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

To feed Empire armies, which have already fought on many widely-separated fronts, Britain needs nourishing, highly-concentrated foods. Canada's entire 1942 canned salmon pack, with its rich food value, is a vital contribution to Victory.

CLOVER LEAF Salmon

BRITISH COLUMBIA PACKERS LTD.

A Morning Smile

THE ALTERNATIVE

Mose, charged with theft, was on the witness stand, and the judge sought to discover if he knew the value of an oath. He said:

"Mose, if you tell a lie under oath, do you know what happens?"

Mose said: "Yassuh, Jedge. I goes to hell."

"And if you tell the truth?" perjusted the judge.

"I goes to jail," said Mose.

RELIEVED

They're a sturdy breed, out West. Even the women display a proper sense of balance.

"What's the matter?" enquired a feminine motorist of Sandpoint, Idaho, bringing her car to a quick stop outside the county jail.

"—just an earthquake," the sheriff replied.

The driver mopped her brow, sighing with relief. "Thank goodness!" she replied. "I thought I had a flat tire!"

New *under-arm* Cream Deodorant *safely* Stops 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. Instantly stops perspiration for 1 to 3 days. Prevents odor.
4. A pure, white, greaseless, stainless vanishing cream.
5. Awarded Approval Seal of American Institute of Laundering for being harmless to fabric.

Arrid is the largest selling deodorant

39¢ a jar

Also in 15¢ and 59¢ jars

Guaranteed by Good Housekeeping

ARRID

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 who have intelligent questions to ask on price control are invited to send them in writing to the Women's Reginald Advisory Committee of the Wartime Prices and Trade Board, Chappell Building, Charlottetown.

* * *

Q. I want to buy a hog to kill for my own use. Do I need a permit to buy the hog from a farmer or does the farmer need a permit to sell the hog to me? If we need a permit, where do we get one?

A. A farmer dose not need a permit to sell a live hog. However, if the farmer slaughters the hog for sale to another, a permit is required. No permit is needed if a farmer slaughters a hog for his own use.

Q. We used to pay 15c a pound for bananas. Now they seem to charge any price. Is there a ceiling price?

A Yes. According to Board order 218, on and after December 28, the highest retail price per pound for bananas is the sum of the actual price paid to the supplier plus three cents per pound, provided that such price does not in any event exceed 14c per pound . . . Therefore you should not pay more than 14c a pound now. From now on, bananas are to be sold in Canada only by weight.

Q. When may we use coupons Nos. 11 and 12 for tea, coffee and sugar?

A. Coupons 11 and 12 for tea, coffee and sugar are good for purchase beginning Monday, Jan. 25.

NEW BOXY TOPPER

Boxy fleece toppers, fingertip length are smart in bright colors and wearable over both suits and dresses this Spring. Tangerine is one of the new colors, and smoky pastels are good too

Wash dress houses have had a gala year as the demand for "something which will wash" and the need for house dresses increased as women took over their own housework.

CROCHETED BIBS FOR BABY

DESIGN NO. 1229

Crochet these two adorable bibs. One with a bow, other little ducks. Easy to make. Pattern No. 1229 contains list of materials needed, illustration of design and complete instructions for making both bows.

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.

Needlework Department,
Charlottetown Guardian
Design No. 1229

NAME _____

STREET ADDRESS _____

CITY _____ PROVINCE _____

Dorothy Dix Says—

SERVICE MEN'S WIVES SHOULD PREPARE FOR POST WAR YEARS

Lean Times Will Require Girls To Continue Jobs And Be Companionable

The war marrying epidemic, which has practically carried off every female between the kindergarten and the beauty repair shop, has left the country flooded with temporary widows who are asking: "Where do we go from here?" And well may they ask the question because they are in an anomalous position in which they are neither maid, nor wife, nor widow, with none of the privileges and pre-requisites of either estate.

What is going on in the hearts and minds of these short-time wives, only they know, but we may be very certain that most of them are wondering what is going to happen to their marriages after the war. When Johnny comes back home in a cheap serge suit, will he look as glamorous as he did when he marched away in uniform? Will they have anything in common with this stranger whom they only knew a week or a month before he went away? And suppose he comes back maimed and crippled, incapable of supporting a family? Will they be able to blow into flame again the romance that has been a banked fire so long? What is to become of them and, perhaps, the child who has never seen its father?

To these women, whose problem is, indeed, a serious one, I would say this, with all the earnestness that I can command: Quit day dreaming. Face reality. Whether your hasty war marriage was a foolhardy or a wise thing to do, it is an accomplished fact. It isn't something that you can undo by wishful thinking. You've got to take it, and the sporting thing to do is to get ready for it.

POST WAR YEARS TO PRESENT DIFFICULTIES

Anyway you look at it, the few years after the war are going to be hard ones for the young wives. They are going to be hard financially because every boy who went into the army gave up his job and he will have to begin life over. The doctor will have to build up his practice again. The lawyer get a new set of clients. The clerks and mechanics and bookkeepers find new jobs, or fit themselves to old skills in which they have grown rusty. And it will take a lot of pinching and contriving on the wives' part to make buckle and tongue meet.

So I urge every young wife who has a trade by which she can make a living not only to keep at it, but to try to perfect herself in it so that she can command a higher salary; and every wife who has not a marketable skill to learn one, so that she can help her husband over the hard period of readjustment to normal life.

Every woman who has a husband at the Front should be preparing herself during these war times, when life is standing still for us at home, to step into the breach, if he comes back disabled, and to be the breadwinner. If she does, that will turn what would otherwise be a devastating tragedy into just a misfortune. Often it would mean that some shell-shocked soldier might be given the rest and care and freedom from anxiety that would enable him to recover, or it might pay for an operation that would make him whole again. And it would mean that little children would be fed and clothed and sent to school and a family kept together that would be disrupted if Mother was a parasite instead of a go-getter.

And these young war widows should be fitting themselves in their husbands' absence to be the kind of wives their husbands will want when they come home. They should read and study and improve themselves, for Johnny is going to see many strange things in many places and learn much, and he is going to want a wife who will know what he is talking about when he tries to describe his adventures to her. And Johnny is going to grow up. He will be adult when he comes back, and a wife will have to have something more than a cute way with her and being able to dance the rhumba to hold him.

The little war brides are worrying over whether they will like their husbands or not when they come back. I warn them that they had better lose a lot of sleep over speculating about how they will look to their husbands. For the soldiers are not going to be the gay, light-hearted, frivolous boys who went away. They are going to be men who have been sobered by the experiences they have been through; men who have looked on death and weighed the values in life, and these men are going to want wives who are worthy of them. They are going to want clean wives, decent wives, intelligent wives, wives who have been faithful and loyal and who are going to put their shoulders to the wheels and be helpmates in building up a new life.

So, girls, get busy. Learn how to cook, how to make a comfortable home, how to make money, how to be an interesting companion, how to be the kind of a wife who was worth fighting for.

VERNON RIVER W. I.

The January meeting of the Vernon River Women's Institute was held at the home of Mrs. Irving Tweedy with the Vice-President Mrs. Irving Tweedy in the chair. Roll call was answered by a New Year's Resolution.

Letters of thanks for gifts received were read by the secretary.

Mrs. Irving Tweedy and Mrs. John Morrissey were appointed on the program.

It was decided to send a card of sympathy to one of our members.

A discussion on holding a dance then followed.

It was decided to have no February meeting.

The Roll Call for the March meeting is to be answered by Irish Wit Humor.

The hostess was assisted by Mrs. B. MacDonald, Mrs. J. Morrissey and Mrs. J. Alyward in serving a delicious lunch.

Music for the evening was furnished by Master George Tweedy.

WINSLOE NORTH WOMEN'S INSTITUTE

The regular monthly meeting of Winsloe North Women's Institute met at the home of Mrs. Albert Younker Jan. 13. The President opened the meeting with the Carol and Creed followed by the minutes of the Dec meeting which were adopted. Eleven members and 1 visitor responded to Roll Call. School Comm. reported a waste paper basket bought for the school. The Sick Comm. reported one call made. Proceeds from the sale of lunches at the Christmas concert amounted to $7.65. Thank You letters were read for Sympathy Card, Wedding Gift, and Christmas boxes for soldiers. Bills for soldiers boxes and basket were presented and paid. It was decided to donate $15.00 to the Aid to Russia Fund, and $2.00 to the Kinsmen's Milk for Britain Fund. Copies of Consumers News and Institute News were distributed. Receipts were to hand from the Queens Canadian Fund and P.E.I. Tuberculosis League. Collection amounted to $1.00. A contest conducted by Mrs. Stanley Younker was won by Mrs. Walter Roberts, and one conducted by Mrs. John Carter was won by Mrs. A. B. Roberts. Roll Call at next meeting to be held at the home of Mrs. Walter Roberts, to be answered with a riddle or joke. Program Comm. for February meeting, Mrs. A. Shaw and Mrs. Walter Roberts. Meeting closed with the singing. Lunch was served by the hostess.

(Patriot please copy)

Buy BEST YEAST

Best for Baking: Best for Health!

FRESH FROM MARITIME PLANT

HEALTH LEAGUE OF CANADA

"Manpower and womanpower, on the production line as well as on the fighting line is one of the prime assets of Canada in prosecuting the war. Anything that will strengthen and conserve that asset is a vital war measure," declared Dr. J. J. Heagerty, Director, Public Health Services, Ottawa, today in announcing the observance of Social Hygiene Day from coast to coast.

Sponsored by the Health League of Canada as a means of bringing home to the public the need for all-out action to combat the two great assassins —syphilis and gonorrhoea Social Hygiene Day, which will be observed on Febrauary 3rd, thereby coinciding with Social Hygiene Day in the United States, marks a high point in the ceaseless fight against commercialized prostitution, the chief means of spreading venereal diseases.

Dr. Heagerty suggested the following five-point attack to reduce the spread and damage of venereal diseases:

1. Promote widespread popular education to help men and women in the services, industrial workers and the population in general to understand and avoid the hazards of syphilis and gonorrhoea.

2. Encourage the passage and enforcement of protective laws for the reduction of prostitution and the prevention of delinquency, especially in areas of concentration of armed forces and war-industry workers.

3. Secure the establishment and use of facilities for early disinfection and other measures to prevent exposure.

4. Urge provision of early diagnosis, adequate treatment and facilities for isolation and care wherever existing institutions are now inadequate to cope with the situation.

5. Create and organize public support for current social hygiene policies and activities of the Federal, provincial, and municipal governments for public information, the prevention of venereal disease, repression of prostitution, as an essential part of the program for conservation of man and woman power.

"We must knock the profits out of commercialized prostitution emphasized Dr. Heagerty. "We must provide facilities for medical care of infected prostitutes and keep them under treatment. All of them can be cured; many of them can be rehabilitated. When that is done there will be a constructive job for every one of them somewhere in the war effort to make up for their former destructive activities. May Social Hygiene Day continue all through the year.

To relieve distress of MONTHLY

Female Weakness

AND HELP BUILD UP RED BLOOD!

Lydia E. Pinkham's Vegetable Compound TABLETS (with added iron) have helped *thousands* to relieve periodic pain with weak, nervous, blue feelings — due to functional monthly disturbances. They also help build up red blood and are a fine tonic for the stomach. Pinkham's Tablets are made *especially for women. Well worth trying!*

Living & Leisure

The Woman's Realm

COURAGE

All desperate hazards courage do create,
As he plays frankly who has least estate;
Presence of mind and courage in distress
Are more than armies to procure success.

Dryden.

SAVE SPICED VINEGAR

Don't throw away the spiced pickle vinegar left in jar when the pickles are used up. Add it to water in which you boil ham —helps subtract saltiness and adds spicy flavour. Or heat the juice and pour over the sliced beets you had left over from dinner last night. Add a slice or two of raw onion and let stand when cool in a covered jar in the refrigerator until sufficiently pickled before serving.

SMALL SAVINGS

Even so small an item as a powder puff is worth saving these days. So don't discard puffs when soiled. Soak for five minutes in a lukewarm suds, rub clean gently, rinse thoroughly. Dry on absorbent cloth. Finger to restore fluffiness.

APPETIZER

Here's an appeitzer packed with plenty of punch; roll sweet or sour pickles in thin slices of salami. Fasten will toothpicks, arrange on broiler tray, broil until lightly brown. Serve with crisp cocktail crackers.

PAINT REDUCES FALLS

Paint the top and bottom cellar steps white to reduce the falls that kill 15,750 persons annually. With medical and nursing facilities gravely strained, each needless accident is a drain on the war effort.

COOK SAFELY

To smash the 7th column—that carelessness which causes accidents —in your kitchen, make sure handles of cooking utensils on top of the stove are turned so that they can't be reached by children, or bumped by grown-ups.

A forest of 50,000 rubber trees has just been discovered in Venezuela.

DISLIKES HATS

Generla Smuts lives at his South African home without any of the state or ceremony to which his position entitles him, a friend of the Smuts family says. He has a farm (small'sh for the Transvaal) at Irene, about 15 minutes' drive from Pretoria. Mrs. Smuts herself cooks for the household. It is a typical and comfortable South African homestead. At one time a lion cub was kept as a pet there. Mrs. Smuts is intellectually brilliant, like her partner. Her main interest in Greek, while her husband's is philosophy. She dislikes wearing hats. There's a story that she once lost a hat through the window of a train and said: "Well, now that's gone I shall not buy any more." The general is very human and one of the most approachable of great men. "When he talks with you, you know that he is a great man," his friend said.

HINTS ON ETIQUETTE

Never, unless it is necessary for their own good or unless circumstances allow no alternative, say or do those things, even in joke, which hurt other people's feelings, make them feel smaller, meaner, less important.

Cut leftover gingerbread into 1 1-2 inch squares, split and cover each piece with a slice of cheese, then place under broiler just long enough to melt the cheese. This makes a delicious snack.

IRREGULAR NECKLINE

Necklines are irregularly cut, heart shapes, horseshoe and V's. When these shapes are introduced, they are usually accented by beadings or ruchings, and, by the way, there are many self ruchings and some of contrasting tulle, very frothy and frivolous.

Water for hens is a vital necessity. A hen drinks about twice as much water per unit of body weight and will die more quickly from want of water than any other farm animal. A hen producing 130 to 150 eggs per year will consume nearly 20 gallons of water.

THE COOK'S CORNER

APPLE "CRUNCH" PUDDING

This is one of a large family of puddings which the most elaborate sweet finds it difficult to surpass in sheer eating goodness. Yet a pudding like this is little trouble to make, and its cost is low.

6 large tart apples.
Juice of half lemon.
4 tablespoon butter with shortening.
1 cup (packed) brown sugar.
1-2 cup sifted flour.
1 teaspoon cinnamon.
Pinch of salt.

Peel and slice the apples and spread in a greased baking dish. Sprinkle with the lemon juice.

Cream the butter and shortening and blend in the sugar. Sift in the flour, cinnamon and salt and combine mixture thoroughly. Cover the apples in the baking dish with this mixture and bake in a moderately hot oven, 375 degrees, until the apples are tender and the top is nicely browned (about 40 minutes).

Serve hot or cold, with pouring cream or custard sauce.

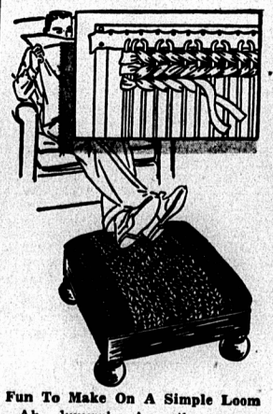
HINTS ON ETIQUETTE

Now most of the young men are in the armed forces, parents should help their daughters by planning entertainment and gatherings of congenial friends for them in their homes, to keep the girls from restlessness and boredom.

Cyclamen requires a maximum amount of sunlight and therefore it grows best in a south or southwest window. Also, this plant requires a cool location —50 or 60 degrees is the best temperature for it.—Water every day.

Home Service

Bright Footstool Cover You Can Weave Yourself



Fun To Make On A Simple Loom

Ah, luxury! A gaily woven, sturdy footstool cover to give the man of the house a feeling of delicious comfort!

You weave it easily from strips of bright cloth in harmonizing colors—perhaps a flowered fabric for the centre and a darker for the borders. Fold strips to 1-inch width.

Four wooden slats nailed together, with strips of burlap tacked to the two longer sides, form the simple loom.

Up and down, through the burlap strips, you thread a weaving base (warp) of heavy twine. Then double a strip of the cloth (weft) the long way. Set fold against upper left warp thread, running one end of strip under twine and the other over it.

This double weaving gives an attractive braided effect. You bring the upper half under the second warp and the lower half up, crossing this latter half over the weft just used, bringing it over second warp and under third.

You'll find exact details of making this luxurious footstool cover in our 32-page booklet. Also tells how to weave charming evening bag, matching bracelet and belt, scarf, knitting bag, coasters, other novelties.

Send 20c in coins for your copy of "How to Weave Useful Novelties" to the Charlottetown Guarian Home Service Address. Be sure to write plainly your name, address, and name of booklet.

Name

Street Address

City Province

FRY'S COCOA

The Favourite for Over 200 Years

Quick Bran Breads Add Savor To War-Time Menus

Ingenuity is certainly blossoming in the kitchen these days. With a reduction in the quantity of some of our favorite foods and the total disappearance of others for the duration, mothers are making the best possible use of those foods readily available. Instead of serving them day after day in the same old way, they are bending every effort to serve them in new disguise, thereby increasing their poplarity and giving a lift to everyday menus.

Cereals, fortunately, are still plentiful and easily obtainable, and are adding variety to menus morning, noon and night. Women have learned that favorite breakfast cereals, with a turn of the wrist can graduate from cereal bowl to a variety of quick breads that add a surprise element to menus round the clock.

Crisp, crunchy bran cereal, for example, adds a pleasing nutlike flavor to a dozen-and-one varieties of quick breads. It's a good source of iron and some of the B vitamins, too, which means that it adds its share of health-giving elements as well as flavor to delicious new quick breads for war-time menus.

Youngsters as well as grown-ups will cheer Honey All-Bran Waffles as the piece de resistance on meatless days. Lunch-box sandwiches made from slices of All-Bran Nut Bread will receive a warm welcome Dixie Pan Bran Bread tastes just right with a vegetable dinner, and All-Brand Apple Butter Bread served with fruit salad makes a splendid dessert.

HONEY ALL-BRAN WAFFLES

2 eggs, separated
1 1-2 cups milk
1 tablespoon honey
3-4 cup bran cereal
1 1-2 cups flour
4 teaspoons baking powder
1 teaspoon salt
1-4 cup melted shortening

Beat egg yolks well; add milk and honey and mix thoroughly. Add bran cereal and let soak until most of moisture is taken up. Sift flour with baking powder and salt; add to first mixture and stir only until flour disappears. Add cooled, melted shortening. Fold in stiffly beaten egg whites. Bake in hot waffle iron until no steam is visible.

Yield: 7 waffles (6 1-2 inches in diameter).

ALL-BRAN NUT BREAD

1 egg
3-4 cup sugar
1 cup milk
2 tablespoons metled shortening
3-4 cup bran cereal
2 1-4 cups flour
1 teaspoon salt
3 teaspoons baking powder
3-4 cup chopped nut meats

Beat egg and sugar until light. Add milk, shortening and bran cereal. Sift flour with salt and baking powder; combine with nut meats; add to first mixture, stirring only until flour disappears. Bake in greased loaf pan, with waxed paper in the bottom, in moderate oven (350 degrees F.) about 1 hour and 10 minutes.

Yield: 1 loaf (4 1-2 x 9 1-2 inch pan).

DIXIE PAN BRAN BREAD

2 tablespoons shortening
1-4 cup sugar
1 egg
1 cup bran cereal
1 cup buttermilk
1 1-4 cups flour
1 teaspoon salt
1-2 teaspoon soda
2 teaspoon baking powder.

Blend shortening and sugar thoroughly; add egg and beat until creamy. Add All-Brand and buttermilk; let soak until most of moisture is taken up. Sift flour with salt, soda and baking powder and add to first mixture stirring only until flour disappears. Pour into greased pan and bake in moderate hot oven (425 degrees F) about 25 minutes. Cut into a 3-inch squares and serve while hot.

Yield: Nine 3-inch squares (9x9 inch pan).

ALL-BRAN APPLE BUTTER BREAD

1 cup bran cereal
1 1-2 cups apple butter
1 teaspoon lemon juice
1-4 cup shortening
1-2 cup sugar
1 egg
1 1-2 cups flour
2 teaspoon baking powder
1-2 teaspoon soda
1-2 teaspoon salt

Combine bran cereal with apple butter and lemon juice; let soak about five minutes. Cream shortening and sugar thoroughly; add egg and beat well. Add bran cereal and apple butter. Sift flour with baking powder, soda and salt. Combine with first mixture, stirring only until flour disappears. Pour into greased loaf pan and bake in moderate oven (325 degrees F), for 1 hour and 10 minutes. Cool before cutting.

Yield: 1 loaf (5 1-4 x 9 1-2-inch pan).

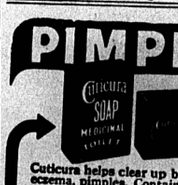
LONG AND SHORT DINNER GOWN RACE

NEW YORK—Everyone is watching with interest the race for popularity between the long and the short dinner dress. To date the longs have it but, mind you, unless there is something else about a dress one is somewhat in doubt as to its vintage.

There is, however, an increasing demand for the slinky dress. A centre-draped dress slashed at the neck and also at the hem is the most frequent expression, but it is followed closely by the slashed hem with a square or heart-shaped neckline.

The colors best liked are black, purple and fuchsia; fuchsia and purple combinations are numerous.

PIMPLES



Cuticura helps clear up blackheads, eczema, pimples. Contains valuable medicinal ingredients. All druggists. Buy today! *Made in Canada.*

CUTICURA SOAP and OINTMENT

Needlecraft

For The Home

JUST THE RIGHT TOGS

To Make for That Youngster of Yours

The skirt-and-jacket team is a style that grows more and more popular both with the young folks who wear them and with the mothers who must meet the problem of outfitting that youngster with clothes good for now and for later on. This combination, for instance, is perfect for under coat wear right now, and later as a spring suit. You can make the suspender skirt of a washable, and it still looks smart with a jacket of wool or corduroy.

Style No. 2581 is designed for sizes 2, 4, 6, and 8. Size 4 requires 1 1-4 yards 35-inch fabric or 3-4 yard 54-inch for suspender skirt; and 3-4 yard 54-inch for jacket and cap.

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

Style No. 2581

Name

Street Address

City Province

DOES YOUR NOSE CLOG AT NIGHT? DO THIS

Put 3-purpose Va-tro-nol up each nostril . . . (1) It shrinks swollen membranes; (2) Soothes irritation; (3) Helps flush nasal passages, clearing mucus, relieving transient congestion.

VICKS VA-TRO-NOL