is made with Fleischmann's fresh Yeast—Canada's favorite for over 70 years because it bakes bread *just right!* Ask your grocer for Fleischmann's *fresh* Yeast—with the familiar yellow label—today.

MADE IN CANADA

SUPPLEMENT YOUR DIET by eating 2 cakes of FLEISCHMANN'S fresh Yeast every day. This fresh Yeast is an excellent natural source of the important B Complex Vitamins.

Ellen's Diary
By An Island Farmer's Wife

I knew when I looked from the porch this morning that this was going to be another busy hay-day. There was no time to waste, either admiring the splashes of amber against the silver or blue, above the trees to the east or even to breathe in freely of the clean morning-air, dew-washed, scent-laden. So I returned quickly to the kitchen to lift the cover from the bread-pan, hesitantly but hopefully, prior to its "kneading down." The cover was so difficult to remove, I tugged at it happily and began to sing but when I remembered: "Sing before seven; cry before eleven!" The song perhaps mistakenly named!—died on the chords. Silly too, now that I remember, for this daylight saving so confuses me, I confess I would never know whether to look for the consequences of the singing an hour later or the time indicated on the face of the old clock, besides when eleven pauses on it that is usually the signal for a scurrying to shake down the fire, put more wood in, and assemble the vegetables and meat for dinner. There is no time then to indulge in emotional outbursts besides in haying-time there is really no audience unless perhaps Tabby, Darky or Pard and by that time, the two former are napping while the latter is usually away to the hay-field with the "makers."

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I heard one of my favorite hymns as we ate breakfast this morning. I can not say my favorite, for after all, ideas will change. It is: "The Stranger of Galilee" and to me, it has a strange, different, melody and expressive words. I never can tell whether James likes this particular hymn or not although there are many he likes very much. For as I followed the words at times humming the tune rather inaudibly, I could see him looking beyond my small flower-border to read the vagaries of the wind on the stream, below the front meadow. The breeze came "out of the west" this morning.

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I had barely put the bread in the pans for the final rising, placing it on the top of the warming-oven and was washing the now-empty bread-pan which I may say along with the porridge-pot is now one of my most tedious chores, because of the lack of an unsignificant kitchen gadget—a scraper—unobtainable in war-time, to every housewife's regret, when James came from outdoors and went to the living-room, where my best of birthday gifts hangs. There was a complete silence and then with, I thought, a satisfied tread, he retraced his steps, out to resume operations in connection with the haying. I suspected then this inspection, in the best of light, had to do with his final trip to his dentist yesterday morning.

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Again I went to the raking which James tells me "is only a holiday" and once again Karolyn "took over" relieving me of part of the work of preparing dinner. As I tell the family I do enjoy this as I call it: "Light housekeeping" on my part, for today Jeanie contributed the dessert, while Karolyn brought a supply of fish—cod lightly salted—that when combined with potato, a couple of beaten eggs, moulded into attractive cakes and fried in "drippins" provided the main supper-dish. And there were sighs of regret from the others, when the most daring removed the last one from the serving-dish, even though this is one fish that must be disguised before offered to some of the younger members of the family. When I scold a bit because of this peculiarity, this aversion to necessary brain-food, some have been known to remark sarcastically: "Well, you ate it!"

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Jamie is one member of the family to be envied these days for as usual his every wish is our pleasure. No one is really too busy to stop work a minute to help him and I found myself actually beaming when I returned to the house from the raking to find one of the kitchen screen-doors propped wide open, by his hand, to permit a small boy to enter or depart at will and with ease. I'm accustomed to remark, wearily, when an adult member of the family dares to linger on the door-step, leaving the door gaping even for a minute: "Must you remain there?"

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James took one of his infrequent "kayleys" to the corner this evening perhaps by way of acquiring ammunition for his best of pipes. He returned to Alderlea very hungry. When I placed a bowl-full of a well-known and popular cereal, creamed and sugared, before him he said: "Have you nothing more substantial than that?" and added "you know, I've been working today!" Well, after all, it was to be his dream. The news was coming in at the time nearer the best of happenings. There was, yesterday, "an attempt on Hitler's life." It may not be in accordance with Orthodox teachings, to wish this attempt had been successful but then if the loss of one's life might mean the saving of even millions, I may sometime be pardoned for the wish. And never home and meaning much, as I see it, to Canadians: "Roosevelt has been nominated for a fourth term of office." I suppose at the beginning of his first term he would never even have dared to contemplate his already long term in office, it would even be beyond "his most sanguine dreams", I think. His name will be in his country's history parallelling that, almost, of the humblest and greatest of Presidents, Abraham Lincoln. For the present President at the outset overcame bodily incapacitation as well as serving his country well. It does take not only a will to dare but a will to live.

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But there, Pard is barking at a passing plane, quite wasting his breath, I would say, the sound echoing mournfully from the Foster's wood across the road. James has already "climbed dem golden stairs" to rest. I shall follow when I've picked up his lunch dishes, given Pard a crust and wound up the old old clock on the shelf.

Until tomorrow — Diary—Goodnight.

French Morocco, Africa, exports each year iris roots, leafy herbs, wild marjoram and rose leaves for use in perfumes.

Dorothy Dix Says—

HAPPY MARRIAGES PUZZLE US

Nobody Knows What Brings Success, Whether To Wed From Fancy Or Cold Appraisal

It is a queer thing, that although millions upon millions of men and women have experimented with matrimony since time immemorial, no one has yet found out just what it takes to make marriage a success. We don't even know what to marry for, nor whether to pick out our husbands and wives with our fancies or to use our heads when we do it.

Unfortunately, all the teachings we get about choosing our mates come from novelists and poets and the cinema and they are all strong for glamor and are all for boys leading their Dream Girls to the altar and maidens wedding their Prince Charming. Which would be perfectly delightful if the supply of Prince Charmings and Dream Girls was not so limited, and if love's young dream didn't so often turn into a nightmare after marriage.

PROPAGANDA CREATES FALSE STANDARDS

But the worst of all of this romantic propaganda is that it establishes a false standard of love by which so many men and women judge their emotions, and, because they can never feel the chills and fevers and hectic thrills which they have been taught are the manifestations of the tender passion, they pass by the honest affection they feel for some man or woman without recognizing it as love, and go on their lonely ways searching for the palpitations they are constitutionally incapable of having.

I get innumerable letters from women saying that men whom they have known all of their lives want to marry them. The men are fine chaps. They would make ideal husbands. And the women respect and admire them because they don't make love like cinema heroes, and because they, themselves, don't have hysterics at the sound of Tom's or Jim's footsteps.

These foolish girls are waiting to experience symptoms of love which they can never have, because they are sane sensible individuals with nothing neurotic about them. And the tragedy of it is that they wait so long for the impossible to happen to them that the men marry somebody else, and they are left lamenting.

EMOTION NOT ENOUGH IN MARRIAGE

Those mistaught, silly sentimentalists lose their chance of real happiness because they do not understand that there are many things besides romance that go into the making of a successful marriage. There is a calm, quiet love that expresses itself in service, instead of passionate vows of devotion, and that wraps a woman in a peace that is like the peace of God. Thousands of inarticulate husbands and wives who, as the phrase goes, "take each other for granted" are living love idyls greater than any poet or novelist ever imagined. For the happy marriage must have in it something more than emotion. It must have suitability and congeniality which lasts long after romance and thrills have gone with the wind.

THE COOK'S CORNER

LEMON CREAM SHERBET

½ cup sugar
1½ cups boiling water
Juice of 2 lemons
Grated rind of ½ lemon
Dash of salt
1 egg, separated
1½ cups chilled heavy cream, whipped

Combine sugar, water, lemon juice and rind. Mix over low heat until sugar has dissolved. Add salt and pour slowly over slightly beaten egg yolk, mixing well. Cool to room temperature. Freeze in automatic refrigerator at coldest temperature until firm. Turn into chilled bowl and whip with rotary beater until fluffy. Fold beaten egg white into cream. Fold into chilled mixture. Return to refrigerator and freeze until firm.

The American cultivated blueberry, now an important commercial crop, is a result of developments of the past 35 years in the selective breeding of this native fruit.

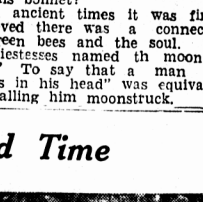
Do What Your Doctor Does If Child Is Listless

Because the tongue is the upper end of the stomach and bowels, it is usually the first thing a doctor looks at when he examines a sick child. He knows that a coated tongue and bad breath is a danger signal—a warning of an upset condition below, which may lead to real illness.

Don't you take chances—look at your child's tongue and check the breath *every day!* And at the first sign of bad odor on the breath or a coated tongue, give Children's Own Tablets. Small, pleasant-tasting tablets made especially for youngsters from 1 year of age to 15 years, they are wonderfully effective in helping to clean out harmful wastes and sweeten sour, upset stomachs. No drastic weakening flush-out action like many old-fashioned laxatives have.

Get a package of Children's Own Tablets—only 25¢—today from your druggist. Made by the makers of Baby's Own Tablets—your guarantee of a reliable product.

New Cream Deodorant
Safely helps
Stop Perspiration



1. Does not rot dresses or men's shirts. Does not irritate skin.
2. No waiting to dry. Can be used right after shaving.
3. Prevents under-arm odor, helps stop perspiration safely.
4. A pure, white, antiseptic, stainless vanishing cream.
5. Awarded Approval Seal of American Institute of Laundering—harmless to fabric. Use Arrid regularly.

Arrid is the largest selling deodorant

Guaranteed by Good Housekeeping

39¢ Also 15¢ and 59¢ jars

ARRID

NEEDS NO IRONING

Remember that seersucker suits and dresses require very little ironing after their tubbing. When designed with "free action back" blouse or jacket, and unpressed pleats or no pleats at all in the skirt, they are unsurpassed for sheer coolness and freedom, and they require a minimum of care to keep fresh.

"BEE IN HIS BONET"

When a man has a theory, or a dreamy idea, or an odd invention, why do people say he has "a bee in his bonnet?"

In ancient times it was firmly believed there was a connection between bees and the soul.

Priestesses named th moon 'a bee." To say that a man nad "bees in his head" was equivalent to calling him moonstruck.

London Bed Time

Another day of robot bombs is done, but there's the long night yet ahead, so a London mother directs her children to the safety of an underground back-yard shelter. The little one makes sure her teddy bear will be safe, too.

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

Q. I have bought a small delivery truck and would like to deliver groceries and ice to summer cottagers living about a mile from my store. Am I allowed to do this?

A. There is nothing to prevent you delivering groceries and ice to your customers as long as you do not go over the 15 mile limit allowed for deliveries.

Q. I have a few bees and am planning on selling honey this year. Is there some regulation about registering with the W. P. T. B.?

A. If you produce more than 4,000 pounds you must register with your local ration board.

Q. Am I entitled to the canning sugar coupons of the teachers who board at our house?

A. The ration book holder is responsible for the use of the coupons in his ration book, therefore, your boarders must decide how their canning sugar coupons are to be used. On the other hand you cannot be expected to serve home canned preserves unless your boarders permit you to use some of their canning sugar coupons. Therefore, it should be possible to work out some agreement with your boarders to divide their canning sugar with you in relation to the length of their stay.

A Morning Smile

TO YOUR RIGHT

A man had been endeavoring to write a telegram with a pen provided by the post office. After two or three ineffectual starts, he turned to the woman behind the counter and said: "Is this by any chance the pen used by King John at the signing of Magna Charta?"

The official replied: "Inquiries on the right, please!"

HEARD THAT ONE

A vicar was visiting one of his poorer parishioners, an old woman afflicted with deafness, who expressed her great regret at not being able to hear his sermons.

Anxious to be sympathetic, he said with self-deprecation: "You don't miss much."

"So they tell me!" was the unexpected reply.

A GOOD - LOOKING HUG - ME-TIGHT IS USEFUL

DESIGN NO. 1237

A hug-me-tight is crocheted in bright colors and worn as an Eton or bolero jacket. Pattern No. 1237 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.

Design No. 1237

Name

Street Address

City Province

Crisp bundles of tasty whole wheat

Here's the hearty nourishment of natural whole wheat—all wrapped up in crisp little biscuits. "Shreddies"* is tops with youngsters because it's surprise-flavored to charm the appetite, and toasted a crisp, golden brown.

It contains the whole wheat, including the bran, minerals, protein and precious wheat germ. Serve "Shreddies" and start the family off good-humored and well-fed.

Needlecraft
For The Home

SMOOTH PLAYSUIT

There's a lot of charm and just a dash of daring in this flattering bare-midriff playsuit, and it will be a joy forever when it's fitted to your own specifications.

No. 3815 in size 16 requires 2¼ yards 35-inch fabric.

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

Address Pattern Department the Charlottetown Guardian.

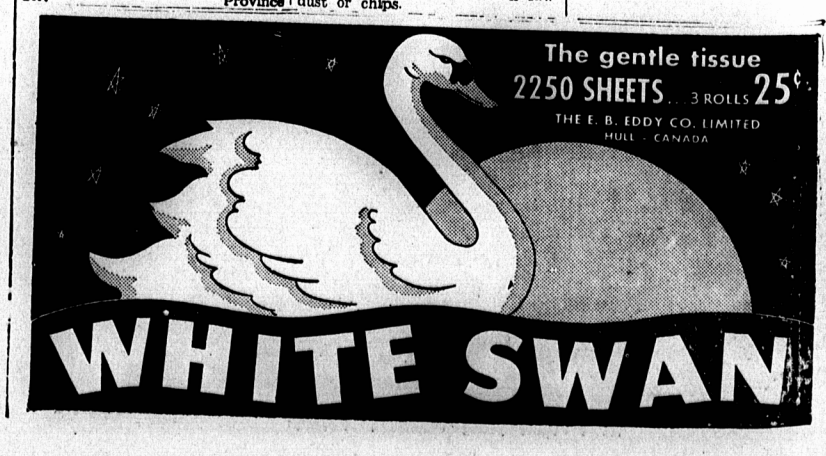
Name

Street Address

City Province

Nervous, Restless On "CERTAIN DAYS" Of The Month?

If functional periodic disturbances make you feel nervous, cranky, high-strung, tired, weak and "dragged out"—at such times—start *at once*, try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. Here's a product that HELPS NATURE. Follow label directions. Pinkham's Compound is *worth trying!* Made in Canada.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Hydroxylin is a new low-cost plastic developed in a Government laboratory as a general purpose material made from mill-run sawdust or chips.