

Woman's Realm Social and Personal Fashions Literature

Living & Leisure The Woman's Realm

SURE AND STRONG
We know not why our path seems hung with shadows, and every earthly hope doth flee away; But there's a Hand that meets us in the darkness, And, holding this, we cannot go astray.
We know not how the burden will be lifted, The heavy cross that we have borne so long; But underneath we feel, though faint and weary, The Everlasting Arms are sure and strong. —B

CARE FOR DOWN QUILTS
If you are the owner of a down quilt cherish it, because down quilts will be really hard to get down on the "scarce" list for civilian use. Go over the quilt carefully and see that any rips or tears in the covering are mended. If the cover is badly shot-by all means have the quilt remade. The filling is precious. And guard carefully against moths. Use plenty of moth preventive when storing, pack in a sturdy box and seal carefully with a good gummed tape.

NEW PLASTIC REFLECTORS
To guide your footsteps during blackouts or in any dimly lighted

area, consider equipping stair risers, door frames, or any low beam or projection that might cause a nasty bump, with the new plastic discs so designed that they reflect light from blackout flashlights, candles and such. They are as small as pennies, are easily attached, and are available in crystal clear, red, green or amber plastic. Good, too, for marking dark paths or driveways or to wear on the arm if you have to walk or bicycle along dark roads.

WAFFLE TIPS
Batter for waffles should never be too thick. A consistency that will pour easily will give best results. It may be necessary sometimes to thin with a little more liquid. For variety you may add grated coconut, chopped cooked bacon or chopped nuts to the basic recipe. This temperature of your griddle is important, too. Be sure that it is hot enough before pouring in the batter or the waffles will stick.

NEW CHALLENGE TO HOSTESSES
"How about having not only sugarless parties, this year, but tea and coffee-less parties too?" Miss Byrne Hope Sanders, director of the Consumer Branch of the Wartime Prices and Trade Board asks Canadian women. To overwhelm your guests with this would be original and would

A Morning Smile

Early one morning, on the second day out, a terribly seasick passenger, pale and hollow-eyed, came out of his stateroom and ran into a lady who was coming along the passageway, clad in the scantiest raiment. She screamed and started to run. "Don't be alarmed," groaned the man. "Don't be alarmed, madam; I shall never live to tell it."

Johnny (buying ticket in railroad station)—I want a ticket to New York.
Clerk—would you care to go by Buffalo?
Johnny—I don't know. I've never ridden one.

refreshments never was in good taste but nowadays, as the war nears its third anniversary, it is positively unparliamentary to serve too much of anything and risk wasting food, and of course sweet things should be cut out altogether. Hungry guests always enjoy sandwiches but in the summer weather these between-meal snacks are apt to be too filling. What about handing around a bowl of fruit? If guests eat fruit they won't miss sweet cookies and cakes nor will they want anything to drink. If the sugarless, tea-and-coffeeless party problem is solved in one fell swoop.

If, on the other hand, sandwiches are in the hostess's scheme of things it is almost necessary to have a beverage. If the evening is chilly, what about a cup of tomato soup or a clear consommé? This would be original and would

VICTORY BASKET!



ONE WAY TO WIN the war is to grow more vegetables at home, thinks Helen Jean McKay. Like thousands of Canadian girls, volunteers to do farm work in the summer. Here, she hauls a heavy basket. Tough job... but Helen Jean says a bowl of Kellogg's Corn Flakes, with milk and sugar, gives needed food energy helps her to swing right along. Will help you, too. Get several packages today!

not only be stimulating and nourishing but delicious, too, which almost seems the most important thing to a hostess.

If it is true of humanity at large that only those who have the grit and determination and stick-at-iveness to be "triers" accomplish anything worthwhile, it is equally true of the people who make up our circle of personal acquaintances. There is Tom who is above the average in intelligence, who has had a good education, who has a pleasing personality, but has never been able to make a living.

He has tried half a dozen different occupations and failed in every one of them. Now he is old and broken and shabby and he lives by sponging on his friends and borrowing small sums from them. When those who knew him when he was young discuss Tom, they say they can't understand why he is such a failure, but the answer is plain.

He wasn't a "trier." He never made an honest effort to succeed. He never put his heart into his work. He had no pride of craftsmanship. No ambition to rise to the top. He had set himself no goal that he was struggling to reach. He just slacked through life and got slacker's pay, which is nothing.

MANY HOMES WRECKED

One of the great tragedies of the world is the amount of domestic unhappiness and the number of divorces. All of us know dozens of quarrelling husbands and wives. On every hand we see wrecked homes and half-orphaned little children. And we are appalled at the number of boys and girls whose marriages did not last as long as the trousseau.

These warring couples are not brutes and viragoes. They are fine and honest women, belittled by all who know them, and we wonder why they make failures instead of successes of their marriages. The reason is because they are not "triers." They have never attempted to adjust themselves to each other, or to use the diplomacy in dealing with each other that they use in their contacts with the outside world. They know each other's little faults and weaknesses, their prejudices and peculiarities, but instead of using this precious information to avoid friction, they make it the cause of perpetual warfare between them.

And because the young husband and wife find that marriage isn't the romantic idyl that they thought it would be but work and worry, and the curtailment of personal freedom, and doing without things they have been accustomed to, and walking the baby with the colic at night instead of dancing at a night club, they throw up their hands and quit. They don't give marriage a chance to jell. They don't give themselves time really to get acquainted with each other and to turn from lovers into friends. There is not one marriage in a thousand that husbands and wives could not make a success if only they would try to do it.

What a pity we haven't more "triers." We need them so badly in these wispy-washy modern times.

FRETFULNESS IS BABY'S CALL FOR HELP
FRETFULNESS is not natural. It is a sign of trouble. A warning alarm to which you must quickly respond.
Read how Mrs. George Mitchell responds: "I have found Baby's Own Tablets so helpful when my baby gets irritable and upset. I give him one or two tablets and in a short time he is relaxed and sleeps so soundly."
And Mrs. Stewart McEachern says, "When my baby shows signs of fever or fretfulness I give her Baby's Own Tablets which change her to a good baby."
Baby's Own Tablets also bring quick relief from diarrhoea, colic, upset stomach, simple croup, colds, constipation, teething troubles, summer complaint and simple fever.

Need Vitamins for Health, Youthful Looks
We need all the vitamins to keep our youth and looks. But we especially need foods containing vitamin A—yellow fruits and carrots, sweet potatoes and parsley—if we're resist infections such as the common cold.
Vitamin B1 helps keep up body warmth, vitality—so plan more meals with milk, whole wheat foods, liver. And include more vitamin C, to keep body cells and tissues up to par. Best sources are citrus fruits, tomatoes.
Vitamin D, needed for strong teeth and bones, is obtained mostly from sunlight. But you can also get it from fish-liver oils and, in a small quantity, from eggs and butter.
For a healthy skin, more vitamin G, in green leafy vegetables.
Such a diet need cost no more than the meals you have now. Plan healthful, vitamin-rich menus for yourself and your family!
Our 32-page booklet suggests menus bursting with vitamins, gives "Keep Fit Diet" and a chart showing vitamin content of everyday foods. Explains role of vitamins in retaining health, energy, looks. Tells 10 ways to preserve vitamins in cooking.
Send 20c in coins for your copy of "Vitamins to Keep You Fit" to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

Name _____
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City _____ Province _____

Dorothy Dix Says—

"TRIERS" BADLY NEEDED TO INCREASE HAPPINESS

Every Marriage Could Be Successful if Couples Made Real Effort

The Australians have given us a new word for which we tender them our grateful thanks. It is "trier." It is a swell word. A grand word. A heart-warming, inspiring word. A word to take for a slogan, for it is a symbol of our intestinal fortitude.

In the Australian vocabulary the "triers" are the men and women who have the courage to buck life and wrestle with it for whatever they want. They do not accept defeat and sit down with ashes in their hair and whine over their sad fates. They try to do something about it. Sometimes they fail. Generally they succeed. But whether they fail or succeed they have the consolation of knowing that they have put up the good fight. They have not been quitters. And that's something to wear on their breasts like a medal of honor.

When you come to think of it, everything that has ever been done in the world that was worthwhile has been done by the "triers." They kept on trying to do the impossible until they did it. They sailed on and on over trackless seas until they found new continents. They fiddled with gadgets until they brought the lightning out of the skies and turned night into day with electricity. They kept on peering through microscopes until they found the germ of diseases and the cures for them.

They kept on trying to make the ships that would sail in the air until at last an army of white wings soared into the sky. They were generals who fought on after they were beaten and of the wilderness. They were the men who climbed the ladder of success rung by rung. They were the men who amassed fortunes penny by penny.

These men had a thousand disappointments. They made a thousand failures. But they didn't give up. They kept on trying and at last some one of them accomplished his purpose and blessed the world with knowledge, or an invention that made it a better place for everyone who lived in it.

TRUE OF EVERYBODY

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BAKED PIE SHELLS
To prevent pie shells from puffing or bulging out of shape during baking, prick the crust that lies on the bottom of the pan about an inch apart all over with a fork. There should be no air spaces between the pan and the crust, so fit the dough carefully. Flute edges and bake until crust is crisp and light brown.

FOR DAINTINESS USE ODO-RO-DO Cream
Don't miss a beat—in rhythm or in daintiness! Use Odo-ro-do Cream to guard against underarm odor and dampness. Non-greasy, as smooth as satin, non-sticky, harmless to fabrics. Wholesome! Full-ounce jar, only 39¢. Also 1 1/2 size.

THE COOK'S CORNER
RAISIN FROSTING
One cup brown sugar, 1-2 cup white sugar, 2 tablespoons corn syrup, 1-2 cup hot water, 2 egg-whites, 1-2 teaspoon vanilla, 3-4 cup seedless raisins. Combine sugar syrup and hot water. Stir until sugar is dissolved. Bring to a boil and cook until it spins a thread. Beat egg-whites until stiff. Add the syrup gradually, beating constantly until it stands in peaks. Add vanilla and raisins.
N.B.—Most people are using frostings, made with honey, corn syrup, or maple syrup now, to conserve our sugar supply.

DIABETIC BRAN BISCUIT
(For Jonquille.)
Mix 2 cups bran with 1 tablespoon mineral oil. Put 1 tablespoon agar-agar in 1 cup water and heat to boiling point. Mix the bran with the dry ingredients then with the agar-agar in water. Make biscuits about 1 inch thick. Grease muffin tins with mineral oil, cook in moderate oven about 40 minutes. Add a small piece of butter and one egg to this recipe.

ORANGE BRAN MUFFINS
3-4 cup enriched flour
1 teaspoon salt
1 teaspoon soda
1 cup whole-wheat flour
1 cup bran

STOPS PERSPIRATION 1 to 3 DAYS
YOU GET 50% TO 100% MORE FOR YOUR MONEY
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Needlecrafts For The Home

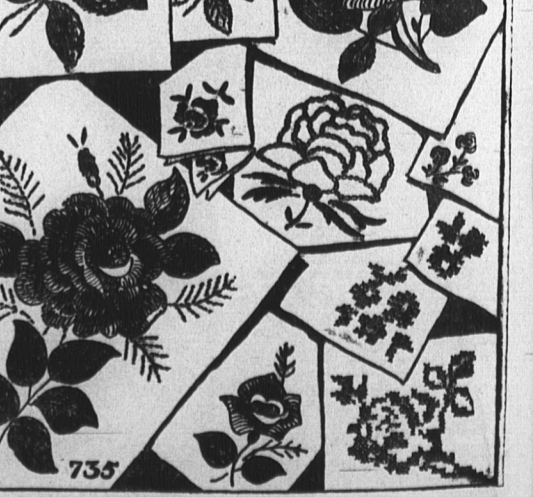
One well-shaped jumper is such a short cut to a varied wardrobe. It mates with your blouses, and each blouse means quite more dress. Gay printed blouses, immaculate white, and plain vibrant colors will ring any change, if you make your jumper of navy. Style No. 2549 is designed for sizes 10, 12, 14, 16, 18 and 20. Size 16 requires 2 3/4 yards 39-inch fabric for jumper; 1 3/4 yards for blouse.
To order pattern: Write or send picture with your name and address with 20 cents in coin or stamps to the Needlecraft Bureau, Charlottetown Guardian, To Charlottetown Guardian Needlecraft Department, Style No. 2549 Size _____

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YOU GIRLS WHO SUFFER DYSMENORRHEA
If you suffer monthly cramps, back-ache, distress of "irregularities," nervousness—due to functional monthly disturbances—try Lydia E. Pinkham's Vegetable Compound Tablets (with added iron). Made especially for women. They also help build up red blood. Made in Canada.

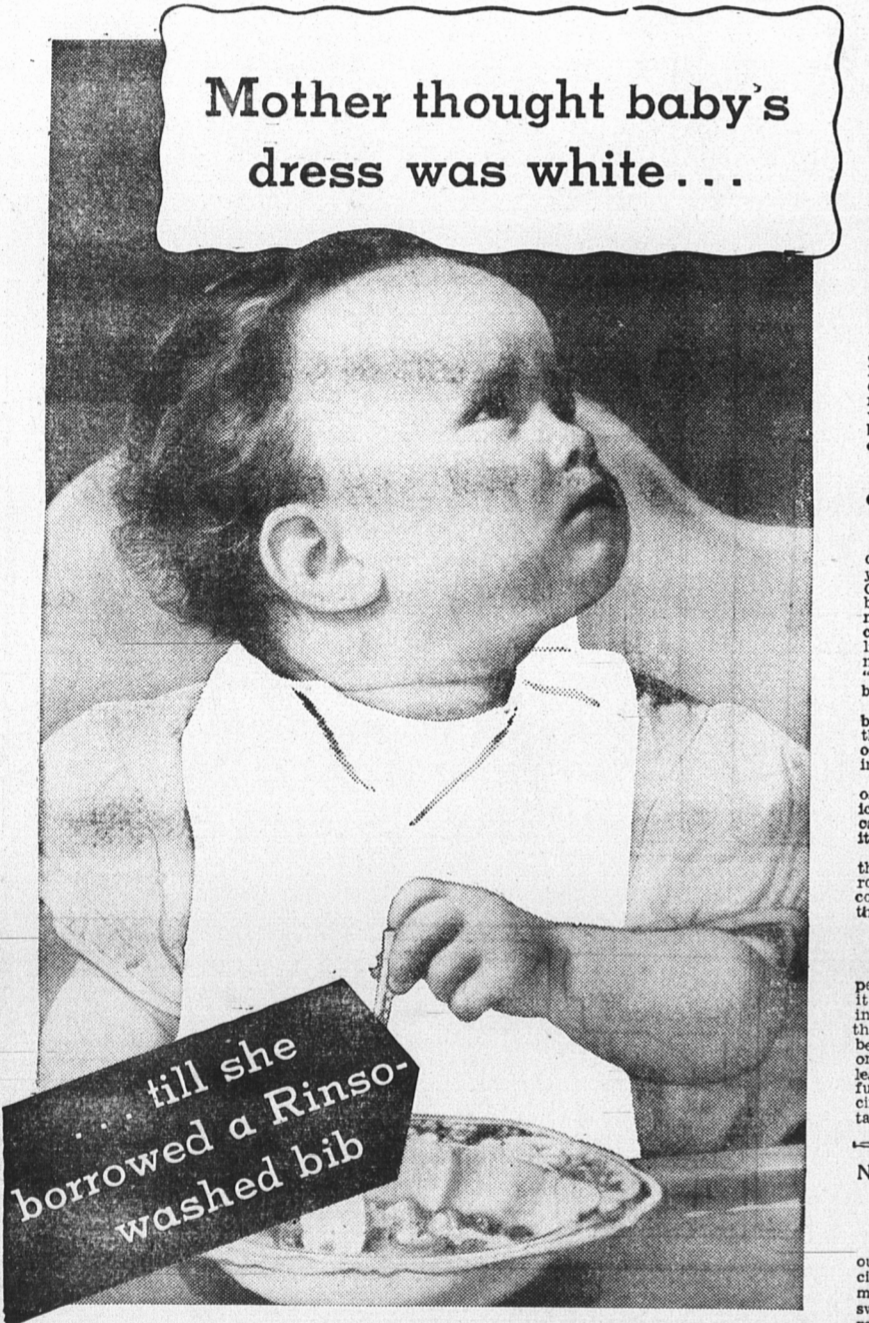
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Use CUTEX ONLY CUTICLE REMOVER

ONE DOZEN ROSES
735



DESIGN NO. 735
Lovely roses to add charm to aprons, guest towels, luncheon sets, dollies, dresser or buffet scarfs, etc. Quickly and easily embroidered in satin, outline and cross stitches. Hot iron transfer pattern No. 735 contains 12 motifs measuring about 1 1/2 by 2 to 6 by 6 inches and 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, To Charlottetown Guardian Needlework Department, Design No. 735

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You'll never be satisfied with anything else once you see RINSO WHITENESS

SEEING is believing! You've only to see a pile of Rinso-washed clothes to be convinced that Rinso not only washes whiter, it gives the whitest wash! In fact you'll say the only true standard of whiteness is Rinso whiteness.

Colored clothes wash best in Rinso too! You'll see that your colored things keep bright and gay, even after dozens of washings. Rinso helps to make all your clothes wear longer. Its rich suds float away the dirt without rubbing or scrubbing.

Rinso gives the whitest wash

