

Woman's Realm Social and Personal Fashions Literature

THIS HEARTENING BLEND GIVES YOU MORE DELICIOUS FLAVOR PER OUNCE!

Rule No. 1 for getting more deep-down, whole-hearted coffee satisfaction: Insist on superb Chase & Sanborn Coffee. Roasted in Canada to reach you at the peak of its superb flavor.

Living & Leisure The Woman's Realm

A KITCHEN
A kitchen is a valiant room—Melting pot of stove and broom. Of homely tasks, of dreams and plans. Nurtured over pots and pans—its riches other rooms adorn. But in a kitchen home is born!

LINING
If you have an old suede jacket that has become worn around the neckband and wrists rip it and wash it. It will wash like cotton if lukewarm studs are used and dry it over for a lining. It will make little sister's coat invulnerable to icy winds and cold.

CURTAIN CARE
Net curtains! need frequent laundering, especially in winter times, when they collect sharp, gritty dust and soot. This dirt literally cuts curtains to pieces and shortens their life. Keeping them clean is certain life insurance.

PRECOCIOUS HOFMANN
By the time that he was twenty—

A Job Only You Can Do

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 no price control are invited to send them in writing to the Women's Regional Advisory Committee of the War Times Prices and Trade Board.

CLEAN FLOWER VASES
The flower vases should be washed well with soap and water even if you are just replacing the old blooms with new. A light rinsing will not do away with the bacteria from the wilted flowers and this will hasten the death of the new blooms. Wash the vase well, and rinse before putting in the fresh water.

HINTS ON ETIQUETTE
When you are not using them, your knife and fork should be placed on the right side of your plate, not too near the edge. Do not cross them on the plate or rest them on a fashion on each side of it.

GIVE SOFT COAL AIR!
When using soft coal in the furnace, the slide damper in the first door should always be left open. The gas given off by this type of coal must be mixed with air to burn properly. When adding fresh coal, the glowing coals should be raked to one side and the fresh coal added to the other side. A large area of glowing red coals must be left to ignite the gas from the fresh coal.

EVENING HEADRESS
NEW YORK—If you are looking for something very smart in the way of an evening headress one of the fashionable milliners has several models which would give you the feeling of wearing the new thing to the theatre or night club. One is a flat, black satin temple, edged in white and colored pearls, which goes over the top of the head; another is a black and gold velvet, which goes from the back of the head to the sides; and there is the hair-protectant, which can be worn three ways.

FRILL COLLARS
Those lemon yellow and white circular frill collars do things for an old dress.

GOT HIS FIVE
Dan Kaplan of the U.S. Marines, walked into a servicemen's centre in Chicago yesterday and asked: "Where are my five?"

NANCY DE MARIGNY
The U. S. Immigration Department today authorized Nancy Oakes De Marigny, whose husband, Alfred De Marigny, was acquitted in the slaying of her father, Sir Harry Oakes, last fall, to go to Nassau, Bahamas, and return to Cuba. She will be permitted to travel as a tourist, the status she has when she arrives in Cuba, soon after the latter's trial. It was understood she planned to attend some of De Marigny's affairs at Nassau. The date for her departure was not announced.

LONDON (UP)—Because of damage by young boys to air-raid shelters, police officers in the east of London have had to be diverted from crime detection to look after the shelters.

Dorothy Dix Says—

PERILOUS TIMES FOR GIRLS

Howling Wolves Awaiting Tender Lambs Who Must Use Proven Defense
Listen dearie, I am talking to you and to Mary and Susie and Janie Gwendolyn and all the other teen-age girls who are in the greatest peril about the strange new world they have just entered that they do not even suspect that they are in danger.

Now I want to tell you about the howling of the wolves, but it does not occur to you that you are the prey. You have heard about the terrible things that have happened to other girls. You read in the papers about the poor little girl who got into the swanky car of a handsome stranger who offered to give her a ride, and whose battered and bloodied body was found by the roadside where it had been thrown out of an automobile.

And there was Susie, who used to sit next to you at school, who got in with a wild crowd and was arrested during a party. And Emily, who had to leave school so suddenly and whose family never spoke of her. And Belle from whom you when you meet her wheezing her little fatness baby on the street.

CONFUSED GIRLS' PUZZLE
But things like that could never happen to you. You know how to take care of yourself. You are old and worldly wise. You are 16, or 17, maybe almost 18. But those things can happen to you, and they will happen to you unless you watch your step, and that is a hard thing to do when you are bubbling over with youth and avid for pleasure and which lead to perdition, or how to pick them.

Now I want to begin by giving you a little advice, which will sound brought down out of the hair-trunk in the attic, but there are a lot of for human conduct. Especially for girls.

Of course, circumstances have modified them. You don't have to be a prude, and prisms girl now, as your great-grandmother was, and don't have to sit with the tongue when you stand out with him. You discuss Shakespeare and the musical glasses, while Grandmas sits just same, modestly and reserve, still the best weapons with which a girl can defend herself. Also, they are her best comcons if she wants to make a good marriage, because every man puts women in two classes, the one he plays around with, and the one he wants for a wife.

GIRLS WRITE OWN PRICE TAGS
Just bear in mind that every girl writes her own price tag for men. If she holds herself cheap, they accept her valuation of herself and treat her that way. But if she respects herself and demands respect from men, she gets it. If you want a boy to value your kisses, make them come a dime a dozen. No man breaks his neck to get the kind that never proffer a caress. It is a dead giveaway that you have to do the courting.

Never tell a boy how wild you are about him. Keep him guessing. It still holds good. Never write a boy a letter that you would not be willing for him to show around among his friends as a proof of what you are. It is somewhere where the mail facilities are poor. Never drink any-thing but water. You can't boost the soldiers and sailors. And never go in for heavy petting. It is not only common and vulgar, it is the surest way to becoming an old maid. For not many men want damaged goods in a wife.

Life has always been dangerous for the teen-agers, but it is especially hazardous right now when young girls, who have not yet gotten their emotions under control, are slipping over with the romantic notions for sailors and soldiers. Don't be like one of these little babes who sold me the other day that it seemed so unimportant not to go off to a saloon and drink with a man in uniform who said to them: "Hi, Toos, you're morale by wrecking your own morals. Don't ever, anywhere, at any time, step out with a strange man, no matter what sort of clothes, he has a passing nod.

May safe, daughter.

SWIFT'S WEEKLY WARTIME FOOD HINTS

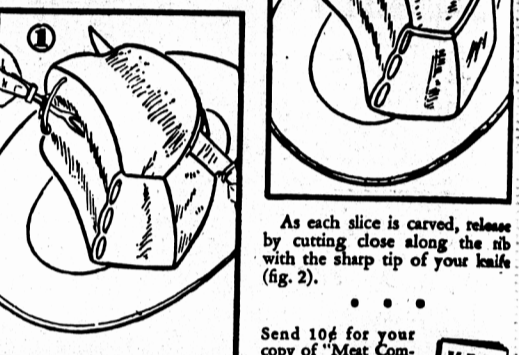
Martha Logan, Swift's famed Home Economist, whose weekly cooking column is a regular feature of this page. Look for these valuable hints every Monday!

by Martha Logan

How to Carve a Rib Roast

Proper carving is an important part of food conservation
Thin slices 1/4 to 1/2 of an inch thick give best flavour and help the meat go further.

When you buy a standing rib roast have the butcher separate the backbone from the ribs. In this way you can remove the backbone completely in the kitchen after roasting. Then place the roast on the platter, bones to your left and small cut surface uppermost.



As each slice is carved, release by cutting close along the rib with the sharp up of your knife (fig. 2).

Send 10¢ for your copy of "Meat Complete," Martha Logan's famous handbook of meat cookery. Swift Canadian Co. Limited, Dept. ME63, Montreal.

TIPS FOR CARVERS

1. Be sure your knife is sharp.
2. It is correct to stand when carving.
3. Always cut across the grain. (Steaks are the only exception).
4. Carve enough to serve all the company before transferring meat to plates.

MEAT is material of war

SWIFT CANADIAN CO. LIMITED
Makers of Premium Quality Products; Brookfield Butter, Eggs and Cheese; Jewel Shortening and Silverleaf Lard

VICTORY

HEALTH LEAGUE OF CANADA

"It has for too long been taken for granted that food is available to all," says the Canadian Medical Association Journal in commenting on the conference on Food and Agriculture held at Hot Springs, Ark. When representatives of 44 countries, nine of them occupied by enemy forces, took part.

"For the past twenty years there has been a rising tide of education on the subject of nutrition. It has reached such heights as to raise hope that the average individual is beginning to absorb the main principles, and yet that is not the most important side of the matter. It is well to teach the principles of good nutrition, but it is necessary to have the food first. That the production of food can be made adequate has never been questioned. That there has been a failure to distribute food reasonably and to all is equally beyond question. The paradox of human plenty is one at which we may well gaze with dismay. There is, therefore, more than ordinary significance in the recent United Nations Conference on Food and Agriculture. The delegates could not bind their countries as they had no power to do so, but they made unanimous recommendations which should be highly effective in each country. Only through the work of the League of Nations could an accurate and comprehensive picture of the state of nutrition throughout the world be available. . . . and it will be one of the tasks of the proposed United Nations food and agricultural organization to complete the picture in detail and detail and replace it by a brighter one."

The article went on to say that work of the Conference holds out hope of the problem being approached practically. Only by its solution can the prevention of disease, on a scale far beyond what could be done by separate medical planning, be attained. Indeed "no plans for the betterment of human health can be more than imperfect make shifts so long as nutrition is poor."

Home-Mixed Syrup Relieves Coughs Quickly

Saves Big Dollars. So Easy. No Cooking.
A pleasing surprise is waiting for you, in your own kitchen, when it comes to the relief of coughs due to colds. In just a moment, you can mix a cough syrup that gives you about four times as much for your money, and is splendid for quick results.

Make a syrup by stirring 2 cups of granulated sugar and one cup of water a few moments, until dissolved. (On you can use corn syrup or liquid honey, instead of sugar syrup.) No cooking needed. It's no trouble at all. Then put 2 1/2 ounces of Pinex (obtain-

ed from any drugist) into a 16 oz. bottle. Add your syrup, and you have 15 ounces of really effective cough medicine. It never spoils, lasts for many a long time, and children love it. This home mixture takes right hold, soothes the irritated membranes and quickly eases soreness and difficult breathing. You'll say it's very satisfying in its action.

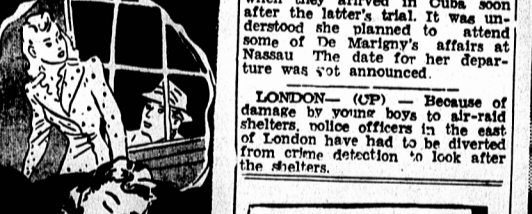
Pinex is a special compound of proven ingredients, in concentrated form, well known for prompt action in coughs and bronchial irritations. Money refunded if it doesn't please you in every way.

Checking Them Over



Military clothing plants know no season. Even in the middle of winter work on summer uniforms goes on. In the picture above a young employee of a Western Canadian clothing factory leaves her sewing machine for a moment to check waist bands on uncompleted trousers for army summer wear. This is the Dominion's largest military clothing plant engaged in the production of cotton stores for the boys in khaki. City

Home Service



Have You Ever Dreamed This?
Strange dreams that leave you puzzled! Outside the window, a man whom you know gazes at you with wide, staring eyes—WHY? Like all dreams this has a definite meaning. In queer symbols and dream mind expresses emotions you may have concealed even from yourself—in waking life. The friend gazing at you? Deep down you may fear he is critic of you, a fear that is affecting you more than you realize.

But if you dream you are peering at him, you are suspicious, asking yourself, "Can I trust him?" When you take them seriously, your dreams often throw a helpful light on disturbing problems. Some dreams are real eye-openers. A dream of a screen? A hat you're afraid to admit wearing to yourself. Running from a snake? You may wish to rid of some love relationship.

Other puzzling dreams make sense when you understand their symbols. In our 32-page booklet, a well known psychologist explains many common symbols in dreams of fear, hope, fulfillment. Tells what it means when you dream of being naked in public, of flying, feelings oasn.

Send 15c in coins for your copy of "The Meaning of Dreams to the Charlottetown Guardian Home Service Address. Be sure to write plainly your name, address, and the name of booklet.

Name _____ Street Address _____ City _____ Province _____

Design No. 982
A lovely tri-corn pillow has been crocheted with the simple popcorn stitch and trimmed with pert little bows. Pattern No. 982 contains complete instructions.

To order pattern: Write or send above picture with address with 15 cents in coin or stamps to Needlework Bureau, Charlottetown Guardian.

Design No. 982
NAME _____ STREET ADDRESS _____ CITY _____ PROVINCE _____

Economical, Easy To Make



Cranberry Cake, as pictured above make a delicious dessert, festive in appearance yet economical and easy to make.

Topping
3-4 cup sweetened cranberry sauce 1-4 teaspoon cinnamon.
1 teaspoon grated lemon rind 1-2 teaspoon nutmeg
Mix lemon rind, cinnamon and nutmeg with cranberry sauce

Cake
3 tablespoons mild-flavoured fat 1 1-3 cups sifted, all-purpose flour
1 egg, unbeaten 2 teaspoon baking powder.
1 teaspoon vanilla 1-2 cup milk
1-2 cup sugar
Cream fat and sugar until light and fluffy; add the egg and vanilla and beat thoroughly. Mix and sift flour, baking powder and salt and add alternately with the milk, beating well. Pour the batter into a deep, well greased, 9 inch pie plate or an 8 x 8 inch cake pan. Spread cranberry topping over the batter. Bake in a moderate oven, 350 degrees F. for 45 minutes. Serves six.

BREAK UP MENU MONOTONY

MAGIC'S MOLASSES BISCUIITS

2 cups sifted flour 1/2 cup molasses (about 1 cup molasses) 1/2 cup milk (about 1 cup milk) 1/2 cup butter 1/2 cup sugar 1/2 cup salt 1/2 cup chopped nuts, any kind, or raisins

Mix, sift first four ingredients. Cut in butter until soft dough. Roll out on lightly floured board; sprinkle with nuts or raisins. Roll up. Cut in 1-inch slices and place on greased tray. Bake in moderate oven with water in pan. Place biscuits on remaining sheet. Bake 10-15 minutes. Turn out (10-15) about 35 minutes. Makes 18.

MAGIC BAKING POWDER
MADE IN CANADA
CONTAINS NO ALUM

MAGIC CUTS FOOD COSTS

THE COOK'S CORNER

LAMB-VEGETABLE PIE
One and a half pounds lamb, cut into inch cubes, seasoned well with salt and pepper, and rubbed with flour; then browned in 3 tablespoons fat, until every cube is well-browned. Add 2 1-2 cups hot water, cover well, and cook gently—about one hour. Then add 1-2 cup chopped onion, 1 medium-sized onion, chopped fine,

Needlecraft For The Home

AN ADORABLE DRESS
Whether she's at school or at play a little dress such as this with gay ric rac trimmings will meet with her approval. No. 2027 in size 8 requires 1 7-8 yd. 36-in. fabric with 1-4 yd. contrasting fabric and 2 1-2 yds. ric rac. Send 20¢ for pattern, which includes complete sewing instructions. Print your name, address, and state size you wish.

Address, Pattern Department the Charlottetown Guardian.

Name _____ Street Address _____ City _____ Province _____

A Morning Smile

Having an unusually heavy crop of hair because he had been on a country visit and hadn't bothered to get a haircut, a man went immediately to his barber when he returned to town.

Barber? asked the barber. Not now, said the man. I just dropped in for an estimate.

The minister had preached for an hour and a quarter on the prophets—all the greater prophets and then the minor ones in turn. Now we come to Habakkuk, he said. Where shall we put him? He can have my seat, said a

2027 SIZES 6-14