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

Living & Leisure
The Woman's Realm

INVASION

O God, so many mothers' prayers!
How can you sort out mine?
And fold around my soldier boy
Protection—sure—Divine.

Millions of us, Lord, all day—
All night—besiege Thy throne,
But I have faith that somehow You
Will recognize my own.

Abide with him: 'Mid bitter strife
Thy strength and comfort bring
I pray for him a place beneath
The shadow of Thy Wing.
—Edith Goldworth Jenkins.

KNOWING HERBS

Make common food uncommonly good this summer and throughout the year. Grow herbs in your garden and use them to dress up everyday salads, meats, vegetables and creamed dishes. Start with the easy ones, parsley, mint and chives but don't be surprised if your enthusiasm carries you on to rosemary, marjoram and sage. Dry and store for winter savor.

It has been found that office help who complained of being chilly when the interior of working rooms was painted cool blue were found contented with the previous temperature when the walls and ceilings were painted a warm yellow. Similarily, greens and blues have been found to make hot offices more bearable during the summer months.

PARAFFIN YOUR LEMONS

To keep lemons for a considerable length of time coat them lightly with paraffin, using a small brush. When it is desired to remove the paraffin, heat them slightly and it will roll off.

The most popular item of wearing apparel with major league baseball players is the polo shirt.

"GRAHAM WAFER PIE"

Resourcefulness ranks high among feminine virtues. It is being exhibited in great style by the Canadian homemaker today. Although the food situation hasn't come to the point where she must make something out of nothing, she has learned to substitute successfully the plentiful for the scarce.

When it comes to desserts, Mrs. Homemaker thanks her lucky stars for graham crackers. The use of these tasty tidbits in recipes cuts down the amount of sugar and shortening necessary. Their own distinctive flavor is a sufficient treat in itself. Then, too, nine times out of ten, desserts calling for graham crackers are quick and easy to make, and save valuable time for other duties.

The following recipe for Graham Wafer Pie Crust requires no butter or shortening, no flour, no rolling, no fuss:

First, get a package of Graham Wafers. Then, place a layer of wafers on the bottom of a lightly-greased pie plate, trimming some of them to fit the shape, and filling in any uncovered space with wafer crumbs. Cut other wafers in halves and stand them on edge around the sloping side of the pie plate. And there's your pie crust!

Don't be skeptical as to whether the pie crust will hang together when individual pieces are cut after the filling goes in. It will! Use your favorite Chocolate or Carmel for the filling.

SLEEP ROUTINE

Sleeping habits of millions have been changed by war. If you're one who turns in when everybody else is hopping out, here's a plan of sleep strategy mapped out by experts.

Be firm in establishing new habits of going to bed. Decide upon a routine, including your prebedtime routine and stick to it.

Don't plan to turn in right after work or right after whatever-it-is meal you've had. To de-kink mind and nerves, prepare for sleep with some kind of relaxing exercise. A good time to take your daily routine is on your way home from work. You can get it by dropping in at a gym, by ducking into a bowling alley, or by using your feet instead of a bus or trolley to get yourself home.

All set to sleep? If somebody's radio lets out a blast or somebody's children whoop it up playing Indian, you can blot it all out with ear stopples of malleable pink wax which are available in different types of pellets for varying degrees of sound-proofing. To black out the light of day that penetrates eyelids and can't be screened out with blinds, wear sleep shades — black fabric binoculars that rest as lightly as a feather over your eyes.

Double size

Etiquet
DEODORANT CREAM

*stops underarm perspiration 1-3 days

*Scientific tests prove Etiquet 24% more effective than other deodorant creams tested.

- Spreads smoothly . . . not crumbly.
- Pure . . . not irritating to normal skin.
- Works fast . . . no need to rinse.
- Will not harm delicate fabrics.

LOOK FOR THE BLUE PLAID JAR AT TOILET GOODS COUNTERS . . . 39c

A Morning Smile

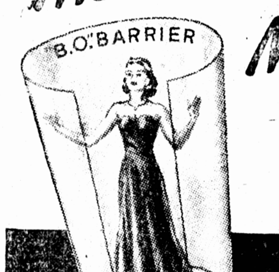
A CRIME

Bernard Shaw is a past master [illegible] retort. A young woman sitting next to him at dinner remarked: "What a wonderful thing [illegible]

"Yes—and what a crime to waste it on children," G. B. S. replied, sagely.

MORE FRIENDS—

MORE FUN—

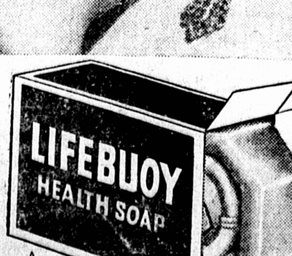


WHEN YOU STEP OUT OF THE "B.O." BARRIER

If you want to be welcomed wherever you go, don't let the "B.O." Barrier stand in your way. It *can* shut you off from friends, good times and romance—*and you'll never know why!*

So do as careful thousands do. Depend on Lifebuoy's purifying lather to keep you from offending. Remember, *anyone* can be guilty of "B.O." because *everyone* perspires. Lifebuoy's rich, abundant lather washes away perspiration—stops "B.O." Even though Lifebuoy's invigorating scent vanishes almost instantly, Lifebuoy's protection lasts and lasts.

Get Lifebuoy today for both the basin and the bath. Notice how *mild* Lifebuoy is—milder than many so-called beauty soaps.



A LEVER PRODUCT

NEW ADDED INGREDIENT
NEW VANISHING SCENT
SAME PROTECTIVE LATHER

FROM HEAD TO TOE—IT STOPS "B.O."

Ellen's Diary
By An Island Farmer's Wife

After the early chores had been put away for the day — and the breakfast—Jock and Jeanie and I went by car to the potato field to cut a few seed with which to finish the work of planting. James preferred to follow with the horses and this morning, I noticed he came mounted when his customary method is to drive them ahead of him. Perhaps he begins to realize the truth of my oft-repeated statement: "There'll be horses after we're dead and gone." Rob and his family were already in the field for as he told me teasingly they had come "in the morning." Presently the very last potato was cut and planted and James was away in to help Rob at the turnips, while the rest of this family came home to Alderlea.

• • •

Friday is never the best day for a good housekeeper to spread her wash to the public but there are occasions and circumstances that combine to force even the best of us to deviate from schedule. I washed today. And in between, while the pieces soaked the much-advertised minutes, there was a pan of biscuits to be mixed and slipped in the oven. For after breakfast this morning when I plumbed the depths of my larder, my whole arm disappeared, right to the shoulder. The saw at the old mill buzzed a familiar refrain as I later hung my wash. There were teams going in and out the old mill road and I supposed or hoped they were so intent on their own business that mine would never be noticed. After all there are more favorable things about my methods of working, I would rather have known than this spreading of a wash in the afternon "'ave a Friday."

• • •

There were lady visitors from another County, this evening, two of them in a shining car. One of them held her head very consciously and I suspected she had spent a good part of the day somewhere in the City with this same head not exactly "in the clouds." This I think must be the season for permanents and of late, I have seen some very pretty coiffures, the results of recent visits to the City. It is especially the lassies in their teens who are most aware of their new hair-do's and now-a-days, this seems to be something most helpful in giving a girl confidence, this knowing every curl is where she wishes them and not only "in the middle of her forehead."

• • •

We chatted of the new hair do, the styles of hats and admired the new coats and dresses that had been acquired here and there. One lady wore the prettiest tweed coat over a "two-piecer" and when I admired it she said: This is its third season. I made it from one of the boys'", which goes to show how one may be well dressed by being ingenious and also having a way with the needle. The two-pieced dress or suit was also very chic, black and white check, a favorite of mine, with a pretty white blouse. The other lady, something of a traveller, spoke casually of picking her new outfit up in St. John, Boston, New York, in much the same tone, I use in speaking of purchasing my weekly cake of yeast at the store at Braeside. I enjoyed this altogether female chat of feminine interests. The second lady's coat and dress? The coat was a pretty tweed in grey, reversible; the dress an unusual combination of colors but most attractive in green and tangerine also in a two piece style. After they had gone, I appraised someone in the kitchen-mirror, I admit with some concern, soon forgotten however for I was so taken up with the view mirrored there in the back ground of meadow and stream and wooded hill that anything so transient as mere hairdos, dresses or coats was quickly pushed aside and I was soon outdoors at James insistent call to stand guard at the gateway to the clover field, while the cows were again being turned out to pasture. I have a notion, this time it was, not only a call for assistance. This "bump of curiosity" or call it plain inquisitiveness can be found with very little searching, I know, in other places than in cats—and women!

• • •

James tells me the work of putting in the turnips at Rob's is almost over and if the present weather keeps, the cropping will also be finished this week at Alderlea. He read his paper in the lamplight tonight and we of course comment on the various articles. "Japan was raided by U. S. planes". Another miracle of sorts even in this modern war-far—a repeat one at that.

• • •

Nearer home, there were graduates from a commercial school who will presently go out to make their way in the business world. The excellent showing in the spelling — the high "per cents" were puzzling to me for I will forget even vetween distionary and paper.

• • •

James was wrong in his diagnosis concerning the "Jack horse" that evening and as I tell him in reference to that happening "it may be the want of grass that brings a colic." At any rate, there were no ill effects, if there were I suppose I would never be writing here! But James has just demanded: "Get me something to eat, Ellen, I'm as hungry as a bear in Spring."

Until tomorrow — Diary—Goodnight.

Crushed shredded bran with a rolling pin, mix with a little brown sugar and use as a topping for coffee cake or muffins, sprinkling it on the dough before baking.

Dorothy Dix Says—

BRIDE SHOULD HAVE OWN HOME

Taking Girl To Live With His Parents, Always Groom's Supreme Folly; Ends In Battles

DEAR MISS DIX—I am married and have a little 5-month-old girl whom my husband loves dearly. He loves me, too, and is good to me, but I am so miserable that I am thinking of getting a divorce. The conflict is not between him and me, but between me and his family.

We have been living with them the largest portion of our marriage, except for six months which was the only happy time we have had. His family do not try to get along with me. His mother especially insults me. Often she makes heartbreaking remarks to me and expects me to overlook them.

It is pathetic how my husband wants us to like each other, but we just can't. When we have quarrels, he takes up for his mother instead of me. What complicates the matter is that my husband's father and mother are old and really need the care of younger people. We are building a new house and they are determined to come and wive with us, but I feel that I just can't stand it. I am thinking of taking my baby and leaving and get a job. What shall I do?
VERY WORRIED.

OLD AND YOUNG MISERABLE LIVING TOGETHER

ANSWER—The Chinese ideograph of a fight is two women in one house. Until the millennium arrives and all young women are hatched out with their angel feathers on and all old women turn into saints, who enjoy seeing their precious, darling baby boys pay more attention to their chits of wives than they do to them, the supreme folly that any man can commit will continue to be taking his bride home to live with his people. And it will always end in the same way—in a fight between the two women.

You have tried it and you have found out that wife jealousy and mother jealousy spell misery to all concerned. So make some other arrangement for the old people instead of taking them to live in the new house. It will be far better, even if you have to put the old people in some sort of a home. It always seems a cruel thing when parents cannot spend their old age in their children's homes, but we have to face the bitter truth that old people and young people can seldom adjust themselves to each other. Times have changed. Customs have changed. Everything about life has changed. And that makes for continual friction between the old and the young.

Father and Mother cannot change their ways, and young people do not wish to change theirs. Mother cannot keep her fingers out of her children's pies, nor Father stop giving advice. And so the fight is on, and there is no way to prevent it except for no two families to try the hazardous experiment of living together.

DEAR MISS DIX—I am a girl of 17? Have been married two years to a wonderful husband. I love him very dearly and I am sure that he loves me, but I am very jealous. I am always accusing him of going out with other women and nagging him about it whenever he comes home. I don't really believe that he has ever been interested in any othr woman but myself, but I just can't help getting wild when I think maybe he might do so sometime.

Please advise me what to do as I am desperate.
UNHAPPY WIFE.

GIRL MAKES FEAR COME TRUE

ANSWER—If you have any brains whatever, won't you try to use at least one lobe of them and realize that you are taking the best possible way of making your fears come true. For no man can long love a wife who is nothing but a bundle of baseless suspicions and who nags him to death about crimes that he has never committed.

If you want to keep your husband, you will have to change your technique. Otherwise your husband may conclude that if you are going to treat him as a philanderer he had as well be one.

DEAR DOROTHY DIX—I have met a soldier and I believe we are in love with each other. He wants me to go with him to visit his parents who live in a distant city, but my family do not think this is the proper thing for me to do. He has no special work that he can do when he gets out of the army and will have no way of supporting me. My family are well-off. I have everything I want and am used to the luxuries of life. Also, I have had a much better education than he has.

Do you think that I could be happy with this man? M. J. B.

ANSWER—He doesn't look like a very good prospect, and I would certainly advise you to go and take a long look at his family and surroundings before you marry him. Also, be certain that he acquires some trade by which he could support you. You will have to eat, you know, after the duration.

THE COOK'S CORNER

BAVARIAN CREAM

One envelope unflavoured gelatin, ¼ cup cold water, ½ cup milk, 1 egg yolk, ½ cup sugar, ½ teaspoon salt, 1 teaspoon vanilla, 1 cup thin cream, 1 egg white.

Soften gelatin in cold water. Combine egg yolk, sugar and salt. Scald milk in double boiler and add to yolk. Return mixture to double boiler and cook to custard consistency. Remove from heat and softened gelatin and stir until dissolved. Cool, add vanilla and cream. Allow to congeal slightly and beat with a rotary egg beater. Fold in stiffly beaten egg white. If desired, the top may be sprinkled with crushed macaroon crumbs, or garnished with maraschino cherries.

FLORIDA PERFECTION SALAD

(Serves 6)

One tablespoon (1 envelope) plain unflavoured gelatin, 1¼ cups grapefruit juice, ¼ cup vinegar, ¼ cup sugar, ½ teaspoon salt, 2 cups grapefruit sections, ¼ cup mined green pepper, 1 cup minced cabbage, lettuce, mayonnaise.

Soften gelatin in ¼ cup grapefruit juice. Heat remaining grapefruit juice; add to gelatin. Stir until dissolved. Add vinegar, sugar and salt. Chill until syrupy. Fold in grapefruit sections, green pepper and cabbage. Pour into mould or individual moulds which have been rinsed in cold water. Chill until firm. Unmould on lettuce; serve with mayonnaise.

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

Sore, sunburned lips relieved!

Prevent Painful Cracking

Rough, cracked, sunburned lips are painfully sore and unsightly. Get relief the quick, sure way with Lypsyl! Its wonderful emollient action instantly soothes the wounded membranes and seals them against germs and impurities. It softens the painful, cracked surfaces, hastens natural healing. Lypsyl acts as a protective film between the delicate lip-skin and the burning rays of the sun. Get Lypsyl at your store today. Sold everywhere in handy stick form.

LYPSYL Natural Red or Invisible White for Men and Women

Women's Regional Advisory Committee of the War Time Prices and Trade Board.

Q. Can a landlord make us vacate at the end of a year's lease without a three month's notice, or could we remain here on a monthly basis?

A. Your landlord cannot ask you to vacate at the end of a year's lease unless he has given you six month's notice prior to the end of the lease. If he has not given you six months' notice he can wait until the end of the year and put you on a monthly basis. This answer is supposing you are in housing accommodation and not shared accommodation.

Q. I do not do any home canning, is there any way that I could get more preserves coupons to buy canned fruit in the stores?

A. Yes, you may take your book containing the "F" canning sugar coupons to your local ration board where they will give you preserves coupons—one preserves coupon for each canning sugar coupon that is valid.

Q. Where can I get direction regarding home canning?

A. Send for the new home canning bulletin to the Consumer Section, Marketing Service of the Dominion Department of Agriculture at Ottawa. Anyone desiring information may receive a copy of the bulletin upon application.

THOUGHTFUL

A woman was on her way home from a holiday and between trains in Nashville dashed off a postcard to her sister. "I hope I catch this train," she concluded hurriedly, and handed the card to the porter, asking him to post it.

When her sister got the message, it bore a neat, pencilled postscript: "She caught it. Respectfully yours, Porter."

THESE EMBROIDERY DESIGNS HAVE MANY USES

DESIGN NO. 693

These motifs are suitable for towels, bibs, children's clothes, nursery, etc. Hot iron transfer pattern No. 693 contains about two dozen motifs measuring about 3 by 4 inches each 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, Charlottetown Guardian.

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PROMPTLY HELP RELIEVE itch, also pain of piles with mildly, *scientifically* medicated

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For The Home

VERSATILE SUIT-DRESS

This triumphant fashion is keyed to the times, and you'll be suited to perfection for all your activities, from hustling to work to gadding about.

No. 3693 in size 36 requires 3⅝ yards 35-inch fabric.

Send 20 cents for PATTERN. Print your Name, Address and Style Number plainly. Be sure to state size you wish.

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FEMALE PAIN

You who suffer such pain with tired, nervous irritable weak feelings—due to functional monthly disturbances—should try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. Pinkham's Compound HELPS NATURE. Thousands upon thousands have reported benefit. Follow label directions.

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