

Woman's Realm Social and Personal Fashions Literature

Living & Leisure The Woman's Realm

SUNDAY SONG

Turn your hand to the field,
And the course of a furrow,
Hold straight the plow,
Like the ancient arrow,
Rest in the dusk
In the cool of the willow,
Watching the grace
Of the South-flying swallow,
Then shunning the urge
That is bred in all men,
With your back to the wanderer,
Turn homeward again.
—Kathryn Jean Asseforth in the
Christian Science Monitor.

LOSE SCREENING

Perhaps by now the children have pushed the screening loose in the screen door and insects can enter the house readily. Many times all that is required is to remove the molding around the screen and push the bulged portion down and tuck it securely. Return the molding and the door is as good as new.

MEASURING TRICKS

Solid fats are hard to measure accurately and without mess in quantities of less than a cupful. The nutrition bureau suggests what the experts call the "water displacement" method: If the recipe calls for half cup of fat, simply fill the measuring cup half full of solid water, add the fat piece by piece until the water is just at the one cup mark, pour off the water and there is the right quantity of fat, nearly measured.

Although these summer days many of Canada's prettiest legs are going bare, stockings still a "must" for best and with cooler days approaching, rayon, cotton and wool hose will be back and proper care can make them last a great deal longer. Wash stockings immediately after every wearing in lukewarm, mild soap suds. Squeeze the stockings, never twist or rub them as this will fuzz cotton and wool and may break delicate rayon threads. Rinse thoroughly in clear, lukewarm water, gently squeeze out water and roll in a bath towel. Unroll immediately, gently ease one foot and leg into shape, hang over smooth rod away from sun and heat to dry for at least 36 hours. It is important that stockings be thoroughly dry before wearing, particularly in the case of rayon, which is weak and brittle when wet.

Hard to keep dried raisins, apples and figs? Leave them in paper bags and you'll find mould, weevils, or they'll be as hard as rocks. Easy to keep them fresh in glass jars, lids screwed on tightly. Good for crystallized peel, glace cherries or prunes, too.

OVEN-MADE EGG SANDWICHES

4 slices bread, milk, butter or fat salt, pepper, 4 hard-cooked eggs, 1 cup grated cheese.

Dip the bread in milk, then brown on both sides in butter or fat. Cover the fried bread with eggs, top with cheese, season. Place in a 400 degree oven until the cheese melts. Serve with tomato sauce.

HINTS FOR IRONING

Iron cotton and linen fabrics while damp. If you want them to be smooth, use a hot iron, but be careful not to scorch the fabric. Cotton and linen may be ironed on either side. Use a high setting, shiny gloss, iron first on the wrong side, then on the right.

MENDING AN ART

In mending a silk afternoon dress, slim to make repairs invisible; in mending a man's work shirt or overalls, aim for strength.

—An dull, dinky linoleum floor.

For Late Seed Sowings Use Earliest Varieties

When the time comes to make second and third sowings of short season crops in the Victory garden, do not make the mistake of using late varieties.

These are varieties which take a long time to mature, and should be sown fairly early. For late sowings, the so-called early varieties which mature in the shortest time should be sown again, as they were in the early spring.

These late sowings are of great importance, for the Victory garden must be kept working all season. As soon as a crop is harvested another should be sown to take its place.

Here is a list of vegetables that can be planted even in July: Kale, sweet corn, collards, carrots, bush squash, beans, summer and fall radishes, celery, cabbage, turnips, Swiss chard, beets, cos lettuce and endive, Chinese cabbage, Brussels sprouts, and there are no doubt others.

The thing to remember about late plantings is the length of their season. In some of the extreme northern climates, where the season is very short, some of these vegetables might not be successful if an early frost gets to them. In practically all communities, however, the list may be planted with complete assurance well into July.

The short season may be compensated for by sowing crops with good care, plenty of moisture and plant food.

Sweet corn is one of the best crops to plant late. It is a fast grower in warm weather and, although an early frost might get the best of it, the chance of success is well worth your efforts. Such crops as turnips and squash will not be affected by a slight frost.

The garden-minded city dweller who leaves his urban home in June and July for the country or lake cottage, where he spends the better part of the summer and early fall, will do well to plant a garden even if it does seem late.

one of the bases of your house-keeping existence? If so, take tip from Mrs. Average Farmwife who simply adds a few cubes of starch to her soap suds, and when her floor is dry the linoleum has an excellent polish.

**EXCITING TRIFLES
BRIGHTEN COSTUME**

Watch for these exciting trifles you'll love to wear to bring to perfection the costumes of autumn, 1944. Accessories appear to be endless in charm and variety.

Aprad, whose accessories have now become "necessaries," introduces a new type of scarf, exceedingly practical for this designing genius who generally spins his charms in pure glitter. He has named it "the jacket stole." You might mistake it for a jacket — or you might not. But it is warm — covers the shoulder, comes down to the waist in back and below it in front — and fastens with a belt which holds the back snug to your waist and gathers the front close. It even boasts pockets, side slits where you can keep your hands warm and look a little bold into the bargain.

In plaids or plain jerseys of wool, it has its points for both indoor and outdoor wear. One comes in a rough ginger wool lined with waterproof fabric — and reversible. A smart matching beret turns itself inside out quite as accommodatingly. It also brings a new development in the beret, for this includes a snood which covers the hair — not a separate affair, but achieved by elongating the beret, making it narrow in the front and up-flung look from the face.

THE COOK'S CORNER

BEEF RELISH

2 cups chopped cooked beets
2 cups diced celery
1 cup chopped onion
2 cups shredded cabbage
1 teaspoon mustard seed
1 teaspoon salt
1/2 cup vinegar
1/2 cup water

Method: Cut all but 2 inches of the stems from the beets. Wash them and cook, covered with water until tender. Drain, cover with cold water and slip the skins, then dice the beets.

Combine the other vegetables and measure all of these after they have been chopped. Combine with the mustard seed, salt, water, vinegar and sugar and after mixing well, cook until the vegetables are soft. Pack at once into clean, hot jars and seal at once. Store in a cool dry dark place.

Next is one in which horseradish is used.

A Morning Smile

FULL EXPLANATION

Judge—The case against you, Sambo, is that you are a wife-deserter. That makes you a wife-deserter. What have you to say?

Sambo—Judge, you don't know what woman. Ah ain't desertin'. Ah'se refusee'n.

Guide—This castle has stood for 300 years. Not a stone has been touched, nothing altered, nothing repaired or replaced.

Tourist—They must have the same kind of landlady we've got!

CURLY ENDIVE

BROAD LEAVED OR ESCAROLLE

Endive is an excellent Fall Vegetable.

For him, there are also many varieties of annuals which bloom in a short time, and by buying a few plants to complete a color scheme or for variety, he can have a well-rounded planting both in front of and behind the house in a remarkably short time.

If you will remember that a late planting in garden must have extra care in order to bring it to maturity in a shorter time, your June or July plantings will be successful. Good cultivation, plenty of moisture and an application of 4 pounds of balanced plant food to each 100 square feet, are the three watchwords.

**PAY LESS FOR
FINER COCOA!**



WHY PAY MORE?

Ellen's Diary
By An Island Farmer's Wife

James said this morning as he looked out into the fog: "This is getting serious. The ground too was still damp from yesterday's rain. When I ruminated him that we already had a quantity of hay—well-saved in the barn and besides the grain and root crops, as he had recently remarked, needed this moisture in the worst way, he made no reply. And when I went on to say—we were at the early stage—that I believed then I could see a rift in the heavy grey that east he said wearily: "Such a supposition in the weather, I do not suppose had been a hay day, that would also have brought his disappointments in certain places."

There is an adage much worn but nevertheless true that "Providence helps those who help themselves." In other words, if one makes an effort toward any kind, and there are many kinds the best way to get it is by putting one's own hands to it. This came to me, all at once, when I washed the breakfast dishes this morning.

My first meal today was a less-than-stellar one. I turned on the radio and we commenced to eat, though even before I left the table, James knowing my intentions said the setting was "not a very good news item." "Do shut that thing off," he says he can scarcely hear his own voice. I am not sure I can appreciate this feeling too, especially when one is "hearing" on the radio. I was about to turn off when I caught the title of the next song and knowing it to be a favorite of mine, I turned it on at a moment in pleasant anticipation. I think James likes this song because it is somewhat similar to that at Alderley, but I am not sure. It is—"When you and I were young, Maggie. The disappointment was when I came and found you and I were young, Maggie. The disappointment was when I came and found you and I were young, Maggie. The disappointment was when I came and found you and I were young, Maggie."

I was at the dishes, as I said when I heard James still bent over extras for that second machine, talking to Bob. I made out that Rob was going to the mill and this morning, James hung up and went to the road to look over a neighbor's machine, and I was being assembled wrongly.

"Now," I said to myself: "There's your chance for town—and that show!" I hung the wet dish-towels on the porch-rail to dry and hurried about preparing for my trip. I slipped into my striped dress, found comfortable pair of walking shoes, debated a minute, whether I should or should not take a coat, and then I decided to take the coat on the former and heartily wishing later my choice had been the latter.

Today I did my buying in an unshuffled fashion. Not that I really had so much to buy or even the "where-with-all" to buy. I bought a pair of the feminine version of what James terms "Combination overalls" that I thought might come in handy at potato time although James told me this evening gloomily, I thought: "With this bright inviting weather there may be no potatoes to pick. However, unless I miss my guess there will be plenty. They may be smaller of course, and if so more wearing on the hands. I bought some handkerchiefs—men's—for recently, following door-fastening, to keep the cats out. Pardon out, James is bound to

Dorothy Dix Says—
MAN KISSES WIFE TOO OFTEN

**Women Bemoaning Inattention of Husbands
May Be Consoled By This Complaint**

DEAR DOROTHY DIX—I am 24 years old. Have been married five years and have two darling little boys. But I am so sick of married life and of my husband that I could die. He is so possessive that I have no life of my own at all. When he is at home I can't even do my housework for he follows me around and wants to hug and kiss me. When we go anywhere his one subject of conversation is how beautiful and wonderful I am, which embarrasses me, for I ain't true.

I cannot stand his love any longer. He has turned me against love so much that I hate it. If I don't stop about fifty times when he is in a room with me to make a fuss over him, he thinks I don't love him any more, which is true. Yet I can't leave him because of my little boys who adore their father. What shall I do?

UNHAPPY WIFE.

WOMAN'S COMPLAINT STRANGE

ANSWER—Considering that the great majority of wives spend most of their time weeping and weeping because their husbands dropped all love-making at the altar and have never since given them a kiss that is more than a peck on the cheek that was more of an insult than a caress, it is a strange thing to hear a woman complaining of being surfeited with love.

So there we are, up against that curious streak of human contrariness we possess, and we are powerless to do what we would like to do to heat up love that is getting lukewarm, nor how to cool off the affection for which we no longer have a relish.

But it should console the ladies who bemoan the fact that their husbands are not great lovers to know that they can get fed up on too much of the rarer a kiss is the more flavor it has.

DEAR MISS DIX—I am a young girl in my last year of high-school and after that I am going in training to be a nurse. My mother is dead and I live with my sister and her husband who are very good to me. But I am very fascinating and while I am in love with me. He is a very nice man and I might be if I stay near him all the time, and I wouldn't hurt my sister's feelings.

ANSWER—Free from temptation as you would from a house afire, take advantage of your youth and inexperience to do what the greatest of men have done—violate his own law against a woman, a man who would violate his own law with a woman with a marriage with a woman and trying to win her little sister has neither pity, nor shame, nor any decent emotion in him.

But you are too young and unworshipful to know how to defend yourself against him. Your only safety is in flight. GO. And at once.

DEAR DOROTHY DIX—Do you think a man who is married for the second time should keep the diary he made when he was with his first wife's souvenirs, he keeps nasty.

ANSWER—A second marriage is a new deal and all the mementoes concerning the first marriage should be packed away out of sight. Also, the conversation concerning Number Two husband or wife to be continually reminded of that were left over from the first service.

say: "Now where is my handkerchief? I got Jeanie's yeast cake, some broken oranges, and a piece of cheese. I tried to get a basket of cherries without success."

**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 Time Prices and Trade Board.

Q. I have bought a small delivery truck and would like to deliver groceries and ice during the summer months to customers living within a mile of my store. Am I allowed to do this?

A. There is nothing to prevent you from delivering groceries and ice to your customers as long as you do not go over the 35 mile limit allowed for deliveries.

Q. Now that I have used all my canning sugar coupons may I destroy my ration book?

A. No. Keep your ration book 3. It still contains meat coupons and if it becomes necessary to ration meat again, these might be used.

Q. I seldom use my regular sugar coupons for sugar and was wondering if these could be exchanged for preserves coupons the same as the canning sugar coupons can?

A. No. Regular sugar coupons cannot be exchanged for preserves coupons.

You've got to hide me and my sidekick.

Joan pressed her hand hard against her pounding heart. What had she stumbled on? What should she do? She heard the murmur of a voice. Caught the word "Al!" "Al!" Al Dawn was the name on the thief-wanted circular in the village post-office! The man's voice again.

"O.K. Meet you at midnight!" There was furtive movement on the other side of the spruce. Joan crouched where she was until she joined the tide of dancers surging back to the Club House at the invitation of horns and strings.

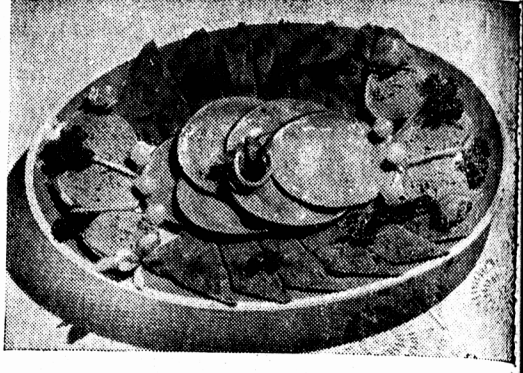
Her pulses were quick-stepping as she again peered on the veranda rail. She'd better collect her thoughts before she was claimed for a dance. Was the man who had been behind the blue spruce the thief wanted by the United States Bureau of Investigation? The woman had called him "Al." What should she do about it?

"Well, my luck is holding. 'Al' or 'finding you alone. All over your name at me, darling!" Jerry Slade's voice scattered Joan's thoughts. She smilingly but noticeably withdrew the hand he had caught in his.

"Jerry, you are one of the most (Continued on page 3)

SWIFT'S WEEKLY FOOD HINTS

Martha Logan, Swift's famed home economist, whose weekly, wartime cooking column is a regular feature of this page. Look for these valuable hints each Monday



Too Hot to Cook?

Then delight the family with this delectable platter of PREMIUM Table-Ready Meats

Liver sausage, meat loaf and salami, tastefully decorated with pearl onions, radishes, pickles and parsley—and you have a tempting and nutritious main dish for a hungry family.

Swift's Premium Meats

You'll find a wide selection of Swift's famous Premium quality meats in better stores across Canada. Use your ingenuity in selecting

platters with contrasting colours and consistencies. Here are some universal favourites to choose from: next time you shop—

Look for these Delicious Cooked Meats

Premium Baked Meat M & C Loaf
Premium Luncheon Meat
Premium Pimento Meat
Premium Dutch Loaf
Premium Liver Cheese
Jellied Pork Tongue

SWIFT CANADIAN CO. LIMITED

Makers of Premium Ham and Bacon; Silverleaf Lard; Jewel Shortening; Brookfield Butter, Eggs and Cheese

BEEF RELISH II

1 quart chopped cooked beets
1 cup chopped cabbage
1 cup grated horseradish
1 teaspoon salt
2 cups vinegar
2 cups sugar

the beets quite finely. Chop the cabbage and mix together with the beets and horseradish. Sprinkle the mixture with the salt.

Scald the vinegar and dissolve the sugar in this and then add to the first mixture. Heat together and cook until the vegetables are clear. Seal at once in hot, sterilized jars, and store when cooled in a cool, dry place.

Needlecraft For The Home

BODICE JUMPER

This figure-curving jumper is a slick trick when it turns its low-cut back to the sun, but a crisp white blouse dresses it up to go anywhere, from the office to a picnic, with poise.

No. 3702 in size 16 requires 2 1/2 yards 35-inch fabric (jumper)—1 1/2 yards 35-inch (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.

HEMORRHOIDS

2 Special Remedies by the Makers of Mecca Ointment

Mecca File Remedy No. 1 is for Protruding Hemorrhoids. Mecca File Remedy No. 2 is for Internal Hemorrhoids. Price Mecca File No. 1 is for External use only. Price Mecca File No. 2 is for External use only. Price Mecca File No. 3 is for External use only. Price Mecca File No. 4 is for External use only.

As Long as I Live
By
EMILIE LORING

CHAPTER XVIII

The troubled query returned again to the rhythm of strings and horns as several hours later Joan sat on the rail of the Club veranda with her head tipped back against a pillar. Why were Craig and she forever quarrelling? She had sent something to her father, but he had told her to stop. She had written to Craig Lamont something she would not re-kindling her dislike for him.

LOVELY HAT TRIMMED WITH FLOWERS

Tiny blossoms cascade from this flaring hat. Both hat and blouse are easy to crochet. Pattern No. 1062 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. 1062

Name _____
Street Address _____
City _____ Province _____

THEY MUST THINK I'M SOMEBODY ELSE, BUT I CAN'T LET 'EM CATCH ME

I'LL JUST GET BEHIND THIS TREE

I'M THE FIRST I EVER RAN AND HID FROM WOMEN THAT GOOD LOOKING

PIMPLES

Try Cuticura for the prompt relief of unsightly, itchy pimples; Cuticura promptly helps clear up.

BLACKHEADS

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