

# Woman's Realm Social and Personal Fashions Literature

## Oven Fresh!

Clap... golden-brown... super-delicious, Quaker Corn Flakes are deep-toasted for extra crunchiness, mated for that extra-zippy taste tang! Packed in big, specially-designed favour-sealed boxes, Quaker Corn Flakes stay OVEN-FRESH to the last tempting spoonful. Order a package from your grocer to-morrow... make SURE they're Quaker Corn Flakes!

ASK FOR QUAKER



They're MALTED

QUAKER CORN FLAKES

PLANKED WITH MALT SUGAR AND SALT

The Quaker Oats Company

## Living & Leisure The Woman's Realm

**THESE THINGS**

I'd rather do a kindly deed  
By stealth than have it known.  
I'd rather lend a helping hand  
Than have help for my own.

I'd rather speak a kindly word  
Or give a kindly smile.  
For these are things that I can give  
To make some life worth while.

It is not empty promises  
That hearten folk today.  
But just the simple deeds and words  
We strew along life's way.

Whoever looks for a friend without  
Imperfections will never find  
What he seeks. We love ourselves  
With all our faults, be they few or many.  
Small or great, and we ought  
To love our friends in like manner.

**HINTS ON ETIQUETTE**

If at all possible a girl's parents  
—at least her mother—should  
go with her to her fiancé's camp  
if she is to be married there or at  
a nearby town.

**REINFORCE GARMENTS FOR LONGER SERVICE**

Advice from the Board of Trade, Great Britain:

"Nowadays every re-made garment becomes a uniform of honor and every darn a 'decoration'." The only thing that really matters is to keep a child clothed. It's surprising how much extra wear a bit of re-inforcing in the right places will mean.

**BUTTON ANCHORAGE:** A sudden tug and pop goes a button! But not if it's backed with a small circle of material on the wrong side.

**ELBOWS OUT:** Patches from a worn out pair of gloves will take care of this on coats and wind-breakers... and leather patches appear on the operational tour across these days.

**SWEATERS TOO:** Need elbow treatment. Weave matching wool.

**with darning stitch on the inside of the elbow takes twice as much wear to elbow it out.**

**NEW PERMANENT DESERVES CARE**

The summer permanent for which you pay a price—a self-erasing curl—lasts as well as a chunk of bliss—deserves more than hit or miss care, and here's what experts tell you to do to keep curls from vanishing.

Decide on a hair style before you get your permanent and be faithful to your choice. Flustering around with hair—changing the parting or the direction of curls, which a machine has routed—reduces life expectancy of a permanent.

Don't wet your hair, if you put up pin curls. An oily dressing does better by your permanent. Don't let curls get soaked in a swimming pool right after they've been put in. Don't get shampooed too soon after a permanent. Give it about two weeks to set and your machine-made waves and curls will stay with you longer.

**THOUGHTLESS CRUELTY**

The stifling interior of a car, parked in the broiling heat, is not fit place to leave the family pet. No more pitiful sight can be imagined than such a car with windows closed, or with, perhaps, one window down a half inch or so, and within a panting dog, frantically seeking a breath of fresh air.

Under such conditions the inside of an automobile can become a veritable oven and too often dogs have succumbed to heat prostration.

We ask owners to park their cars in the shade and lower windows from one to two inches so that there will be a constant circulation of air. Cars are sometimes parked for hours at a time and if an animal is to be left inside, it is not too much to ask that these few rules for the dog's health and comfort be followed.—Our Dumb Animals.

### Ellen's Diary

I thought this morning, as I peered through the kitchen window, regard the labor of some water-fowl as he fished on the bosom of the black stream, that I might well draw a worth-while lesson or even an inspiration from his example. He swooped down on his intended prey, not once but it must have been a dozen times, to rise at last triumphant and sail away into the blue. Perhaps it was only a water-insect, anbling on the surface of the water, craved, or possibly a small minnow. Whatever it was, I was satisfied to see him finally flying away beyond my sight. I rather expected him to stop. But the labor of the water-fowl might even have given up after one feeble attempt—humans will, I suppose, when his very existence depended on his efforts he was obliged to continue till ultimately he was worn out. I thought of the folks who give up in failure, when they have only persisted in their work until they are worn out. I would presently have crowned their efforts. Then it came to me, that perhaps the water-fowl, like the boys and girls, beginning a new school-year, who would have been encouraged to persist, that the labor of the water-fowl might have been a lesson to me. I thought of the folks who give up in failure, when they have only persisted in their work until they are worn out. I would presently have crowned their efforts. Then it came to me, that perhaps the water-fowl, like the boys and girls, beginning a new school-year, who would have been encouraged to persist, that the labor of the water-fowl might have been a lesson to me.

There was hay out at Alderlea this morning, the next-to-the-last round was laid low round after round. The sound of the cutting came to me clearly as I went in and out about my usual work and I thought as I considered the already turning fields of grain that I had seen recently, that the labor of the water-fowl would soon take up the song of the mower for in only a day or two, some harvest will be ready for the cutting.

I was left to prepare the dinner today. Jock said something about moving a fence and I know, coaxing Jeanie to be an assistant, advising me they would return for an early dinner to get at the hay.

I finished the hay at Rob's in the afternoon. I was allowed to drive Nell in the rake, out the Alderlea road and some. The rake was a new one, I thought to whether it would be safe for me to take the trip alone for rakes are full of traps and machinery. I was well prepared for the day, I had a little oil in the tank, I had a little coal in the stove, I had a little vinegar. I had a little coal in the stove, I had a little vinegar. I had a little coal in the stove, I had a little vinegar.

When Jock and Jeanie returned from their work they brought several potatoes dug in passing, from a top grown from a small whole potato, bean and golden wonder, satiny carrots, and new beets, appetizing and ruby-red. I saw tomatoes there, forming in clusters and there will soon be a cucumber ready for the picking. I returned, of course, with a basket full of zinnias with satiny faces and there are snap-dragons—wanderers—now neglected in bloom.

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### Dorothy Dix Says—

#### LET SERVICE MAN ALONE Give Him Time To Be With His Family When He Comes Home On Furlough

DEAR MISS DIX—Can you not say something in your column that will make kind and well-meaning friends and relatives show some mercy to the boys who come home on furloughs? As it is the minute a lad gets on the train they practically kidnap him. They drag him about from place to place and party without reference to his own desires or consideration for his family. They never leave him alone for a moment or give him any rest so the whole purpose of his furlough is frustrated.

As soon as our boy comes home our relatives, and even the boys he went to school with descend on him in droves. If he stays home a private word with him house so that we never get an evening, they jam the house. They insist on taking him out and making the rounds the whole proceeding. When he tries to get out of the house going to pieces they won't take "no" for an answer.

Of course, they do this as a compliment and it makes it impossible for us to defend him or ourselves against them. But why can't they realize that he wants to be at home with his own people and that we want to see him after he has been gone so many months?

**FRIENDS MEAN WELL**

ANSWER—It was a wise man who prayed to God to protect him from the friends because he could defend himself against his enemies. We appreciate and whose feelings we do not wish to hurt when they force their unwelcome attentions upon us.

And that is what happens to the poor, exhausted, bored service men when they come home on furloughs they have looked forward to long. They are dragged from place to place to see another survivors of every war since the Civil War come and reminisce about how they fought at Shiloh or Gettysburg. Mama has promised that they shall be before her Missionary Society and Dad shows them before they had fought. And when the furlough is up, the poor heroes feel as if there is nothing they can do about it. One can only beg his friends and neighbors to have a heart and leave the lads alone with their own people whom they haven't seen for so long and whom they may never see again.

DEAR MISS DIX—I have a husband who is devoted, loving and generous but who forgets special dates like anniversaries, birthdays, etc. I try to let it pass but my feelings too much but when he doesn't remember me on such occasions it leaves me irritable and unhappy.

Except for this our marriage is perfect and if I could find some remedy for his unintentional thoughtlessness I would be completely happy.

**FORGOTTEN WIFE**

ANSWER—The princess in the fairy tale who searched and searched for nothing on a crumpled rose leaf under her forty mattresses of ease forgetting to send you an anniversary present ruin a perfectly good marriage for some woman who has not to be reminded of her husband's birthday. Unfortunately other men have wives who have the same problem that you have. The way they get around it is to have their secretaries write down the important anniversaries and send an appropriate gift for the occasion.

DEAR DOROTHY DIX—What privileges should a girl of 20, who holds a responsible position in the business world and who wants board, have when she lives at home?

ANSWER—Those of a boarder. I should say. A girl of 20 is a right to her own pocketbook and to her own independence as long as she is as a girl stays at home, her fatherly and decent behavior. But as to her as if she were one, no matter how old she is.

DEAR MISS DIX—My husband and I have been married for one thing. Getting them is some-

## It's Quoted in the Queerest Places!

To be sure of full enjoyment in every cup you must use really good coffee.

This advice is so important to true coffee lovers that they are apt to quote it in the most unexpected places. It's the lesson they learned during the acute coffee shortage.

Here's what to do to be absolutely sure of "really good coffee" anywhere or at any time... insist on Maxwell House! You'll always find this superb blend temptingly delicious, fragrant and full-bodied.

Make Maxwell House your regular coffee for these reasons:

1. It's blended from rare extra flavor coffees, each carefully selected for its particular quality of flavor, body or fragrance.
2. Roasted by a special process that captures all the extra goodness of this fine blend.

Maxwell House is packed in a Wartime Bag in an All Purpose Grind and at less cost to you.



Maxwell House Coffee

A Product of General Foods

### A Morning Smoo

A young girl was taken to her first football game. All the way through the match the onlookers raised their voices, crying or complimenting the two teams. When the girl returned home her father asked her which side had won. "Well," she answered, "I don't know. I was too busy eating my popcorn."

### As Long as I Live

By EMILIE LORING

Heavenly, Joan whispered and reached out her hand. She was quite unaware of the gesture. Lamont realized. He caught it and held it. "Like it?" he asked softly. "Love it," she answered fervently. "When you had thirtied up a blouse, I would be the close of the letter. She begged me to join her, suggested that I drive across the country in my car this spring. She said I'd better come in June, before the weather was too hot."

### You can have Softer, Smoother Skin in just 14 Days!

HELP YOUR SKIN RETAIN YOUTHFUL ELASTICITY!

How often a woman wishes... that her face looked as young as her shoulders. You see, shoulders stay smooth, soft, elastic—while faces have pores clogged with make-up, unable to breathe for hours at a time. And when pores can't breathe, skin becomes wrinkled and prematurely aged. But this needn't happen to you! Palmolive offers a proved way to help keep it young and lovely.

You can look younger in 14 days! Each time you wash (use a face cloth) massage twice, vitalizing Palmolive lather thoroughly into your skin for... one full minute. Now, a quick rinse and pat dry. Palmolive's 60-second Massage has been scientifically tested by 2,301 women and 36 doctors. Their reports prove conclusively that... in just 14 days, it brings lovelier complexion.



PALMOLIVE

## Needlecraft For The Home

**REGULING BARBACK**

Stick as a whistle and as smart as pants, this charming and versatile play fashion dress up to go to town when you add a jaunty little "cover-up" bolero.

No. 3779 in size 14 requires 3 1/2 yards 36-inch fabric (dress and bolero).

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

Address: Pattern Department, the Charlotte-Town Guardian.

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

**A Job Only You Can Do**

Patrol 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 members. Persons who have intelligent questions to ask on price control are invited to send them in writing to the Women's Regional Advisory Council, 1000 University Avenue, Toronto, Ontario. Q. Is there a price ceiling on plants? A. Yes, price ceiling on plants came into effect August 14th. Q. Where can I get a permit to buy ammunition? A. A permit may be obtained from your local ration board. Q. I tried to buy an electric fan the other day and the dealer refused to sell one to me. Was he right? A. Yes, sales of electric fans have been curtailed. Fans will only be sold only to essential users, such as hospitals, cargo vessels or for the use of the armed forces.

**ALONE AGAIN? THEN CHECK YOUR BREATH!**

76% of all adults have bad breath! Play safe—use COLGATE'S TOOTH POWDER.

Scientific tests prove conclusively that in seven out of ten cases COLGATE'S TOOTH POWDER instantly stops oral bad breath.

**SAVES YOU MONEY!** Compared to other leading brands, a large tin of Colgate's gives you up to 30 more brushings for not a penny more!

**CLEANS YOUR BREATH AS IT CLEANS YOUR TEETH**

COLGATE'S NYLON TOOTH BRUSH

Colgate Nylon Brushes Can't Get Soggy.

SPECIAL VALUE 29¢

**THE COOK'S MUSTARD BEANS**

6 lbs. yellow beans  
1 cup silver-skin onions  
1 cup mustard  
1 pint cider vinegar  
2 tablespoons celery seed  
3 cups brown sugar  
1 cup flour  
1 tablespoon turmeric  
1 dessertspoon salt  
2 tablespoons finely chopped pickles (optional)

Peel onions and soak in a brine made from 1 cup salt to 3 quarts water, for several hours or overnight. Drain and wash.

Put beans into small pieces and cook in salted water until tender. Drain into large preserving kettle. Bring sugar and vinegar to the boil. Add mustard, flour, celery seed and turmeric. Boil mixture to a smooth thin paste with

**Do You Suffer Distress From FEMALE WEAKNESS?**

With Its Nervous Third Feeling?

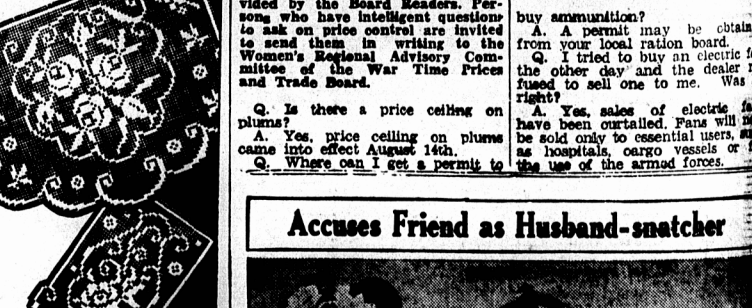
At such times—if you feel dizzy, backache, feel tired, nervous, restless, a bit out of control, or if you have any functional period—start at once—try Lydia E. Pinkham's Vegetable Compound to Pinkham's Compound helps relieve such distress because it has a soothing effect on one of woman's most important organs.

Thousands upon thousands of women and girls—rich and poor alike—have reported benefits. Follow label directions. Pinkham's Compound is a good thing!

LYDIA E. PINKHAM'S MEDICINE

**Accuses Friend as Husband-snatcher**

SHE BLAMED her best friend for her husband's growing indifference... but it was really the fault of her own "one neglect"—carelessness about feminine hygiene. Today, so many modern wives use Lysol disinfectant. It cleanses quickly, thoroughly, and odorlessly, too. Yet it's so gentle it won't harm sensitive tissues—just follow easy directions. Costs so little. Write to Lysol & Fink (Canada) Ltd., 9 Davies Avenue, Toronto 8, Ont., for FREE Feminine Hygiene Booklet.



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