

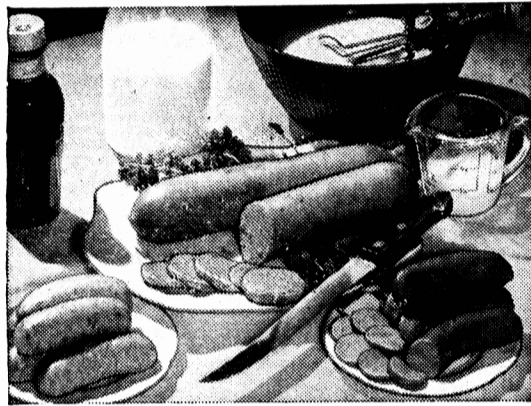
Woman's Realm Social and Personal Fashions Literature

WEEKLY WARTIME NUTRITION 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

By Martha Logan



Victory Round-up

A bunch of quick-and-easies to make more nutrition out of less meat

Now that we all want to make the most out of every scrap of meat we have, here are some useful and timely tips for housewives:—

1 You can make a meal of griddle cakes if you add a cup or so of chopped, dried or smoked meat to your favourite batter. Make the pancakes extra big. Serve with apple sauce if syrup's hard to come by.

2 An old-fashioned dish that tastes good to a hungry family is pork sausage links or patties served with fried corn meal mush. Cook the sausage this way: Place in cold frying pan, add a small amount of water. Cover and steam for five minutes. Drain. Brown over slow heat, turning frequently. This cooking method keeps in all the fine flavour and spices. Never prick skins!

3 A few frankfurters sliced crosswise into creamed potato soup is a

luncheon or supper dish worth trying. Dress up each bowl with finely minced parsley sprinkled over the top just before serving.

4 Hard to get your family to eat liver? Liver sausage is just as valuable. Or make your own liver loaf this way. Scald pork, lamb or beef liver, grind and mix with usual meat loaf ingredients, well seasoned. Pack into pan. Brush with catsup. Bake in moderate oven about one hour. Serve hot or cold with salad.

GET ENOUGH VITAMIN B1

Liver, heart, pork, eggs, dried beans, peas, milk, wheat germ, whole wheat cereals, Canada Approved bread are the foods you should eat to get enough of the important B complex.

Send 10¢ for your copy of Martha Logan's famous handbook of meat cookery: "Meat Complete." Write Swift Canadian Co. Limited, Dept. MH32 Moncton.

SWIFT CANADIAN CO. LIMITED . . . A Dominion-wide organization devoted to the conservation and efficient distribution of Canada's food resources.

Dorothy Dix Says—

FEWER UNHAPPY MARRIAGES IF MATES TRY TO PRESERVE LOVE

Nagging Wives, Neglectful Husbands Cause Home Breaks That Can't Be Repaired

A woman who suffered from the delusion common to many wives that once you have caught a man and dragged him to the altar and put your brand upon him that he is yours for keeps, and that there is no possible danger of his getting lost, strayed or stolen, tells me that her husband no longer loves her and that he wants her to give him a divorce.

She says that she knows it is her own fault, because she made no effort to hold him, or to make marriage pleasant for him. She let herself slump and get fat and frowny. She didn't think it worth while to dress up for a mere husband, or even to wash the cold cream off of her face, and she went about in sloppy clothes, looking like something that had been dragged out of the ash can.



BABY TOOK FIRST PLACE

After the first baby came she was all mother and no wife. She gave all of her time and attention and caresses to Junior, and plainly let her husband see that he was of no importance in the home, except as a purveyor of good things to the children.

"I don't wonder that my husband resented the way I treated him," the woman went on tearfully, "because I wasn't a good wife, I wasn't a good companion, I wasn't even a good housekeeper. But I never thought he would quit loving me. And now he has, and I want to know how I can win him back and make him love me as he did in the old days."

Many wives who are too dull and stupid, or too inert and lazy, or too self-centered and selfish to make the effort necessary to hold their husbands' hearts when they had them in the hollow of their hands, ask this same question. But no one can tell them how to get back the treasure they have thrown away, or how to retrieve the error they have made. There is the case of locking the parakee door after the husband has gone off joyriding in the car with another woman and is hitting it up along the broad highway. Which is always a futile proceeding.

WOMAN WHO REALLY TRIES CAN KEEP HUSBAND

Any wife who has the gumption to study her husband and find out how to rub his fur the right way, and who is willing to take the trouble, and do the work required, to keep him purring under her hand can keep her husband in love with her. But once she has let him get away from her, there is no magic by which she can conjure him back.

You cannot recreate an illusion that has once been dispelled. You cannot summon back a fascination that has lost its appeal. You cannot blow ashes that have burned themselves out into a flame again. You cannot compel emotion. When once a man has lost his taste for his wife, it is gone forever. A dead love is the dearest of all dead things. There is no resurrection for it.

There is hardly a one of the many forsaken wives, who are striving so pitifully and so hopelessly to get back the husbands they have so carelessly lost, who could not have prevented the tragedy if only they had tried as hard to keep their husbands charmed as they did to get them, and if they had been as agreeable companions after marriage as they were before. For love is one of the things in which an ounce of prevention is worth a pound of cure and a ton of repentance. It is easy to keep, but impossible to get back once we have lost it.

NAGGING, FRETTING KILLS HUSBAND'S LOVE

Every day we see wives killing their husbands' love by their nagging by their fretting, by their peevish complaints, by making their homes so uncomfortable for them that they flee from them as they would from purgatory. And we do not have to be prophets to foretell that before long these women are going to come and weep on our breasts and ask how they can get back the men they have driven away from them. And nobody but the good God—who doesn't work miracles for fools—can tell them that.

Nor is it women alone who kill love and then try to revive it. Husbands do the same thing. All about us we see husbands starving their wives' love to death by their neglect or killing it by their brutality, or stinkiness, and we know that in a little while they will be complaining that their wives care nothing for them and regard them merely as meal tickets.

If husbands and wives devoted half as much time and trouble and thought to keeping their mates in love with them as they do to trying to win back the affection they have lost, there would be very few unhappy marriages. For marriage is never a failure as long as there is love in it. And love never dies as long as it is cherished and tended.

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 Wartime Prices and Trade Board.

Q. I am considering renting an apartment but would like to take in a boarder to help with the rent. Can the landlord refuse to allow me this privilege?

A. No Board orders and regulations are such that notwithstanding the terms of any lease, the landlord cannot refuse to allow the tenant to share his housing accommodation.

Q. I bought a second-hand radio a few weeks ago which has already broken down. The dealer says there is no guarantee on used radios. Is he correct?

A. Dealers must guarantee used or rebuilt radios selling for \$50 or less for 30 days. If the radio sells for over \$50 the implied warranty must extend to 90 days.

THE COOK'S CORNER

MOLASSES SPONGECAKE

1 1-2 cups of sifted cake flour
1 teaspoon of baking powder
4 eggs, separated
1-2 teaspoon of salt
1-2 teaspoon of vanilla.
1-2 cup of molasses.
1-2 cup of sugar
1-2 cup of water.

Sift flour with baking powder. Beat egg whites with salt until stiff; add vanilla. Beat molasses to boiling and add to whites, beating constantly. Beat yolks, sugar and water; fold in meringue, then flour. Pour in two 9-inch layer pans greased on bottom only. Tap to break large bubbles and bake in slow oven.

Men with only a limited knowledge of plumbing, carpenter work, excavation, or other Allied building trades, can enlist in the R. C. A. F. as Construction Hands.

All candidates for enlistment in the R. C. A. F. are given tests to determine their suitability for employment in the various trades applicable to that Service.

All Airwomen now receive the new summer uniform on entering the R. C. A. F. Trim, neat and well-fitting, they add greatly to the smartness of the recruit.

NG&W!—MY COFFEE GOES FURTHER

—when I follow these EASY RULES!

RULE 1! Buy Chase & Sanborn Coffee! Super-rich with more flavor ounce for ounce! Then—keep coffee in air-tight container, and keep the coffee-pot scoured clean. Get right strength by measuring the coffee and water accurately—don't make more coffee than you'll use—and serve it as soon as possible.

And remember—quality coffee goes further. Get Chase & Sanborn Coffee.

CHASE & SANBORN COFFEE

Home Service

"Nerves" Get Worse If Misunderstood



ATTACKS SYMPTOM OF WRONG

"What's the matter with you?" people ask furiously when you have an attack of "nerves." They may think it's all your imagination—but don't you be fooled.

"Nerves" are a very real kind of sickness, which gets worse if not understood.

You may have been repressing feelings which you thought bad but which aren't so unnatural; you get annoyed by noisy people in your family—or by a boring, chattering neighbor—until you could scream!

If you're the high-strung type you're more liable to catch than pricks than placid people. But repression doesn't help.

Detour your troublesome energies into happier outlets. Once on an even keel you can enjoy life more, be more vital, than stolid types. Cultivate some new friends once in a while, go to a different type of show, have a hobby to fly to.

If you're nervous, you really ought to find out what's wrong. Our 32-page booklet by a well-known physician explains mental and physical causes of "nerves," advises on overcoming insomnia, fatigue, nervous indigestion; discusses diet, other health factors.

Send 15 cents in coins for your copy of Overcoming "Nerves." Problems of the Charlottetown Guardian Home Service Address. Be sure to write plainly your name, address and the name of booklet.

Name _____
Street Address _____
City _____ Province _____

A Morning Smile

"Mamma," said little Mary, "do men ever go to heaven?"

"Why, of course, my dear. What makes you ask?"

"Because I never see any pictures of angels with wings."

"Well," said the mother thoughtfully, "some men do go to heaven, but they get there by a close shave."

BEACH OR PLAY SANDAL AT A SMALL COST



DESIGN NO. 345

Rag scraps and matching yarn are crocheted to make these attractive play sandals. Costing little and easily made. Pattern No. 345 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, Needlework Department.

Design No. 345
NAME _____
STREET ADDRESS _____
CITY _____ PROVINCE _____

Living & Leisure The Woman's Realm

RICHES AT MY DOOR

Oh, life is leaving riches at my door, And, softly knocking, swiftly speeds away. That I might take the treasure every day. The lovely things perchance I missed before. The wondrous homey things—the whirl of wings. Or waiting of the birds before the dawn. Spring spilling crocuses upon a lawn. And vibrant notes that the first wild flowers that a little child has brought. To treasure in my heart forever more.

The kindly act and loving, kindly thought. Of someone; these I'll add to memory's store. Time cannot wither them. A lovely dream. The beauty of their memory shall gleam.

—Klara M. Whitehouse.

"CURVETTE" IS NEW HAT SHAPOUTTE

NEW YORK—An entirely new hat silhouette appears in a curved, diadem-like contraption, sometimes worn alone and sometimes attached to the coat. This is called the "curvette" and appears in velvet richly incrustated with jewels. The idea of a detachable curvette is that the same hat can switch from day into evening with ease.

But if you shy from anything too new, you can still get the cloche, the calot, the pillbox, topper, beret, or even the pompadour hat, although the latter is not quite so popular now. And there is a forward tilt to most of them.

HAT AND BAG TO MATCH ARE SMART

NEW YORK—If milliners have their way, women are certainly going to be elegant. Hats remain on the small side, but they do pile on trimmings even astringent. If you've never worn ostrich, glycerined or plait, you have a treat in store. Movies depicting Gay Ninety elegance surely have proved to you that nothing is more flattering to a woman than ostrich feathers and, since they have not been worn to any extent for a long time, they will, it is assumed, be welcomed

Needlecraft For The Home

SHE'LL BE AT HOME AMONG THE FLOWERS

When She Wears This Darling Frock. You will always get that garden fresh feeling when you slip into this dress. Make it up in cotton, or a crisp pique and add a touch of bold color in the flower-pot appliques at the shoulders and pockets. This dress is so easy to make that you can sew it up in your spare moments.

Style No. 3439 is designed for sizes 11 to 19. Size 15 requires 2-7/8 yds. 35-in. fabric. Pattern is hand-cut to United States Standard Measurements and included chart with step-by-step instructions.

Send twenty cents for pattern. Write your name, address and style number. Be sure to state size you wish.

Name _____
Street Address _____
City _____ Province _____

Booklets dealing with life and work in the R. C. A. F. can be obtained from any R. C. A. F. Recruiting Centre.

Wives of the R. C. A. F. personnel who enlist in the Women's Division are now able to retain their Dependents' Allowance.

If you suffer MONTHLY FEMALE PAIN

You who suffer cramps, headaches, backache, and tired, nervous feelings—due to female functional disturbances—should try Lydia E. Pinkham's Vegetable Compound. It has a soothing effect on one of the most important organs. Also a fine stomach tonic! Made in Canada. Worth trying.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

no smarter style
no finer quality
no greater value
for so little money

Costs of the year, tailored the superb Tip Top Tailors way, BY men. OF men's fabrics, with the same skill and quality as is lavished on all our men's garments. Glorious, smart lines: heavenly British woolsens: in-nine-with-the-times style originated by our own ladies' designing staff. Value beyond compare—greater than at any time in our history.

INDIVIDUALLY MAN-TAILORED-TO-MEASURE \$31.00

If you are interested in ordering a man-tailored garment this Fall, act as early as possible. We are on 80% war production, and delivery dates of civilian garments are at times somewhat delayed.



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