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

MY BREATH'S OKAY!

Remember— 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*, a giant tin up to *46 more brushings*—for not a penny more!
TIP TO SMOKERS! Colgate's Tooth Powder is one of the quickest, easiest ways to guard against tobacco stain and tobacco breath! Get Colgate's today.
COLGATE'S TOOTH POWDER 25c 40c
CLEANS YOUR BREATH AS IT CLEANS YOUR TEETH
COLGATE'S NYLON TOOTHBRUSH Cleans those "Hard-to-get-at" places. Colgate Nylon bristles can't get soggy. SPECIAL VALUE 29¢

THE COOK'S CORNER

VEGETABLE SOUP

2 small slices salt pork or
2 tablespoons fat
1 small onion
2 tablespoons browned flour
2 cups finely shredded cabbage
1 cup finely diced potato
1-4 cup finely diced turnip.
1 cup tomato juice or canned tomatoes
1 cup finely diced carrot
1-4 cup pot barley
2 quarts hot water
Salt and pepper to taste

Cut salt pork in cubes and cook slowly to extract the fat. Add finely chopped onion and brown lightly. Sprinkle with the browned flour. Add prepared vegetables, barley, water and seasonings. Cover and cook slowly for 1 to 1 1-2 hours. Makes about 2 1-2 quarts. Meat or vegetable stock may be used instead of water.

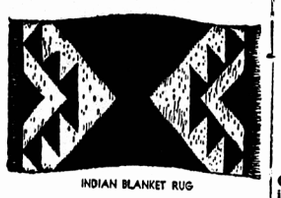
Onion Soup

6 medium onions
2 tablespoons mild-flavoured fat
2 tablespoons flour
2-3 cups milk
1 quart bouillon or stock
6 slices toast
1-2 cup grated cheese

Cook sliced onions in water to cover for 1-2 hour. Rub through a sieve. Melt fat blend in flour and gradually add milk. Stir until mixture thickens. Add sieved onions and bouillon, blending well, simmer 20 minutes. Place 1 slice of toast in each soup plate pour soup over the top and sprinkle with grated cheese. Makes about 1 quart.

ZOMBA —(CP)— The latest cotton crop in Nyasaland was the largest to be produced since 1935. Of the total of 7,691 tons, 1,141 tons were produced by native tenants on private estates.

Home Service



INDIAN BLANKET RUG

PRETTY RUG

Who wouldn't like to own this lovely Indian blanket rug—so useful and so warm, too. And what could be more interesting for you than to make it with your own hands.

The rug, above, has a design that was copied from a Navajo Indian pattern and full instructions as to how to weave it is included in our 32-page booklet.

How useful your hands can be and how artistic, if you train them! Weaving is an art that has been considerably revived in recent years. Particularly since the war began, people are reverting to making their own materials because of a scarcity of the finer wools on the market.

If you want to learn how to make rugs, our 32-page booklet will help you greatly. It tells you what materials you need and then explains clearly how to weave various types of rugs.

The booklet avoids the complex. It tells what can be done with the craft of rugmaking.

Send 15c in coins for your copy of How To Make Your Own Rugs 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

For BABY'S TENDER SKIN
Mothers! Use world-known medicinal Cuticura for soothing and clearing up baby's skin and scalp irritations.
CUTICURA SOAP TALCUM OINTMENT

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 no price control are invited to send them in writing to the Women's Regional Advisory Committee of the War Times Prices and Trade Board.

Q. Now that canned vegetables are available, has my grocer the right to refuse to sell me more than one tin?

A. As the quantity of canned vegetables allowed to each grocer is on a percentage basis, in order to serve some to all his customers he has a perfect right to allot whatever he deems fair to each of his customers.

Q. I found a ration book on the street the other day, and as the address is hard to decipher, could not return it to its owner. What should I do with it?

A. Deliver it or send it to the nearest branch of the Ration Administration.

Q. Where should I turn in the yellow card which may boy left me after being on a 48 hour leave recently, to get additional ration coupons?

A. Cards should be turned in or mailed to your Local Ration Board. This should be done once a month and only when a card or cards show that nine meals have been served to a member or members of the Armed Services.

Q. I have always purchased ginger ale in a carton and now my dealer charges the same price and refuses to supply a carton. Is this correct?

A. The manufacture of soft drink bottle carry-out cartons has been prohibited . . . but there are still a few in stock . . absence of the cartoon would make no difference in the price of the beverage.

Q. I see several long dresses displayed in store windows. Is there not some regulation regarding the length of dresses?

A. Yes, there is definitely a regulation regaring the length of dresses. No dresses in size 16 are to be made that are longer than 43" from the nape of the neck to the hem of the skirt. The exception to this the cream or white wedding dress which, including train length, is not to exceed 59."

JAN. 9, 1940—Maj-Gen. Andrew McNaughton, commander of the Canadian Active Service Force in Britain, arrives in France for conference with Viscount Gort, British commander in France.

Dorothy Dix Says—

WOMEN 6TH COLUMNISTS CLOSE HEARTS TO WOUNDED SOLDIERS

Welcome Home May Be More Tragic Than Parting But Girls Must Help Broken Lovers

A girl writes: "Before he entered the service I was engaged to be married to a boy with whom I was very much in love, as he was with me, and we planned to be married at the end of the war. He was wounded in action and has been invalided home and is now in the hospital. He will never be perfect physically again. He will always be a cripple.

"When he came back he told me that he no longer loved me and he thought we should break our engagement, but I have since found out that he is only calling our marriage off because he feels that it would not be fair to me. But I still love him and want to marry him in spite of this unfortunate accident.

"Do you think that I should try to forget him, or should I make him realize how I feel and that his misfortune makes him all the dearer to me, and makes me all the more anxious to be with him to comfort and help him?"

WOUNDED FIANCES A PROBLEM

The problem that confronts this girl is one that many thousands of other women are going to have to face today or tomorrow, for Johnny is not always going to come home with flying banners and playing bands and his chest covered with medals. So piteously often he will come back maimed, a wreck of the strong, handsome, upstanding lad who went forth so gayly to fight for his country.

Sometimes he will have worse than physical wounds. Under the stress of battle, with the scream of shells and the roaring of cannon in his ears, many a man's mind gives way and he is never normal again. He finds it impossible to adjust himself to the dull routine of everyday work and supporting a family. Many another man will be left by the war just a jangle of nerves that will make him irritable and unreasonable and hard to live with.

Much as it wrenched the hearts of wives and sweethearts to say good-by to the men they loved when they went off to war, their welcoming back may be a still more heartbreaking experience. But it is one that many women will have to go through, and there is no question so important right now as how they are going to meet the situation.

WOMEN MUST PAY DEBT TO SOLDIERS

Are they going to be like the girl who writes the letter I have quoted—big enough and strong enough to take the poor, shattered wraiths, who were once stalwart men to their bosoms and heal them with their comfort and sympathy? Or are they going to be quitters who will turn their backs on the men who can no longer give them good times and luxuries?

I think that we women will be a poor and contemptible lot of Quislings a despicable sixth column of traitors to our country, if we welsh on paying our part of what we owe to our soldiers, who have given their youth and strength and prospects in life to defending us, if we shut our doors and our hearts against them.

Yet already we hear many tales of that being done—of wives who are getting divorces from husbands who are unable to ever be money-makers again, or whose physical and mental state calls for continual tenderness and patience in those who must care for them; and of girls breaking engagements to boys who are not glamorous as they were, nor such good catches.

But each woman is as she is made, and if it is not in her to love her man the more he needs her love, and to consider it a privilege to work for him and nurse him and take care of him when he is ill and down on his luck, then the kindest thing that she can do is to leave him and make way for a better woman. And no man who loses that kind of a wife or sweetheart need mourn her disloyalty.

CRIPPLED SOUL GREATEST MISFORTUNE

But I would like to say to the men who have been wounded that there is a far greater misfortune than nto be crippled in body. It is to be crippled in soul. As long as they have that intact, as long as they have courage and hope and determination to make something of life still left to them they need not feel that they have nothing to offer a woman and that they should set their wives or sweethearts free. That is mistaken chivalry. For they still have love and tenderness and companionship to give their wives, and the privilege of letting them help them to build their futures together. And there is no surer foundation on which to erect a happy marriage than that.

Nor need the crippled man feel that all the opportunities of life are over for him. Medical science does wonders now in building new bodies, in making the lame to walk, the blind to see and the deaf to hear, and just beacuse a man has almost insuperable obstacles to conquer often spurs him on to accomplishments that he would not otherwise have done.

A Morning Smile

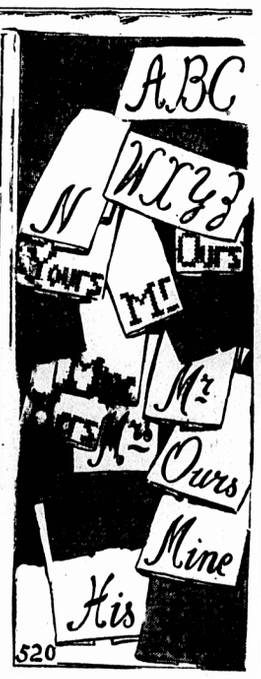
A SMILE

In 1904 when girls did swim,
They dressed like Mother Hubbard.
But now they have a different whim
They dress like mother's cupboard.

"Pardon, miss but swimming is not allowed in this creek."

City Flapper: Why didn't you tell me before I undressed?

Constable: Well, there ain't no law against undressin'.



520

DESIGN NO. 520

A complete alphabet and several Mr. Mrs. Young, Mine, etc., will make many gift towels. They are embroidered in cross stitch, outline and satin stitches. Hot iron transfer pattern No. 520 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, Design No. 520

NAME - - - - - - - - - - -
STREET ADDRESS - - - - - -
CITY - - - PROVINCE - - -

Living & Leisure

The Woman's Realm

FOR WINTER BIRDS

Rena Stotenburgh Travais

I have a shock of barley gold
That is for winter hungry birds;
A sunflower seed and millet hoard,
A rack of corn, and buckwheat stored
For pheasants shy and grackles bold.
Suet crumbs and kale and curds
Shall ... the feast I spread complete;
My heart shall sing and they shall eat.

It is but little I can give
To those who face the storm and cold,
Yet One who said no sparrow falls
But it is known in Heaven's halls
Will know I help a bird to live.
Though I grow weak and spent and old
These months that never come again
I surely have not lived in vain.

SMOKE SIGNAL

Don't spoil fats, and foods cooked in fat, with too much heat. The unpleasant odour of smoking fat is a warning that the fat is breaking down, chemically. Food will be harder to digest and the life of the fat will be shortened, for fat that is overheated becomes rancid more quickly.

BONES FOR THE DOG

The large dog should have two or three bones a week to augment his meal mostly to keep his teeth clean and in order. However, when the bones have reached the splintery stage they should be removed from the yard as these small articles of bones are very apt to stick in his throat and cause a great deal of harm.

Nelson's column in Trafalgar Square on which Canada House looks out, is 100 years old. It was erected in November, 1843, as a national memorial to Britain's greatest admiral.

It is 176 feet high —or less than half a dozen Vancouver buildings. Its capital is of bronze cast from the wreck of the famous ship the Royal George.

At the top of the column is a stone statue of Lord Nelson in the full-dress uniform of an admiral of the Royal Navy.

The pedestal is 36 feet high and bears on its four sides bas-reliefs representing Nelson's four famous battles, the Nile, Copenhagen, St. Vincent and Trafalgar, cast in metal from guns taken from the enemy in these engagements.

The ... guardians to the column were designed and sculptured by Sir Edwin Landseer the famous painter. They have been repeatedly criticised as being unworthy of the artist. But on many Canadian occasions in Trafalgar Square during this war they have been useful as supporters for loudspeakers.

APRONS FOR YOUR GUESTS

If you have no maid and you wisely make your entertaining informal so that your friends come out into the kitchen and help with the dishes by all means provide them with dainty aprons to wear over their dresses. Remember they are more apt to be in better frocks than the one in which you have cooked and would like to go home home free of spots.

BRIGHTEN THE MEALS WITH BISCUITS

MAGIC'S ORANGE MARMALADE BISCUITS

2 cups sifted flour
½ tspn. salt
4 tbspns. shortening
4 tspns. Magic Baking Powder
1 egg
½ cup milk
½ cup orange marmalade

Sift dry ingredients together. Cut in shortening until mixed. Beat egg slightly in measuring cup; add milk and marmalade to make ¾ cup and add to first mixture. Roll out about ¼-inch thick; cut with floured biscuit cutter. Top each with a little marmalade; bake in hot oven (425°F.) about 15 minutes. Makes 16.

MAGIC BAKING POWDER
MAGIC FOR SATISFYING FLAVOR!
MADE IN CANADA

Cloud Over Coraton

BY T. B. BRIDGES

"Where do you live, Mr. Stanbury?" he asked.

"Taverton. I cycled out and left my bike at Colyton Farm." Peter took off his ancient felt hat and ran his fingers through his red hair.

"Nearly three miles and no road," he said. "How in sin am I to get you there?"

"You can't and if you did it wouldn't be any good. There's no one at home."

"Where's the nearest road," Peter asked. Stanbury pointed.

"Nearly two miles," he answered.

"I can't carry you that far." Stanbury chuckled.

"I probably weigh more than you. Twelve stone two was the last record." Peter looked thoughtful.

"There's no getting any wheeled vehicle up here. What about a pony? We've got one at Coraton."

"Oh! You are Mr. Martin's friend."

"That's me. My name is Plews and I'm living with Martyn. Can you ride?"

"I used to—anyhow, I can stick on."

"Right. She's fat and she's quiet but it will take me the best part of an hour to fetch her. Can you stick it?"

"Of course I can stick it, but it's a shame to spoil your fishing."

"Don't worry about that" said Peter with his cheerful grin. "I live on the river. And see here. Not too much of that cold water. Here, I'll make you comfortable before I go."

Peter took off his coat, rolled it up and made a pad of it, then he helped Stanbury off his rather uncomfortable perch and made him lie flat on the grass with the coat as pillow. "All right?" he asked.

"Right as rain," declared Stanbury cheerfully and watched Peter as he started down stream at a good five miles an hour.

CHAPTER X
SUMMER LIGHTNING

Derek was just leaving the house as Peter came striding up. He stopped.

"You look all hot and bothered, Peter. What's the trouble?"

"One stout gentleman with a busted ankle, flat on his back two miles up the Merry Brook. Name of Stanbury. Comes from Taverton."

"Stanbury!" repeated Derek. "He's the local lawyer and clerk to the district council. And, as you say, he's no light weight." He paused. "We might get a farm cart up there but it would take an hour."

"He says he can ride," said Peter. "My idea is to saddle Prim, ride her up there and bring him down on her back," Derek nodded.

"Right you are. I'll come along. One of us will have to lead the pony and the other watch Stanbury to see he doesn't fall off. It's rough going and he won't be able to use a stirrup." He turned towards the stable, then stopped. "Bring some bandages, Peter, and a flask of whisky. You know where to find them."

It was a very grateful man whom Derek and Peter brought back to Coraton about an hour later.

"I don't mind telling you I was scared," he said to Derek, after he had been established on a sofa in the sittingroom. "I'm not so young as I was, and I doubt I'd have lasted out a night in the open."

"Don't think of it," advised Derek. "Tea's coming. That's a much pleasanter subject to dwell on."

"It's a subject to which I am ready to give my fullest attention." Stanbury answered with a fat chuckle.

During tea Stanbury questioned Derek about the raid, and Derek told him of the girl.

"I only hope they have found out who she is," he said. "It would be unthinkable if she had come under Public Assistance."

"I know Pugh well" Stanbury said. "I'll see him when I get back and let you know how things go." He paused and pursed his lips "That reminds me, how the deuce am I going to get back?"

"You can't go to-night," Derek told him. "You must stay here."

(To Be Continued)

Home Test can bring you New Beauty in just 14 days!

Compare your shoulders with your face. Isn't it true they look years younger? 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 lifeless and prematurely aged. But this needn't happen to *your* complexion. Palmolive can keep *your* complexion young.

Look younger in 14 days! Each time you wash, with a face cloth massage Palmolive's lather into your skin for—*one full minute*. Then, a quick rinse and pat dry! It's this 60-second Palmolive Massage that—*in just 14 days*—can give your complexion the elastic soft smoothness of shoulder skin.

PALMOLIVE

KEEP THAT LOVELY SCHOOLGIRL COMPLEXION

WATCH YOUR HUSBAND ENJOY CHASE & SANBORN'S RARE BOUQUET!

To get your full share of deep-down delicious heartening flavor and the lift that helps you get things done, insist on Chase & Sanborn Coffee. It's the coffee men like.

Mother, This Home-Mixed Cough Relief Is Splendid

Saves Real Money. No Cooking. Real Results.

To get really surprising relief from coughs due to colds, you can easily prepare a medicine, right in your own kitchen. It's very easy—anyone can do it—needs no cooking, and tastes so good that children take it willingly. But you'll say it's hard to beat, for quick results.

First, make a syrup by stirring 2 cups of granulated sugar and one cup of water a few moments, until dissolved. Or you can use corn syrup or liquid honey, instead of sugar syrup. Then get 2½ ounces of Pinex from any druggist, and pour it into a 16 oz. bottle. Then add your syrup. This gives you 16 ounces of really splendid cough syrup—about 4 times as much for your money. It never spoils, and lasts a family a long time.

And for real, quick relief, it is actually splendid. It works in three ways—loosens the phlegm, soothes the irritated membranes, and helps clear the air passages.

Pinex is a special compound of proven ingredients, in concentrated form, well known for prompt action in coughs and bronchial irritations. Money refunded if it doesn't please you in every way.

Needlecraft

For The Home

POPULAR PRINCESS

This is one of those basic dresses that you can do anything with—you can dress it up or down as you choose and it will always look charming and give your figure that fashionable slim silhouette.

Style No. 3489 in size 36 requires 4 1-4 yds. 39-in fabric.

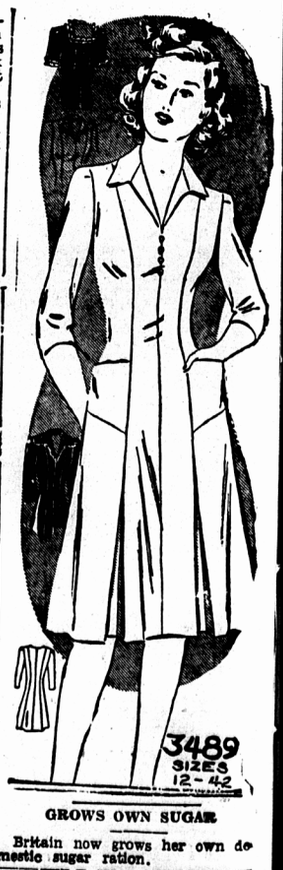
Send 20c for pattern, which includes complete sewing guide. Print your name, address and style number plainly. Be sure to state size you wish

Address, Pattern Department the Charlottetown Guardian.

Name

Street Address

City Province



3489 SIZES 12-42

GROWS OWN SUGAR

Britain now grows her own domestic sugar ration.

A Few Drops
Up Each Nostril Quickly Relieve
Stuffiness of Catarrh

Specialized Medication Works Fast
Right Where Trouble Is—Makes Breathing Easier!

Grand relief from stuffy, painful distress of acute catarrh comes fast as Va-tro-nol spreads through the nose, reduces swollen membranes—soothes irritation, relieves congestion, helps flush out cold-clogged nasal passages. Try it as directed in folder! VICKS VA-TRO-NOL

TILLIE THE TOILER — "THOUGHTLESS" SAFETY.

By WEBSTER

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