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

Doubly Useful

WHEN you open a can of Irradiated Carnation Milk, what you pour out is a double-concentrated milk for use in recipes calling for cream, and for creaming coffee, fruits and cereals.

For milk recipes, just take half Carnation and half water. There you have whole milk consistency and full food value. Grand for drinking, too... chilled nicely, of course.

Carnation is just whole milk with part of the natural water taken out. Sterilized so that it keeps indefinitely unopened . . . homogenized for creamy smoothness and *Irradiated* for extra "sunshine" vitamin D. Write for free illustrated cook book. Carnation Co. Ltd., Toronto, Ontario.

IRRADIATED
Carnation Milk

A CANADIAN PRODUCT *"from Contented Cows"*

If you don't see Carnation Milk at your grocer's, ask for it

Living & Leisure

THE WOMAN'S REALM

We are blind until we see
That in the universal plan
Nothing is worth the making
If it does not make the Man.

Why build these cities glorious
If Man unbuilded goes?
In vain we build the world
Unless the builder also grows.
—Edwin Markham.

A refrigerator should not be placed close to the kitchen range, radiator or hot-air register, since heat from them is sure to make the motor operate more and wear faster.

If fat in a kettle, pan or broiler bursts into flame smother it but never pour on water as it will cause it to spatter and spread fire.

YOUNGEST RINGER

Fifteen-year-old Jill Poole set a world record in bell ringing when she took part in the ringing of the Cumbridge Surprise Maximus at Leicester Cathedral. The ringing on 12 bells involved 280 changes and took three hours and 59 minutes to complete. The youngest ringer ever to take part in such intricate exercises, Miss Poole took up bell ringing when she was 13. She is the daughter of H. J. Poole, secretary of the National Guild of Police Bell Ringers.

INFORMAL

An extract from a letter from a soldier in Burma printed in the London News Statesman and Nation, reports on the informality of Lord Louis Mountbatten: "Some of the fellows were detailed to go and listen to a speech from Lord Louis. They were told, 'He does not like anything formal, so for half an hour you will have to practise walking about informally'."

Lipsticks have become one of the most indispensable items in a woman's life It is almost impossible to get along with just one, for while your foundation and powder must blend with your skin tones, lipstick should harmonize with the colors in your costume.

ENSEMBLE THEME

NEW YORK — The ensemble theme is worked out more often between hat and handbag or hat and gloves than by having a turban or fabric hat of the material of your dress or coat this year. The hat teamed to another accessory is more versatile, especially if it is of felt or a material that goes with several costumes, than is the hat that matches a costume exactly.

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.

Q. What is the ruling regarding the issuing of ration books to persons being discharged from the armed forces?

A. Ration books for discharged service personnel will be issued immediately by Local Ration Boards where discharge papers or a letter signed by the Commanding Officer of the unit is presented. The provision regarding the letter is made to speed up the procuring of the ration book in cases where the discharge papers take some time to procure.

Q. I did not use the canning sugar coupons in my ration books as I wished to buy canned preserves, syrup or honey with them this winter. Must I exchange them for Preserves coupons before I can do this?

A. Yes, you should go to your local ration board where the coupons will be exchanged for you. We suggest you do this before December 31 as the canning sugar coupons in ration book three will become invalid after that date.

Q How many coupons must I surrender for a two pound pail of honey?

A. One preserves coupon.

MODERN ETIQUETTE

By Roberta Lee

Q If in a restaurant with guests, how can the host who thinks he is considerably overcharged on the bill presented, adjust the matter without embarrassment to his guests or to himself?

A. He can excuse himself and consult the head-waiter.

Q Should a bride enclose a small card, giving her new home address, in her wedding invitations and announcements?

A. No, this is not done as it was years ago.

Q. Who should really be invited to a christening?

A. Only a small group of intimate friends of the family.

Dorothy Dix Says—

FEATHER YOUR OWN NEST

Inborn Home-Building Instinct Causes Longing For Place Our Own

Recently a bridal couple inserted this advertisement in their local paper: "Newlyweds love their in-laws, but they want a house of their own." And everyone of their well-wishers must hope and pray that they got one, for how every marriage turns out depends largely upon whether the little birdies built their own nests, or flocked in with a lot of their relatives.

Given the solitude of two, of which the poet sings, and elbow room in which to adjust their differences of opinion, and non-interference with all of their tastes and habits, and practically any marriage can be made a success. But stage it in the bosom of his family or her family, and it hasn't a chance. The marriage license might just as well have a divorce coupon attached to it.

And this is no reflection on the noble Christian characters of the in-laws, nor does it asperse their good intentions. It is just the home-building instinct that is born in us that makes us long for some place of our own, some spot of earth that belongs to us, some place that we can furnish as we like and in which we can do as we please. And when this desire is thwarted, dire are the consequences.

To begin with, for the newlyweds to go to live with their parents is for them to take a short cut to the divorce court. Every marriage has to go through the settling down stage in which the husband and wife have to learn how to adjust themselves to each other and put up with each other's peculiarities. This is a time frought with tears and strife. But if they are alone in their own house, the storm passes harmlessly over them and leaves peace behind.

The husband calls himself a brute and the wife weeps on his shoulder and they kiss and make up. But if Mother is standing on the sidelines cheering them on and urging daughter to stand up for her rights, and Father is warning son not to let his wife henpeck him, a breach is made that is never bridged over.

FAMILY FEUDS EMBITTER SO MANY LIVES

Living in the same house is also responsible for the family feuds that embitter so many lives. The in-laws see each other at too close range and perceive faults and blemishes that they would never observe if they lived even a couple of blocks apart. They get on each other's nerves and, before they realize it, what should have been a beautiful relationship is turned into a squalid cat fight.

And, worst of all, for the bride not to go into her own house deprives her not only of a joy she has looked forward to since she played with her dollhouse as a child, it takes away from her the moral influences that mold her character. The young wife proud of her new home, gloating over her pots and pans, in... ing to cook and run a budget, is busy, happy, useful and... It is the young wives who live in other women's houses, who have nothing to do, who get idle and lazy and purposeless and flirtatious

"Be it ever so humble, there is no place like home." Better for a young couple to go to housekeeping in a drygoods box than to live with their in-laws.

BETTER ENGLISH

By C. D. Williams

1. What is wrong with this sentence? "They live in our vicinity."
2. What is the correct pronunciation of "apparel"?
3. Which one of these words is misspelled? Obsession, obsene, obsequious.
4. What does the word "rational" mean?
5. What is a word beginning with sk that means "characterized by doubt?"

ANSWERS

1. Say, "in our neighborhood."
2. Pronounce a-par-el, first a as in at. 3. Obscene. 4. Having reason or understanding. "The shortness of life is not, to any rational person, a conclusive reason for wasting the space of it which may be granted him."—Ruskin. 5. Skeptical.

DRAPED FELT POPULAR

NEW YORK — Soft felt is draped, sometimes manipulated almost as finely as is fabric. Many of the important-looking hats gain their distinction through rather high crowns of felt, nearly always draped, sometimes puffed, puckered, sirred. In a good designer's hand the lines of the hat are determined and usually its becomingness too.

PRETTY FILET CROCHET

DESIGN NO. 936

Roses, bows and butterflies are the designs worked in this beautiful filet crochet centerpiece. Pattern No. 936 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. 936

Name

Street Address

City Province

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

MORNING SMILE

A man dashed into the police station at midnight.

"My wife," he gasped, "I want to find my wife! Been missing since eight this evening. Oh, find her for me!"

"Particulars?" asked the sergeant. "Height?"

"I—I don't know."

Do you know how she was dressed?"

"No, but she took the dog with her."

"What kind of dog?"

"Brindle bull terrier, weight 53 pounds, four dark blotches on his body, shading from grey to white, three white legs, and right front leg brindled all but the toes. A small nick in his left ear."

"That'll do!" gasped the sergeant. "We'll find the dog!"

HOW CAN I !!

By Anne Ashley

Q. How can I keep food hot?

A. By covering securely with the lid, or a tin pan, and placing the vessel over a basin of hot water. When the vegetables are cooked, drain and cover securely, then wrap in paper and set in oven without fire. They will keep hot for a long time.

Q. How can I clean needlework that has become soiled through handling?

A. By greasing it with a little pure, clean lard. Allow this to remain for several hours, then rinse well, starch, and iron while wet.

Q. How can I prevent black spots on boiled potatoes

A. These spots will not appear if a teaspoonful of vinegar is added to the water while they are boiling.

ELLEN'S DIARY

By An Island Farmer's Wife

When I awoke, I planned to return by bus to Alderlea this morning. I knew something had happened in my absence, something disturbing, to keep James from attending the wedding. It could be a number of things. It could have been because of the inclement weather. But I've seen James venture out to the corner or to a political meeting in more disagreeable weather than last night's. Besides it cleared in time to have him come all the way under star-lit skies. He might be down with the flu. Now that I recall it, he had complained of tired and aching limbs when I came away. I thought at the time it was from his activity at the ploughing. Perhaps one or even more of the animals had taken acutely sick, as they will on farms, suddenly, when one has an outing planned. Perhaps . . . but then when I wished to quiet my alarms, I came back to tell myself: "It was that the car refused to go." Failing that and also comforting: "It must have been more small pigs arriving." James will say at such times regardless of such trivial things as social events: "What's the use of having things around the place, if you don't take care of them." Yes that was it. My heart slowed. It was small pigs' doings.

* * *

It was after dinner before I finally came away and then in a comfortable car with rugs about me, I was aware of the chill of the day. It was cold over the country. The picturesque river we crossed, and then for a short distance rode parallel to, was rough and angry in appearance and even though the sun shone brightly there was no sparkle to the water today.

* * *

My walk from the corner was bracing, as I faced a keen north wind. Approaching the hill-top when Alderlea came into view, I almost stopped in my tracks. The front-meadow sloping gently to the south, where the first green of spring comes to carpet it nicely and where the white clover bloomed in its summer fragrance was ridged and edged with red. James had been ploughing there this very morning. Even the path beaten hard with many foot-prints was being turned over by the ploughshares furrow after furrow. I met a load of crushed-grain on the old mill-road and another farm-wagon piled high with sacks awaited its turn at the mill-door. There were sizable waves on the water above the dam today and the water tumbled noisily from the waste-gates as I crossed on my way to the front meadow. I had barely reached the ploughed-land when Judy came from the house to relieve me of my parcels. I was grateful for parcels will get heavy in the face of a north wind. Judy's wash was drying on the line. "I spread it first thing when I saw the sun this morning" she said. If one or more of the white articles gained a bit of pink or blue in their waiting since Monday, what difference? I was home again.

* * *

I had to hear all the happenings on the farm since my going-away. James had been ploughing while Jock graded more potatoes. The cream got to the road in time for the truck yesterday morning and another load of potatoes had gone to the siding. A heifer had been added to the herd, coming by truck yesterday and Pard had been duly sent to his bed of straw in the shed each evening. Judy suggested in the telling: "Couldn't we build a dog-house where he would be more comfortable?" The cats too were kept outdoors but came for their milk to the separator-house. "But" Judy said 'the clock strikes one instead of two. Now what makes it do that? "I have an idea the old clock rested somewhere along the night or day. Only an hour. I remedied that even while Judy thought I performed some mystic rite.

* * *

I had to tell Jeanie and Judy all about the wedding, every detail. They sampled the wedding cake, declared it good but "no more sleeping on the stuff for me" Judy said. There was a marriage on the radio this afternoon. Judy said: "it was like going to a wedding." The words and music were perfect but there were no happy faces. There was a wedding in my story in the farm-paper, I read while Judy ironed. The hero and heroine in the story were married in a "Hudson's Bay Post Church"—the bare little church had been decorated with pine branches and Indian Tobacco—The bride wore an organdie frock, satin slippers and floating tulle veil—The path to the church was carpeted with branches of sweet-smelling spruce into which were thrust the only flower the wilds could produce dry white everlasting—She walked this scented green path to the church—She held fast to his hand—The bishop began the ceremony." It sounds pretty and romantic. And there was a perfect honey-moon, to a city, for a whole week. Then they return and this is where the second love-lorn damsel comes in again. Our heroine had better not "rest on her oars" with this lassie around and predatory! Our hero may forget his vows. Time will tell.

* * *

James has come in with the lantern from looking about the stock

is for "Wonderful"

what you'll say about bread made with Fleischmann's Fresh Yeast

• If you bake at home, you can *rely* on FLEISCHMANN'S fresh Yeast to help you bake wholesome, delicious bread. Ask for it at your grocer's—the Yeast with the familiar yellow label, Canada's favorite for over 70 years.

MADE IN CANADA

Get Extra Vitamins—More Pep by eating 2 cakes of FLEISCHMANN'S Fresh Yeast every day. This fresh Yeast is an excellent natural source of the B complex group of vitamins.

HOUSEHOLD SCRAPBOOK

By Roberta Lee

Dish Towels

A light-weight curtain rod fastened securely behind the kitchen range, or on any convenient wall space, makes an excellent device for drying the dish towels or any other small article, in bad weather. It can be painted the color of the kitchen woodwork, is never unsightly and never sags.

Apple and Banana Salad

Cut two quarts of apples into small slices; then slice three or four large bananas. Sprinkle with one-fourth cup of lemon juice and mix with cream mayonnaise dressing. Serve on crisp lettuce leaves.

COOK'S CORNER

PEPPER RELISH

Twelve sweet red peppers, 12 s... green peppers, 6 medium-sized onions, 1½ pints cider vinegar, 1¼ cups brown sugar, 2 teaspoons salt Chop peppers and onions very fine and cover with boiling water. Letstand for 5 minu... drain off water Cover again with boiling water and let stand for 10 minutes Put in bag and allow to drain overnight Combine vinegar sugar and salt, and bring to boiling point. Add pepper mixture and cook gently for 20 minutes Place in sterilized jars and seal.

happy surprise for youngsters

Who Hate To Take Laxatives

No more tears—no more fuss at laxative giving time, Mother! Not if you use the new, modern relief for children's constipation. . . . Children's Own Tablets. Small, pleasant to take—easy to swallow—youngsters take to them like ducks to water. Especially designed for needs of children from 5 to 15. Gentle—thorough—without drastic, weakening action of many old-fashioned medicines. They also sweeten the sour stomach that often goes hand-in-hand with out-of-order bowels. See difference in fine peppy feeling youngsters enjoy afterwards. Only 25¢. Ask today for Children's Own Tablets.

WHY GIRLS BY THOUSANDS prefer this way to relieve distress of PERIODIC FEMALE WEAKNESS

With Its Nervous Restless Feelings

Take heed if *you* like so many girls—at such times—suffer from cramps, headaches, backache, feel tired, nervous, a bit blue—all due to functional monthly disturbances.

Start *at once*—try Lydia E. Pinkham's Vegetable Compound, to relieve such symptoms. Pinkham's Compound not only helps relieve monthly pain but also accompanying weak, nervous feelings of this nature. This is because of its soothing effect on ONE OF WOMAN'S MOST IMPORTANT ORGANS.

Pinkham's Compound is made from effective roots and herbs (plus Vitamin B1). IT HELPS NATURE!

Thousands of women and girls have reported benefits. Follow label directions. Just see if you're not delighted with results!

Lydia E. Pinkham's VEGETABLE COMPOUND

Needlecraft FOR THE HOME

THAT NEW JUMPER

The new look in jumpers—shoulder capes for that important broad shouldered effect and whittled waist; nice in gabardines and wool plaids.

No. 2544 is cut in sizes 10, 12, 14, 16, 18, 20 and 40. Size 16 requires 1¾ yards 54-inch fabric; 2 yards 39-inch fabric for blouse.

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

"My Children Love it at Bedtime"

FRY'S COCOA

EVERY CUP IS A CUP OF FOOD

Here's Welcome Relief From

ACUTE CATARRH

Put a few drops of Va-tro-nol up each nostril and *feel* it go to work right where catarrh misery is . . . bringing quick, soothing relief from miseries.

VICKS VA-TRO-NOL