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

FISH

Fish is one of the foods you can use interchangeably with meat as a source of protein. Salt water fish is valuable in your diet for the iodine content.

Many homemakers do not buy fish because they do not know the varieties and which are the best value for their money. Salmon, halibut and cod, besides being a good source of protein, are rich in the vitamins A, D and G.

You will find that the price of fish is influenced by the locality and season, so you should buy fish when it is in season and the varieties that are caught near your home, for economy's sake.

Another doubtful point in many is how to tell fresh fish. If the eyes are full and bright, the gills red the flesh firm and elastic, and there is no disagreeable odour—then the fish is fresh. If you wish to have fish that is not caught near home, it may be bought economically if it has been frozen, salted, pickled, smoked or canned. So you have a wide choice in respect to the varieties and their preservation.

You must not cook fish the same way as you do meat. You must have noticed that fish is never tough. This is due to the fact that there is no connective tissue as there is in meat. Fish should be cooked only long enough (10 minutes per pound is sufficient) to develop the flavour and change the texture. Prolonged cooking dries out the fish and spoils the flavour.

You should cook fish several different ways to add a variety to your menus. Fillets and small fish may be broiled or pan-broiled in oil or fat and basted during the cooking to prevent the fish drying out. Fish may be coated with bread crumbs and egg or cornmeal and friend in fat at a high temperature to prevent the fat soaking into the fish. Larger size fish may be stufed and baked in a moderate oven basting with melted fat or salt pork or lean bacon placed on top of the fish will add richness and flavour. You could wrap fish to be boiled in cheese cloth to facilitate handling.

Lack of colour, flavour, and richness in fish can easily be supplied by garnishes and sauces; e. g., lemon, cucumber, parsley, tartar, tomato or egg sauce.

For tempting recipes write to the Health League of Canada, 111 Avenue Road, Toronto, Ontario.

A Morning Smile

A man slipped on the moving staircase in a tube station and started to slide to the bottom. Half-way down he collided with a woman, knocking her over. Together the two continued to the bottom.

When they stopped, the woman still rather dazed, continued to sit on the man's chest. He looked up at her with an air of resignation. "Madam," he said, politely, "I'm sorry, but this is as far as I go."

The little woman had worried the grocer over trifles at the busiest time of the day, and at last he had managed to satisfy her.

"Do you know, Mr. Peek," said the woman, "when I came into your shop I had a dreadful headache. I've quite lost it now."

"It isn't lost," said the distracted grocer. "I've got it!"

What Elisha Said

When the late Baden Powell (founder of the Boy Scouts) was a lad, he went to a famous British school where the headmaster used to take the classes in Scripture History. It came to young Baden Powell's turn to answer the question:

"What did Elisha say when he saw Elijah go up in the burning fiery chariot?"

B. P. replied:

"Elisha said: 'Goodness me, I never saw anything like this before!' "

No Need

Old Zeb was whitewashing his barn with a brush that had very few bristles in it. The Squire happened to pass and said, "Why don't you get a new brush with more bristles in it, Zeb?"

"What for, Squire?" asked the old man.

"What for?" answered the Squire "Why man, if you had the proper brush you could do twice as much work."

"Mebbe so, Squire, mebbe so," responded the old chap "Only you see, I ain't got twice as much work to do."

Living & Leisure

The Woman's Realm

If your life is too long and hard
Break it apart!
Break it into hours, minutes, seconds,
A single moment is always manageable;
No matter what burden it brings
We can carry any load
For one moment at a time
And each night God sends a sunset
To shut us away from tomorrow's problems. —Selected.

Sequins on net bands may be bought to replace jewelry, or give an air of newness to any street or dinner costume.

Save this year's beautiful Christmas cards for distinctive decorations on next year's packages. The colorful designs and pictures may be pasted on Christmas boxes like medallions.

Two shades of lipstick and face powder on your cosmetic shelf will permit you to have a bright skin with dark clothes, a less bright complexion with vivid colors.

IMPORTANT SUBSTANCE

Among things you never hear about until they are missing is agar, a gelatinous substance made from seaweeds. You may feel you can do without it, but its scarcity is causing some concern. No substitute has been found and an attempt is being made to develop new sources. Drops of the milk and water you drink are tested for bacteria in culture plates containing agar. Agar used to give candy a cream texture and keep the chocolate milk well mixed. These uses have been prohibited because there is barely enough for essential uses.

LIKE TECHNICAL STUDIES

University of Utah girl students are showing a stronger liking for technical subjects. Dean of Women Myrtle Austin reported that 43 co-eds expressed a preference for medical technological studies, compared with 21 two years ago. Other increases are engineering, none two years ago to seven this year; medicine, 10 to 28; social work, 45 to 61, and business, 69 to 101.

HINTS ON ETIQUETTE

Is the troubled condition of the world making us less mindful of our manners? It is still correct procedure, when a man and woman met, at a street corner, coming at right angles to each other, that the man wait until the woman goes on.

SATIN COLLARS

To clean a white satin collar, rub it with bread crumbs which have a little moisture. White kid gloves can be cleaned in the same manner. Do not have the crumbs too moist.

INK STAINS

Ink stains can be quickly removed from the fingers by applying a solution of peroxide of hydrogen, containing a few drops of ammonia.

HOT FOOD

Food can be kept hot by covering it securely with a lid or tin pan and placing the dish over a basin of hot water.

BUCKLES ALTER SHOE

When you buy your next pair of shoes consider getting pumps and several buckles to clip on them for changes of costume. Bead or felt shoes ornaments in dark and light colors are shown, as well as bronze and steel bead classic buckles, the real cut steel.

CHANGE SHOELACES TO MATCH COSTUME

Unlee the Chaplain, artist and designer, is responsible for a new idea in shoes that promises to be as far-reaching as was the introduction of the basic dress. It is a sandal-shoe that can be changed with each dress merely by changing the lacing in the shoe.

The shoe is handmade with a slender sculptured heel which gives an appearance of a French heel, though it is part of a tall wedge.

This wedge, Miss Chaplain says, will fit any foot and offers sturdy support to the arch. The shoe and costume are tied together into an ensemble merely by changing the lacings in the saldal.

ONE IN SEVEN

Would you deliberately throw away one potato out of every seven you buy "Certainly not," you indignantly answer. Yet you do exactly that when you peel potatoes. And because the vitamins and minerals lie close to the skin you throw away an even greater proportion ofthese important food elements.

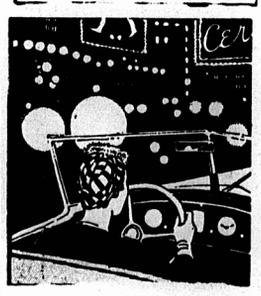
ACCOMPLISHED WOMAN

Mrs. R. G. Casey, wife of the British Minister of State resident in the Middle East, has won the first prize in a poster exhibition in Cairo. Painting is only one of her many interests. She learned to fly so that she could be useful to her husband on his many trips, and was often his pilot in the United States. From her father, Sir Charles Ryan ,an Australian army surgeon, she inherits an interest in science, and she rivals her husband in popularity as a broadcaster.

A TOOL CHEST

By all means buy a tool chest for the growing boy if he wants one. It will be only a short time before he will be fixing all those little things you have been nagging hubby to do for months, besides being a practical and beneficial pastime for the boy.

Among the latest war jobs undertaken by women in England is that of gamekeeper or anti-poaching patrol.



LIGHTS BOTHER YOU?

Driving at night, are you confused by the lights of cars? Night blindness (the failure of your eye to adjust quickly to dim or bright light) is just one of the results of lack of vitamin A.

Amazing—the importance of vitamins in diet, what they can mean to health and youthful good looks!

When you have lots of yellow and green vegetables and fruits, their vitamin A prevents night blindness and also helps build resistance to colds and keeps digestion in good order.

Vitamin B1, found generously in milk and whole wheat, gives you pep and a good appetite.

Vitamin C, particularly abundant in tomatoes and citrus fruits, is good for your smile—it makes healthy teeth and gums. Vitamin G, found in foods that contain other vitamins, helps to keep your skin radiant.

The sunshine vitamin, D, builds body tissues. Fish-liver oils have lots of it.

Make sure you get all the vitamins you need! Our 32-page booklet has charts showing the vitamin content of everyday foods. Gives "Protective Diet." 16 vitamin-rich [illegible] Tells 10 ways to preserve vitamins in cooking.

[illegible] of Vitamins to Keep You Fit 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

Dorothy Dix Says—

U. S. O. WILL HELP GIRLS GET DATES WITH "NICE" SOLDIERS

Plenty Of Lonely Boys Would Enjoy Company Of Interesting 18-Year-Olds

DEAR MISS DIX—We are a group of girls 16 years old, in our last year of high school. We have average looks, but we never have any dates like other girls our age and have given up hope of ever having any attention from the boys we know. So we would like to have your opinion on the following questions:

1. Will it be all right if we get some nice soldiers and keep them as friends? This is the only way we can think of getting out with boys. 2. Do you think that by doing this we would obtain a little experience on how to handle boys? 3. Do you think that by going out with soldiers we will be able to compete at least a little bit with other girls after the war is over, and thus have some chance of not being old maids? 18 AND DISGUSTED.

ALL MANNER OF SOLDIERS

ANSW..R—You have a good idea there, but it is one that has to be handled with caution and discretion. In the army, as you of course know, there is every possible class of men. It is made up of gentlemen and toughs; of college graduates and men whose only education has been the rough one of the streets; of Sir Galahads and Casanovas; of men with whom you would be just as safe as you would be with your own brother and of men who are wolves in sheep's clothing out on the prowl for little soft, ignorant school girls.

And when they are all dressed in uniform they look alike and have about them the swagger and the glamour that goes with brass buttons and is the aura in which the fighting men moves. Hence, it would take a keener eye and more knowledge of the world than any 18-year-old girl possesses to be able to pick out at sight which one it would be desirable for her to have as a friend, and from which one she should flee as she would from the greatest danger that could possibly menace her.

Yet there are plenty of nice soldier boys and they are as lonesome and as eager for dates as the dateless girls are, and every effort is being made to bring these two together through the canteens and the Red Cross and the U. S. O. and the various other social organizations that are attempting to solve this problem.

So my advice to you girls is to go to some woman who is at the head of one of these organizations and tell her frankly that you wish to meet some "nice" soldiers, and she will put you in the way of doing it under safe auspices

But I want to add a word of caution, which is good not only for use on the army but for the home grown species of boys. It is this: Go slow. Be hard to get. In your exuberance over having a date at last, don't gush over the boy. Don't let him see how pleased you are. Don't fall like an over-ripe plum in his mouth. Respect yourself and make him respect you. Don't be grateful to him for showing you a little attention. It will tip him off to the fact that you are not used to it and that you don't know how to handle yourself. Don't let every boy you dance with kiss and maul you.

And if you have a mother who is worthwhile tell her all about the boy. Get her to ask him to a meal so she can look him over. Any mother in these times who doesn't keep a close watch on the boys her teen-age daughter is going with should have something with boiling oil in it done to her.

Don't drink anything stronger than a cocacola with any boy whatever Don't go with one to taverns or saloons. Don't park on dark streets. Don't let anybody tease you into drinking highballs or cocktails by making fun of you and calling you a Mama's girl. Never forget that a man will spend hours, sometimes days and weeks, persuading a girl into doing the very thing that he will drop her for doing.

And if you forget everything else on earth hang on with a death grip to this truth—that patriotism doesn't require a girl to throw decency to the winds in order to give the boys a good time. It doesn't keep up the soldiers' morale for girls to have no morals. It lowers it. They want to feel that the women they are fighting for are worth defending.

DEAR MISS DIX—My wife was all that a husband could ever hope to have. She was a grand partner, a fine cook and housekeeper, and pleasant to live with, but since we got into war work we haven't seen much of each other, because I work days and she works nights. After being alone every evening for four months I began to get lonesome and bored and eventually I fell for the phone calls of another woman. It started as a thrill and after a while I got tired of it.

But my wonderful wife in the meantime had found out about it and she has left me. I have done everything in the world to try to win her back. I plead with her and tell her how much I love her and need her, but she refuses to listen to me. Tells me I have killed her love and that she doesn't trust me. She means everything in the world to me and without her I have no desire to live. What shall I do? Live alone and keep our house in case she does forgive me? Or should I give everything up and abandon all hope? A R..PENTANT HUSBAND.

FLIRTATION COSTLY TO MARRIED MAN

ANSWER—Paying a high price for your dance, aren't you, Mister? But you are not the only man who throws away the love of a good woman for a woman he doesn't care a penny's worth for, and who breaks up a happy and peaceful home for a silly flirtation. We can have some use and respect for the married man who is sweet off of his feet by a great overpowering passion for a strong woman; who realizes that for the first time he knows what love really is and that the only feeling he ever had for his wife was just a cale liking, and who lets his emotions drive him into being an unfaithful husband. But we can only mock at the folly of the man who has a wife he admires and loves and doesn't want to lose, and an ideal home, yet who risks it all for a few bought kisses from a harlot. But it happens so often.

Yours is one of the innumerable tragedies that has been brought about by women going into war work. It disrupts the home and the inevitable consequences follow. The husband comes home to a place that is no longer a home, just an empty shell of a house in which there is no warmth no life, no comfort, no good meals, no welcoming wife.

The man gets tired of lonely evenings, of having to cook his own food and make up his own bed and having nobody to talk to, and he starts out in search of company and finds the Other Woman. When the cat is away the mice will play, and no woman who has given up her home for a job can help but know that she has been accessory to the crime if her husband philanders.

In your case your wife has had her pride hurt just as much as her heart, and you must give them both time to recover. The chances are that she still loves you and will come back to you if you keep the home and persevere in making your show of repentance. Why don't you join the army That would make a master appeal to her affection for you and convince her of your sincerity.

Home Service

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 Times Prices and Trade Board.

Q. Last week a friend of mine bought a pound of apple butter which was sold to her in exchange for two "D" coupons. However, I bought some apple butter yesterday at another store . . . and didn't have to surrender any coupons. Was I breaking ration regulations?

A. No. You can rest assured about that. You weren't breaking regulations. Apple butter was lifted from the preserves ration list about two months ago. Also removed from the ration list at the same time were marashino cherries, sorghum syrup and sorghum molasses. Ordinary molasses, however, is still rationed.

Q. Can you tell me if I have to give up some of my baby's "D" coupons to buy such things as canned peaches and rice,

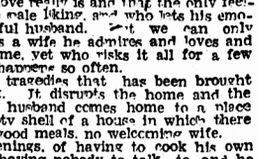
A. Yes . . . all canned baby food consisting of fruit, or fruit mixed with some other food, is classified as canned fruit . . . and requires one "D" coupon for each ten fluid ounce tin.

Q. My butcher has never charged me for "drawing" a chicken . . . but last week there was an extra charge of ten cents for this service. Can he do that?

A. Yes . . . he can. A recent Wartime Prices and Trade Board order fixed ceiling prices on live and dressed poultry . . . and give the retailer the right to charge ten cents for "drawing" a bird provided, of course, he has weighed and sold the bird at the controlled retail price. The sale of drawn poultry has been prohibited by the order . . . and the retailer can only draw the bird at the request of the customer.

NIGHT COUGHS due to colds . . . eased without "dosing". Rub on VICKS VAPORUB
APPROVED BY 2 GENERATIONS

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
39¢
Also 15¢ and 59¢ jars
ARRID

HAVE ANOTHER...

It's lovely bread — so smooth and so white

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

Bread plays a big part in today's meal planning. It is your family's most dependable low-cost energy food—supplying Vitamin B. And, it is extra useful now as a *stretcher* for other foods. If you bake at home, Fleischmann's fresh Yeast will give you *good* bread every time—light, sweet, just right tasting loaves! Ask your grocer today for Fleischmann's *fresh* Yeast with the familiar yellow label—Canada's favorite for over 70 years!

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.

THE COOK'S CORNER

WHIPPED COFFEE CREAM

1½ teaspoons granulated gelatine
¼ cup cold milk or cream
1 cup coffee cream
Sugar
Flavoring

Method: Sprinkle the gelatine over the cold milk or cream and allow to stand for five minutes. Set over hot water and stil until thoroughly dissolved. Place well chilled coffee cream in a deep bowl and gradually stir in the gelatine mixture. Set the bowl in a pan of ice water for five minutes, stirring several times as it cools. Then beat with a rotary beater until thick and shiny. Let stand a minute or so longer in cold water, stirring several times. Keep in a cool place. Before serving, stir with a spoon until smooth and add sweetening and flavoring as desired.

POULTRY SALAD

2 cups diced poultry
French dressing
1½ cups finely diced celery
1 cup finely diced raw apple
2 tablespoons finely chopped green pepper and pimiento (optional)
1-3 cup toasted slivered blanched almonds or other suitable nutmeats, when available
Thick salad dressing
Salt and pepper

Sprinkle diced poultry (or other suitable white meat) with French dressing and let stand about 1 hour. Add celery, apple, green pepper, and pimiento and nutmeats (if used). Toss ingredients together lightly with enough salad dressing to moisten; season to taste with salt and pepper. Serve in crisp lettuce cups and garnish with parsley or cress. Pass additional salad dressing and cranberry jelly.

QUERY ABOUT MOSLEY DISRUPTS BROADCAST

MANCHESTER, England, —(CP) — Albert Handel Worrall, 24-year-old shop steward at an armaments factory who was fired for shouting "what about Mosley?" during a BBC broadcast from the factory canteen, has been reinstated after workers' protests over his dismissal.

The BBC cut off the program of factory-choir singing when Worrall made the interruption

"What I did was quite unpremeditated and I never thought it would have caused such a commotion," Worrall said. The factory management said he would be regarded as having been "suspended" for three days.

MAYFIELD, England — (CP) — The vicar of this village conducted an informal religious service at the local public house 15 minutes before closing time recently. The villagers had been informed of the event beforehand and there was a good attendance.

DESIGN NO. 979

Little Sambo is a lovable little fellow measuring about 12 inches tall. Easy and inexpensive to make. Pattern No. 979 contains complete instructions for making the body of the doll and clothes.

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. 979

NAME

STREET ADDRESS

CITY PROVINCE

Needlecraft

For The Home

FLATTERING PRINCESS

The sleek trim lines of this princess dress, with attractive buttons down the front, make it perfect to wear from morning to night.

No. 2627 in size 36 requires 3¾ yards 39-inch fabric.

Send 20c for pattern, which includes complete sewing guide. 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

How Your Child May Be Inviting Colds

Due to being indoors more with less chance for play, many youngsters' bowels become less regular in winter and this condition often lowers resistance and invites attack by cold germs. To help prevent such colds, keep your child's bowels regular with Children's Own Tablets. These pleasant, little tablets are a laxative and more. They also help sweeten the sour stomach that often goes with out-of-order bowels. Get Children's Own Tablets today and guard your child against unnecessary colds. 25¢ at druggists.