

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

Living & Leisure The Woman's Realm

FOR WINTER BIRDS

I have a shock of barley gold
This is for winter hungry birds;
A sunflower seed and millet heard
A rack of corn and buckwheat
stored.

For pheasants shy and grackles bold,
Just and crumbs and kale and curds
shall make the feast I spread com-
plete;
My heart shall sing, and they shall
eat.

It is but little I can give
To those who face the storm and
cold,
Yet One who said, no sparrow falls
But it is known in Heaven's halls
Will know I help a bird to live.
Though I grow weak and spent and
old.

These months that never come again
I surely have not lived in vain.
Rena Stotenburgh Travels

DRESS SAVER

To prevent woolen, silk or syn-
thetic dresses from becoming soiled
across the shoulders, tack in back
shields made of some soft thin
material. These can be purchased
ready-made at novelty counters, or
can be made very simply at home
of some washable cotton, net, silk,
or even a piece of discarded slip.
Shields should be made of soft
smooth material comfort. The back
section of a simple dress or blouse
pattern should do nicely to cut it
by Finish edges by narrow bands
or picotting. Tack to inside dress
seams neatly. Shields should be
laundered after every second or
third wearing.

BLUING

Contrary to general opinion, blu-
ing is not a necessity in the laun-
dry. Its action is neither that of a
bleaching agent nor a bleach, but
as a dye. Since blue and yellow are
complementary colours, a rinse in
bluing tends to neutralize the yel-
low colour sometimes acquired by
white fabrics. If soap is always
squeezed out completely and the cloth-
ing dried in the sun and air, they
are less likely to turn yellow.

Bluing is primarily intended to
mask yellow, but is sometimes used
in an attempt to hide bad colour
due to faulty washing.

If bluing is added to clothes
which have become grey from wash-
ing in hard water, bluing only makes
them look grayer.

DON'T BLAME PLUGS

Did you know that when an elec-
tric fuse blows out it is usually
a danger signal? It means that
there is trouble somewhere on the
electric line, not usually in the
fuse plug itself.

Hardware merchants report to
the Wartime Prices and Trade
Board that housewives frequently
buy three or four new fuse plugs
when actually the fuse blow-out is
due to a short circuit in a lamp or
other piece of electrical equipment.
Check all the electrical equipment
in the house before blaming the
"blow-out" to a faulty fuse is the
advice given.

PINS AND NEEDLES

Pins and needles are becoming
scarce on store counters, so hang
on to yours.

How to Make a Splendid Cough Syrup at Home

**A Big Saving, and It's So
Easy! No Cooking!**

Cough medicines usually contain a
large quantity of plain syrup—a good
ingredient, but one which you can eas-
ily make in your own kitchen. Take a
cup of granulated sugar and 1 cup of
water, and stir to which you can eas-
ily dissolve. No cooking! No trouble! Or
you can use corn syrup or liquid
honey, instead of sugar syrup.

Then get from your drugist 3/4
pounce of Pinex, pour it into a 16
ounce bottle, and add your syrup. This
gives you 16 ounces of really splendid
medicine for bad winter coughs. It

makes a real saving for you, because
it gives you four times as much cough
syrup for your money. It lasts a long
time, has no spoils, and children love it.
This is a very effective, dependable,
quick-acting cough medicine for the
whole family. Quickly, you feel its
penetrating effect in the passages.
It loosens the phlegm, soothes the irri-
tated membranes and makes breathing
easy. You will be delighted with its
quick effect in clearing up coughs.

Pinex is a special compound of pro-
pion ingredients, in concentrated form,
a well known reliable soothing agent
for winter coughs. Money refunded if
it doesn't please you in every way.

EASY STITCHERY FOR YOUR LINENS



Starting with the alphabet and ending with an embroidered flower
asket the needleworker has her choice of ten motifs for towels, luncheon
cloths, pillowcases, etc. Not from transfer Pattern No. 324 contains 10
motifs measuring 2 x 4 to 4 x 6 inches with 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, Charlot-
tewtown Guardian.
Needlework Department,
Charlottetown Guardian

Design No. 324
NAME _____
STREET ADDRESS _____
CITY _____ PROVINCE _____

"ME—ENTER A BEAUTY CONTEST? DON'T BE SILLY, I SAID!"

But lovely "Miss War-Worker", Dorothy Lisham,
was persuaded. She entered... and won.

"Beauty contests were the farthest thing from
my mind... but the girls at the Plant egg
me on. I just laughed: Listen, who would
look twice at me, since I've become a 'no-
time-to-fuss-and-scare-and-water-girl'. But, in I
went! Well, the result scored me. ME—
"Miss War-Worker"!"

You can bet I'm staying with my basic beauty
routine. Just two minutes twice a day to pat
on PALMOLIVE's creamy lather—a rinse off with warm water, a swoosh
of cold... that's all! Now my complexion's smooth as silk. And I certainly
owe that super blend of Olive and Palm oils in Palmolive a great big prize
for keeping my sensitive skin so free from irritations.

Of course, it's always new, improved Palmolive for my beauty baths
—to pep me up after my hard day's work."



**NOW MORE THAN EVER I TRUST PALMOLIVE
TO KEEP ME LOVELY—FOR HIM!**

THE COOK'S CORNER

ORANGE CAKE

1-3 cup shortening
3-4 cup sugar
1 egg
2 cups flour
1-2 teaspoon salt
1 teaspoon soda
1 teaspoon baking powder
1 cup sour cream
1-2 cup chopped raisins
1-3 cup chopped dates
1-3 cup chopped nuts (if desired)
Grated rind 1 orange

Method: Cream the shortening
and gradually cream in the sugar.
Beat the egg slightly and add to
the creamed mixture, then beat un-
til the mixture is light and fluffy.
You can use ordinary bread flour
for this. Sift the flour once, then
measure it and sift again with the
salt, soda and baking powder. Add
the raisins and nuts, and mix well.
The sour cream, a small amount of
each at a time. Now add the fruits
and nuts (if used) and the grated
orange rind.

Turn into a greased cake pan and
bake in a moderate oven (350 deg
F) for about 50 minutes. When
done, remove from the oven and
cover with the following topping.

TOPPING

1-3 cup sugar
1-3 cup orange juice

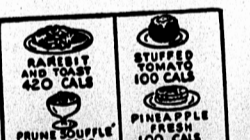
Method: Combine the sugar and
orange juice and bring to a stand
while the cake is baking. Pour
over the cake immediately on tak-
ing it from the oven.

both have a bargain."

And you step forward with hand
outstretched to become for the first
time, perhaps—lady! To share
your home with your fellow-Can-
adians who are fighting this war be-
side you!

Home Service

Youthful Looks Return If You
Reduce Calories



Child Thinks Mother A Grandma

Fat adds years to your age—there's
no escaping that depressing fact!
But if you bristle at about losing
the extra weight with a low-calorie
diet, you'll look younger and feel
as vibrant as Slim Sixteen!

By keeping your calories down to
1,500 a day you lose two pounds a
week. What if you do have to cut
out White Bread? For 40 calories
you can get a lunch of consomme
(38), tomato stuffed with ham (105),
chicken hot cake (100) and tea
with sugar (60)—and about a third
of your dinner!

And why stop if you have to give
up interesting Tuna Fish Newburg
(46) and prune soufflé (346
a serving)? Instead you have tasty
broiled mackerel (100) and a couple
of slices of fresh pineapple (100)!

These are lots of other delicious
fruit and cake desserts you can have,
too, as an editor will show.
Our 32-page booklet has a safety
chart, low-calorie recipes for several
favorite desserts, 31 reducing menus,
3-day liquid diet. And tells how to
put on weight.

Send 20c in coin for your copy
"The New Way to a Youthful Fig-
ure" to the Charlottetown Guardian
Home Service address. Be sure
to write plainly your name, address
and name of booklet.

Name _____
Street Address _____
City _____ Province _____

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 pro-
vided by the Board. Readers who
have intelligent questions to ask on
price control are invited to send
them in writing to the Women's
War-time Advisory Committee of the
Wartime Prices and Trade Board,
Chapell Building, Charlottetown.

Q. We make a small amount of
dairy butter but do not sell any. Do
we have to register as producers?
A. Yes: If you continue to make
butter after January 31 without reg-
istering with your nearest Local Ra-
tion Board, you will be doing so
illegally.

Q. As farmers, do we have to
have a permit to transport our milk
and cream to market?
A. No: Farmers using their own
vehicles and transporting their own
produce are exempt from the ruling
which requires all other truckers
of milk and cream to secure a per-
mit by January 31.

Q. We buy butter from a neighbor
in a crock, eight pounds at a time.
We had five pounds left when Ra-
tioning came in. Should we sur-
render coupons to cover this amount?

A. If on December 31 you had
in your possession the equivalent
of more than one pound of butter
for each person in the household,
you should declare the amount and
surrender coupons representing this
excess butter supply, to your local
ration board... in future you will
surrender your coupons to the
neighbor whenever you purchase a
supply.

Q. I am a milk dealer and have
not been able to get the proper
forms from my bank for the new
two cent milk subsidy.

A. Milk subsidy forms have now
been printed and are at present be-
ing distributed to the banks. If you
will be patient for a few days longer,
your bank will be able to supply
you with the necessary application.

YOU WOMEN WHO SUFFER HOT FLASHES

If you suffer hot flashes, dizziness,
if you are nervous or irritable—
due to the "middle-age" period in
a woman's life—take Lydia E. Pink-
ham's Vegetable Compound. It's
helped thousands upon thousands
of women to relieve such symptoms.
Made in Canada. Pinkham's Com-
pound is worth trying!

Dorothy Dix Says—

DILATORY SWEETHEART TOO FOND OF HIMSELF TO WED WOMAN

Girls In Factories Create Domestic Problem Called Casualty Of War

DEAR MISS DIX—I have been going with a man for the past four-
teen years, since I was 17 years old. During the first year of our ac-
quaintance he suggested marriage, but due to economic conditions at
home I decided to wait. Since then we have continued our company
keeping, but when the question of marriage arises he always offers some
excuse for putting it off. First he was waiting for a better position. Now
that he has a big job in the defense he still evades the issue.

He has always been good and kind to me and says that he loves me,
and has given me many beautiful and valuable gifts. And he still comes
to see me every night. I love this man
very much, but do you think I am wise
in continuing to hope that some day
he may ask me to be his wife?
WINIFRED.

ANSWER—All things are possible
and miracles do happen and some day
some unforeseen circumstances may in-
duce your boy friend to tender to the
altar with you, but it is not a chance
to gamble on, and if you have any
ven after matrimony I would certainly
advise you to look up some more likely
prospect.

Evidently your dilatory sweetheart is
one of the men who are allergic to do-
mesticity. He probably loves you next
to himself, who is the only person in
the world he will ever really care for.
Obviously he finds your society more to
his taste than that of any other
woman, else he wouldn't have hung
around you for fourteen years. But he
just doesn't want to be tied down by
marriage. He wants to be free.

He wants to come and go as he likes,
his money on himself, for giving a girl
a few presents that keep her spend-
ed is a lot cheaper than having to support her.

Probably he doesn't like children and doesn't want to be bothered
with a lot of noisy brats about him. So he just lets you along from
year to year, enjoying your society, flattered by your devotion, and the
big domestic problem, when your husband came home one night and
found that he was taking on girls at the plant he was disgruntled,
and the bonafide husband and home and children, instead of a sort of dream
menage, doesn't cut any ice with him.

The only active means you can take to rouse him is to give him a
jolt. Tell him you are tired of waiting for him to propose, and that you
don't care whether he wants to marry you or not, and if he is not ready to
sign on the dotted line to please discontinue attentions that are without
intention. In other words, as gamblers say, to put up or shut up.

Every man knows within six months after he first meets a girl whether
he likes her enough to marry her or not. If by the end of that time
he isn't around, making an option on her heart and hand, she waits him
into the outer air, if she is a smart girl, and leaves the way open for
suitors who mean business.

BOOTLEG LOVE-MAKING POSSIBLE IN FACTORIES

DEAR DOROTHY DIX—So many women are going into the defense
plants now and working side by side with the men that it is making
a domestic problem. When my husband came home one night and
found me taking on girls at the plant he was disgruntled,
and the bonafide husband and home and children, instead of a sort of dream
menage, doesn't cut any ice with him.

Of course, I don't see how a man can carry on any love affair in a
modern factory, but how about sneaking down the line when the boss
isn't around, making a little chat with some cute, meeting her for
lunch and swapping cigarettes? Don't you think that putting young girls
in sweaters and slacks to work beside our men is asking for trouble?

Some of these girls have husbands who are away at camp, and they
like to show off their power to attract men. Belle, Miss Dix, I think
that the Government putting these women to work beside men is a mis-
take and is going to make plenty of trouble. I think it is better for a
married man to have a happy home life than a happy shop life. What
do you think?
A WORRIED WIFE AT HOME.

ANSWER—Well, you know, when the cat is away the mice will play,
and when you put men and women together there is bound to be a cer-
tain amount of bootleg love-making. But the Government claims that
it is necessary to put women in factories in order to get certain impor-
tant work done. But when it comes to be patriotic about it and charge up
the shop flirtations to the casualties of war.

Perhaps the matter isn't as serious as you think it is, and after the
novelty of having pretty girls in sweaters and slacks working with them
has worn off, the men will cease to notice them any more than if they
were male helpers. That is apparently what happens in big offices and
stores where both men and women are employed.

And another thing is going to work in the wives' favor. When the
pretty girls cease being learners and look up to the men and say: "Oh,
you big, wonderful, smart man, will you please show me how to do this?"
and acquire enough skill to be rivals the men will begin to knock them
instead of making love to them. For no girl is alluring to a man who is
just as good a man as he is.

DEAR MISS DIX—Our high school is very patriotic in conserving fuel
and keeping the temperature down to 65 degrees. The girls who cannot
wear as heavy underclothing as the boys just about freeze. Some of the
girls get around this by wearing slacks to school, but some of the
older girls: members of the school and the faculty and the fat girls object.
The boys don't care whether the girls wear 'em or not. Do you think the
girls should freeze or wear slacks?
MAXINE.

ANSWER—Well, I think that slacks are the most hideous garment
and the most destructive of all feminine good looks and charm that has
heek and getting pneumonia, the slacks win.

WHOLESOME GOODNESS in every cup

THERE'S a wholesome
goodness in Baker's Cocoa
that will please and benefit
every member of your family.
Baker's is a quality cocoa—
the result of over 160 years' ex-
perience in fine cocoa making.

The 1 lb. economy size
package makes up to 90 serv-
ings. Good for baking as well.



Canada's Official Food Rules Are Keystone Of Nutrition Drive

Through the National Nutrition
Program, Canada's Official Food
Rules are being given wide publicity.
These food rules were drawn up by
Nutrition Services and give the
minimum daily requirements of the
foods that are essential for health.

The first step to better health
through good nutrition is to apply
the food rules in planning menus.
It is not necessary to include all
the essential foods in every meal
but the day's meals must include
them all if family fitness is to be
maintained at its highest peak. The
various essential foods are com-
bined into meals is important too,
for food that looks good and tastes
good peps up the appetite and
stimulates digestion.

Meal planning is not quite as
simple as it used to be for there
is no longer the same variety of
foods from which to choose and it
requires more ingenuity to prepare
meals that are attractive and ap-
petizing under war-time condi-
tions. The illusion of variety may
be produced, however, through dif-
ferent methods of cooking, combin-
ing and serving foods.

Serving a meal is not unlike
painting a picture, for arrange-
ment, contrast, form and color are
important to the culinary artist as
well as to the painter.

Needlecraft For The Home

TWO CUTE FROCKS FOR
GIRLS

One for the Kindergarten, One for
Junior High

Maybe it's your problem to keep
an active girl in nice neat frocks. Why
not make the smart jumper for
school girl, the pinstriped frock for a
smaller?

Style No. 3100 is designed for
sizes 6, 8, 10, 12, and 14. Size 8 re-
quires for jumper, 1 3/4 yds. 35-
inch fabric; for blouse, 1 5/8 yds.
Style No. 3332 is designed for sizes
2, 4, 6 and 8. Size 4 requires 1 3/4
yds. 35-inch fabric with 1-4 yd
contrasting and 1-4 yd. ruffling
fabric 3-4 yd.

Send 20c for pattern write name,
address and style number. Be sure
to state size you wish.

Name _____
Street Address _____
City _____ Province _____

HIGH STYLES

From London comes the announce-
ment that with clothing coupons
reduced in purchasing power for
this year's clothing ration the high-
style designers have been called in
by the government to design util-
ity clothes for to-day's way of life.
The Mayfair group that includes
McNair, Hartnell, Digby Morton,
Victor Stiebel and others, designed
three dozen costumes on simple,
slim-skirted lines reminiscent in
every way of their made-to-order
collections. It is the first time in
Britain that these designers have
been asked to create for mass pro-
duction.

Chapped, Rough Lips Prevented

Relieve Soreness Instantly

Here, chapped lips make life miserable
in cold weather. Painful and unsightly
infect. Don't run this risk! Prevent
chapping with Lypsyl. Its wonderful
moisturizing action protects the delicate
membrane, keeps the lip tissues from
becoming dried out by cold, biting winds,
so that lips stay smooth and soft in all
weather. When lips are already chapped,
Lypsyl gives quick relief, seals the
wounded membrane against dangerous
germs, hastens natural healing. Get Lypsyl
at your store today and use it regularly.
Sold everywhere in handy stick form.

LYPSYL

Natural Red or
Whitish White for
Men and Women

All God's Chill'un G ot Porridge



This beguiling small boy is getting a good start in life, for his mother realizes the importance of the
proper food for her family. Eating is a serious
business for young Joe, and milk and cereal are two
of his most important foods. Canada's Official
Food Rules, around which the Canadian Nutrition
Program is built, stress the importance of these foods for everyone—young and old.

A Morning Smile

"You seem very quiet tonight, Ro-
land," said the pretty girl. "Are
you sure you love me?"
"Love you?" Roland exclaimed.
"Good heavens, Rhoda, when we
were saying good-bye at the gate
last night your dog bit a piece out
of my leg, and I didn't even notice
it till I got home!"

A clergyman had cause to reprove
one of his parishioners. The latter
lost his temper, and as a parting
shot he shouted out:
"If I had an imbecile son I would
make him a minister."
"Your father thought differently,"
replied the cleric meekly.