

# Woman's Realm Social and Personal Fashions Literature

### A Close Shave

by the Tweeds



Donnie hated being caught in this amateur barber chair but we thought Mrs. Foster downright professional. She saves money this way, she says. "We're ah buying War Savings Stamps like mad. And Kellogg's Corn Flakes helps there—cost less than a cent a serving. They save me time, work and fuel, too." Kellogg's Corn Flakes are the favourite ready-to-eat cereal, in a majority of Canadian homes. Made by Kellogg's in London, Canada.

### THE COOK'S CORNER

**Bread Sauce**  
Mix 2 tablespoons butter or use cooking oil or drippings and add 1/2 tablespoon flour and bread. Add 1 cup hot milk in which has been soaking for 1 minute 4 tablespoons bread crumbs. Stir until hot and thick and add a very little grated onion and salt and pepper to taste.

**Bread Gravy**  
To chicken gravy add bread crust crumbs in place of flour. Let cook slowly, stirring, until thick as gravy should be.

### FRUIT AND FLOWER EMBROIDERY



DESIGN NO. 549  
Fruit and flower embroidery motifs are favorite designs for towels. Hot iron transfer pattern No. 549 contains 15 motifs measuring from 2 by 4 1/2 to 3 by 4 1/2 inches each with complete instructions.

### MUFFINS MAKE THE MEAL

**MAGIC APPLE MUFFINS**  
2 cups sifted flour  
2 eggs, Magic Baking Powder  
1/4 cup oil  
1/4 cup sugar  
1/4 cup applesauce  
Sift together dry ingredients; add eggs. Mix milk, melted shortening and applesauce; mix all together quickly. Bake in well-greased muffin pans in hot oven (400°F.) about 20 minutes. Makes 12 muffins.

**MAGIC BAKING POWDER**  
MAGIC MAKES THE MUFFIN!

### A Job Only You Can Do

Price Control Questions And Answers

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 Furnish questions who have intelligent questions. Questions and Answers on Price to ask no price control are invited to send them in writing to the Editor of The War Times, Price Women's Regional Advisory Council and Trade Board.

### 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.



### Living & Leisure

#### The Woman's Realm

Where is a tide in the affairs of men? Which, taken at the flood, leads on to fortune; all the voyage of their life in bounden shallows and in misteries.

**HINTS ON ETIQUETTE**  
A tactful person refuses an invitation when she realizes she is only being asked out of courtesy. Learn to discriminate between a "polite" invitation and an honest-to-goodness one.

**FOR BRIGHT SALADS**  
Jaded appetites at the end of winter can be tempted with bright salad suggestions. The Agriculture Department Consumer Section says. Shredded raw beets will bring new life to cabbage salad. Sliced radishes and chopped parsley will provide the right color note in a potato salad. Russian dressing, made by combining equal

proportions of mayonnaise and chili sauce, is delicious with cabbage or lettuce salad.

**RAG BAG**  
Men's shirts that are shrunk or have worn out, can be made into children's slips or boy's sport shirts. Even handkerchiefs and aprons can be made from old shirts. By stitching the shirt cuffs together, pot holders can be devised.

**STRAW HAIR BANDS**  
Flat hair bands of straw-colored Tuscan are worn with Tuscan straw buttons—the very latest novelty in a season that has introduced many novel buttons. Crocheted headbands and matching crocheted labors, and string gloves fabulously crocheted to match them both, come in cerise, blue, beige, and snowy white. Crocheted taffeta makes a jabot with ruffled edges that ties up nicely with one of Sally Victor's young bowler hats, worn back on the smoothly coiled

### Dorothy Dix Says—

#### MOST CHILDREN COPY PARENTS

##### Some May Take Warning From Indifference Of Cruelty Shown By Older Folks In Home

DEAR MISS DIX—All of us appreciate a mother's responsibility in preparing her sons to make good husbands, but how can you teach a boy how to treat a wife unless his father helps by getting a good example? You can't say, "Bobby, I hope when you get married for their kind and considerate and tender to your wife, and not treat her the way your father treats me."

Anyway, the young learn more from example than from precept, and if there were some way to counteract a bad example it would be of invaluable assistance to many of us mothers who want their boys to be good husbands. Do you know of any remedy for the situation? A READER.

**PARENTS' ACTIONS A WARNING**  
ANSWER—Alas, no. Children are very apt to be rubber stamps of their parents, but sometimes father and mother's example is an awful warning to them instead of a pattern that they follow. Some of the most mediocre housekeepers that I know are the daughters of older women who are practicing like pigsties and whose cooking would have poisoned the most prudent of us. And many of the wives who are the worst husband-spoilers are women who were so sorry for their kind and pecked fathers that they cannot show enough tenderness to their own husbands.

And it is the same way with boys. The one who has seen his mother starved for affection is often the most loving husband. The one who has seen his mother cringe under his father's abuse is often the proper aide to take in his wife as if she were a Lady Love instead of a helpless slave he can kick around. And very, very often the most generous husband is the one who had a tightwad father who never gave his mother a nickel without accompanying it by a trade about her extravagance.


There are exceptions to every trade, but it is only too true that children as a general thing do run true to form and they treat their husbands and wives as they have seen their parents treat each other. This is largely because they don't know any better. They think that it is the proper attitude to take in dealing with a husband or wife, and they have no conception of the cruelty and injustice that they are practicing.

If a boy has heard his father curse his mother and speak to her as he would not dare to speak to any woman in his employ who could give a man the right to browbeat his wife.

On the other hand, if his father has always seen his father regard his mother as a general thing, he has always seen her work in the home, and heard him treat her as he would treat a servant, he grows up in the belief that wives are nothing but unpaid servants and are to be treated as such.

If his father puts his mother on a pedestal, the boy who sees him do it joins in his worship of her. And from his wife as it she were a queen. And the boy who has seen his father give with both hands to his mother is generous to his wife when she spends a week in the homes of the ones they are proposing to take on as life partners and see how their parents treat each other. It will give them a very trustworthy guide as to what sort of a husband and wife John and Mary will make.

### IF YOUR LITTLE GIRL has a Chest Cold you should apply Mecca and Mustard Poults.



Don't take chances on a Chest Cold—it may become very serious. A poultice made up of two tablespoons of Mecca and a teaspoon of Mustard brings excellent results. It relieves congestion, reduces inflammation—prevents spreading. In severe cases change the poultice twice daily. Mecca Ointment is sold by all drug stores—25c (tube), 50c and \$1.00.

### Roast Loins of Pork



This tempting Pork Roast is a favorite where and whenever it can be found. Brown, juicy and tempting, with apple sauce and candied sweet potatoes or pickled orange slices, a roast loin of pork is definitely a dish for special occasions.

Remember all pork should be well cooked. Allow 40 minutes per pound up to 4 1/2 lbs. and 35 minutes thereafter. Roast on a rack in an open pan, without water, at 325°F. Onions in pan improve the flavour.

Before serving remove the backbone by cutting between it and the rib ends; place the roast on the platter with ribs facing the carver, so that he can see the slope of the ribs, and carve close along the side of each rib. Each portion contains one slice with bone and one between bones.

Combine ingredients and boil 5 minutes. Add orange slices, arrange slices in baking dish, pour on syrup and bake 45 minutes in a hot oven. Seal in sterilized jar.



### "I WANT TO TELL THE WORLD Goodbye to clothes that look HALF-WASHED!"

NOW I KNOW THAT FOR THOSE EXTRA-DIRTY SPOTS I MUST HAVE SUNLIGHT'S EXTRA-SOAPINESS

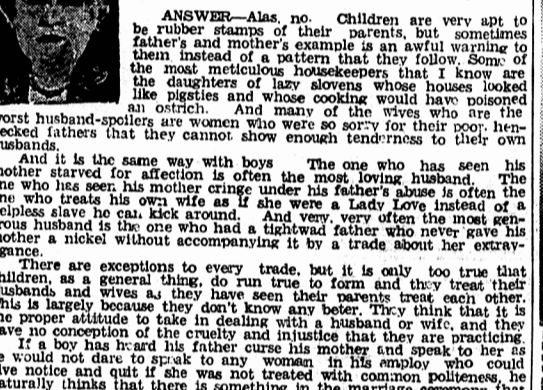


Just touch those stubborn spots with Sunlight. Then wash the clothes your regular way. When you see how spotlessly clean everything comes you'll want to tell everyone that Sunlight banishes that "half-washed" look... safely gets clothes wonderfully clean all over. Remember, Sunlight is all pure soap. It's kind to hands—and marvelous for dishes, too!

FOR A COMPLETE WASHING JOB, YOU CAN'T DO WITHOUT SUNLIGHT

### FLAVOR, FOLKS!

Canadians have changed to flavorFULL Chase & Sanborn in a dominion-wide swing to finer coffee!



HALF A CUP OF FLAVOR OR FLAVORFULL CHASE & SANBORN!

### MECCA OINTMENT

### Home Service

DAISIES A SMART TRIMMING  
A treasure—this dainty, organdy-covered dressing table. And beneath the feminine frillery it's just a packing case!

DAISIES are tucked here and there to the three organdy ruffles, which range in color from white through creamy yellow and canary. More daisies edge the top, form at the centre a pretty bouquet tied with black velvet ribbons.

And, if you place your table in front of a window, charming to use white organdy curtains with matching bouquets for tiebacks.

To make the table, nail on your packing case a kidney-bean shaped top, cut according to the dimensions in our diagram. Cover top, also make a skirt for the sides, in plain white satin.

And now stretch over the top a layer of organdy. Cut perky organdy ruffles in graded widths, measuring twice the distance around front and sides for fullness. Hem edges, gather, and fasten to the foundation.

Find full directions for making this lovely table in our 32-page booklet—also how to make many other items for home and personal use. Among them are a bookrack table, novelty pillows, utility bathroom box, sewing stand, cellophane travelling sets.

Send 15 cents in coins for your copy of Hand-Made Gift Novelties to the Charlottetown Guardian, Home Service, Address. Be sure to write plainly your name, address and the name of booklet.

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

### SWIFT CANADIAN CO. LIMITED

Makers of Premium Quality Products; Brookfield Butter, Eggs and Cheese; Jewel Shortening and Silverleaf Lard.

### CANADIAN RED CROSS

Remember all pork should be well cooked. Allow 40 minutes per pound up to 4 1/2 lbs. and 35 minutes thereafter. Roast on a rack in an open pan, without water, at 325°F. Onions in pan improve the flavour.

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Combine ingredients and boil 5 minutes. Add orange slices, arrange slices in baking dish, pour on syrup and bake 45 minutes in a hot oven. Seal in sterilized jar.

### Needlecraft For The Home

**HARDY PERENNIAL**  
A classically cut suit known as season—and will look just as smart later on in the spring as it does now under your topcoat. And you can mix or match the jacket with your other skirts.

No. 3727 in size 16 requires 3 1/2 yards 54-inch fabric; 2 yards 36-inch fabric for lining.

Send 30 cents for PATTERN, which includes complete sewing guide. 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 \_\_\_\_\_

**ONLY TEN SMELTER**  
The only tin smelter in South America is located in Argentina.

**YOU WOMEN WHO SUFFER FROM HOT FLASHES**  
If you suffer from hot flashes, dizzy spells, irregular periods, are weak, nervous—due to the "middle-age" period in a woman's life, take Lydia E. Pinkham's Vegetable Compound. It's helped thousands upon thousands of women to relieve such symptoms. Pinkham's Compound is also a fine stomach tonic. Worth trying! Made in Canada.

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

### WOMEN soothe and relieve CHAFING

Ease Monthly Discomfort! Does your skin get chafed, raw and sore? Apply soothing, emollient Cuticura Ointment. Mildly antiseptic. Helps relieve such annoying irritations. Cuticura Ointment. Mildly Medicated.

getting rather bored—reminded "Well, let them gnash their teeth as has them."  
To which came back the solemn reply: "My friend, teeth will be provided."

3727  
SIZES 12-40

OLD BATTLEGROUND, ESTONIA, was fought over by Germans, Swedes and Russians.