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

"ENERGY A-PLENTY comes from Wheat Eatin'

...YESSIM! WHOLE WHEAT IS TOPS FOR ZIP N' VIM," says Li'l Samson!

And Canadian whole wheat in its most delicious form is Kellogg's All-Wheat! Everyone at your breakfast table will enjoy its satisfying, hearty, he-man flavour. Get a couple of packages next time you shop. All-Wheat is economical. So serve it every morning. Made by Kellogg's in London, Canada.

It's whole wheat—flaked, toasted, ready-to-eat

Living & Leisure

The Woman's Realm

APRIL

A pale spring sky
Some sunshine, too;
The slush must dry
And grass creep through.

Two robins on a bough—
It must be April now!

—Marie Orr.

VIEWPOINT

When the other fellow acts that way, he is ugly; when you do, it is nerves.

When he doesn't like your friends, he's prejudiced; when you don't like his, you're simply showing you're a good judge of human nature.

When he picks flaws in things, he is cranky; when you do, you are discriminating.

When he tries to treat someone especially well, he's toadying; when you try the same game, you are using tact.—Catholic Digest.

Snow and salt were mixed by Gabriel Fahrenheit to get zero for h' thermometer.

A light coat of wax applied to furniture and rubbed in well after it dries will protect it from scratches.

If you want to put your best face forward this spring—treat yourself to a real old-fashioned beauty mask. And we do mean old-fashioned! Grandma used them, and without benefit of powder or rouge usually managed to present a rosy face to the world. Give yourself a good 15 minutes for your beauty mask. First clean your face thoroughly with a rich cold cream followed by a healthy soap and water later to remove every trace of dust, dirt and stale cosmetics. To help soften blackheads at this stage, poultice your face with towels wrung out in hot water. All cleaned up? Now you can do a really good job on those enlarged pores with a mixture of uncooked oatmeal and almond meal and a few drops of milk. Mix to form a paste. If you want your mask to bleach, add a few drops of lemon juice or peroxide. History's favorite siren, Cleopatra, liked a simple honey mask, and this is a popular treatment used in more expensive beauty parlors. Just pat generous gobs of liquid honey into the skin, like cold cream. If, like Lillian Russell, you prefer milk—try buttermilk. It is rich and pure and bleaches the skin slightly while toning it. Whichever mask you choose, leave it on your face 12 to 15 minutes. Remove with cold water. Then go see if the little mirror on the wall doesn't show a younger, lovelier you.

MRS. MARIETTE BURROWS found out the cause. A sick liver gave her dizzy spells, sleepless nights—made her always tired and constipated. Fruit-a-tives quickly made her strong and healthy again. Just try them. Fruit-a-tives are Canada's Largest Selling Liver Tablets.

RETURNS TO V. O. N.

Miss Elizabeth Smellie, of Ottawa and Port Arthur, who retired March 22 as matron-in-chief of the Royal Canadian Army Medical Corps nursing service, returns Monday to resume her duties as chief superintendent of the Victorian Order of Nurses. Now on a short holiday, Miss Smellie has been on war-time leave of absence from the V. O. N. since June, 1940, when she went to head the nursing service with the rank of major. This month she was promoted from lieutenant-colonel to full colonel, the only woman in the Canadian army to hold the rank.

FROSTED GLASS

Glass may be given a frosted appearance by covering it with a mixture composed of 6 ounces magnesium sulphate, 2 ounces dextrin and 20 ounces of water.

He stood on the bridge at midnight. And tickled her face with his toes. For he was just a mosquito. And he stood on the bridge of her nose.

The hoe is a good tool to use when planting seeds. The handle can be used to make the furrow for small size seeds, while the blade can be used to make the furrow for the large size seeds. The blade can also be used to press the soil firmly over the seeds.

Doubly Useful

WHEN you open a can of Irradiated Carnation Milk, what you pour out is a double-concentrated milk for use in recipes calling for cream, and for creaming coffee, fruits and cereals.

For milk recipes, just take half Carnation and half water. There you have whole milk consistency and full food value. Grand for drinking, too... chilled nicely, of course.

Carnation is just whole milk with part of the natural water taken out. Sterilized so that it keeps indefinitely unopened... homogenized for creamy smoothness and *Irradiated* for extra "sunshine" vitamin D. Write for free illustrated cook book. Carnation Co. Ltd., Toronto, Ontario.

IRRADIATED
Carnation Milk

A CANADIAN PRODUCT "from Contented Cows"

If you don't see Carnation Milk at your grocer's, ask for it

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

Q. I find that my Ration Book No. 4 is without tea and coffee coupons. The page has not been torn out but appears never to have been entered. What should I do about getting these coupons which I will need?

A. There should be eleven pages of coupons in your new book. If one of these is missing please take or send your book to your local ration office where the mistake will be rectified.

Q. What canned fruits are now off the preserves ration list?

A. There are three canned fruits temporarily removed from the ration list. Canned rhubarb is off the list until May 1 After this date coupons will again have to be surrendered. Canned crabapples and canned blueberries are off the list until July 1, when coupons will be required again

Q. My sister from Watertown, N .Y., is coming to visit me with her baby who needs evaporated milk in his diet. Will she be able to obtain ration coupons to buy it while she is here ?

A. Yes, she should make application to your Local Ration Board. Special "G" coupons for this purpose are issued to visitors to Canada on exactly the same basis as they are issued to Canadian citizens.

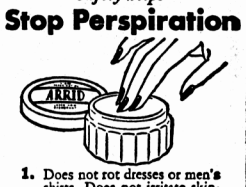
Q. I am thinking of buying a retail business and believe there is some regulation that must be observed in that connection. What is it?

A. You must apply to the office of the Wartime Prices and Trade Board for a permit entitling you to enter the business in question. Please give complete particulars when making application.

Q. Last year people near us received 15 pounds of canning sugar, whereas we received only 10 pounds. Will that inequality be repeated this year?

A. Happily it won't be. The allowance this year is to be 10 pounds per person regardless of where they live. Consumers may, however, augment their stock of canning sugar by exchanging preserves coupons for it at the rate of one-half pound of sugar per preserves coupon.

New Cream Deodorant
Safely helps
Stop Perspiration



1. Does not rot dresses or men's shirts. Does not irritate skin.
2. No waiting to dry. Can be used right after shaving.
3. Prevents under-arm odor, helps stop perspiration safely.
4. A pure, white, antiseptic, stainless vanishing cream.
5. Awarded Approval Seal of American Institute of Laundering—harmless to fabric. Use Arrid regularly.

Arrid is the largest selling deodorant

Guaranteed by Good Housekeeping

39¢ Also 15¢ and 59¢ jars

ARRID

KITTEN APPLIQUE QUILT

DESIGN NO. 344

Applique kittens in plaid to match or harmonize with a plain background add charm to a child's bedroom. Pattern No. 344 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. 344

NAME - - - - - - - - - - -

STREET ADDRESS - - - - -

- - - - - - - - - - - - -

Freshness FIRST

To protect its freshness KING COLE Coffee is rushed from nearby roasting ovens direct to you—carefully packed in the new wartime "flavor-tight" container.

Ask for KING COLE and enjoy the matchless coffee flavor that only FRESHNESS can give!

Dorothy Dix Says—

ATTRACTIVE BOYS ARE GENTLEMEN

Have Good Manners, Are Clothes Conscious, Make Friends And Find Work A Pleasure

A group of high school boys ask me if I will give them a few suggestions about how they can make themselves attractive to other people and acquire a pleasing personality.

Well, little brothers, my first bit of advice to you is to make yourselves gentlemen. That is about the finest thing that any human being can be, so keep it as an objective towards which you are always striving. Being a gentleman is not a matter of money, or social position, or even intellectuality. It is something within a man's own soul that makes him gentle and kind and true and loyal and incapable of doing a mean act. It has been said that if the art of being a gentleman were lost to the world you could learn how to be one from Colonel Newcome in Thackeray's story. That novel should be "must" reading for every boy.

GOOD MANNERS ELEMENT IN SUCCESS

Mind your manners, as our old nurses used to say. Good manners will carry you farther in the world than any other one thing. The boy who can enter a room without falling over his feet; who has poise and self-assurance without being fresh; who knows what to say when people speak to him; who stands when women enter a room and who helps old ladies out of their cars, has a thousand more chances to get on than the boor has. See that your table manners are above reproach. I have known more than one young man of talent and ability who missed getting a coveted position because he gargled his soup and didn't know his way among the silver.

Be clothes-conscious. "Costly thy raiment as thy purse can buy, for the apparel oft proclaims the man," said a seer, and it is a tip you can play all across the board. Be not only neat and clean but appropriately dressed. You can't imagine an employer hiring a boy in a zoot suit, or expecting a boy who was too lazy to brush his clothes, polish his shoes and get his hair cut to bring any energy to a job. You have to look the part as well as be it. People will judge you by your clothes because that is the first thing they notice about you, so make your looks your sales appeal.

Learn how to get along with people and how to make friends. Not only your happiness but your success in life will depend on this, because kissing does go by favor, and people will do things for you because they like you that they would not do for you because it is your due, to save your life.

GOOD MIXER WELCOME IN ALL CIRCLES

To make friends you have to be friendly. Nobody is going to run after you. You will have to do your share of the chasing. You will have to play fair and give and take. You will have to learn to adapt yourselves to others. You will have to be a good loser as well as a modest winner. Learn to be a good mixer. It is one of the most valuable accomplishments that any man can have.

Never forget that there are three things upon which all success in life is founded. They are all habits, and you should start forming them by the time you get out of the cradle. The first is the habit of industry, which makes work a pleasure, an interest, an excitement that never fails. The Number Two habit is the habit of finishing whatever you begin. The failures, the ne'er-do-wells are those who give up whatever profession or business they have gone into as soon as the sledding gets hard, or they get tired of it. The men who win fame and fortune are those who stick to their jobs and see them through.

And the third habit is thrift, how to make money and save it, how to spend money wisely and well so that you may be independent yourself and able to help others.

And, most of all, boys, learn to take girls in your stride. Have plenty of girl friends, because they are a pleasure and an education but don't get serious about them and don't get married until you have gotten settled and are able to support a family.

Fleischmann's fresh Yeast does it!

4 GENERATIONS of Canadian homemakers give credit to Fleischmann's fresh Yeast for smooth, fine textured just-right-tasting bread. Use it—if *you* bake at home. You'll be pleased, too. Bread is the cheapest high-energy food you can put on your table. It's a good stretcher, too, used with scarcer foods. And low in cost. Ask your grocer for Fleischmann's *fresh* Yeast—with the familiar yellow label—today!

SUPPLEMENT YOUR DIET by eating 2 cakes of FLEISCHMANN'S fresh Yeast every day. This fresh Yeast is an excellent natural source of the important B Complex Vitamins.

MADE IN CANADA

A Morning Smile

SCARED AWAY

In a certain village there is a cottage with a door which must be raised a little to be opened, and for this purpose a hatchet is used. One night a knock came at the door and a youngster was sent to see who was there.

"Who is it?" inquired the boy.

"It's me," said the voice outside.

The youngster, recognizing the voice, shouted back, "It's Mrs. Murphy; get the hatchet."

Mrs. Murphy didn't wait.

Ellen's Diary

By An Island Farmer's Wife

This was the morning I gave in, although not entirely without protest. I had promised myself last fall, when the cows were stabled, that I would never milk another cow. I never do in winter. But only so long ago as this morning, I gave in, and milked the Kelly cow. She is the one that having lost one of her horns, passing through the years, is also referred to as the "one-horned" cow to distinguish her from several others we have of the same hue. At Alderlea, the animals get their names not so often from their origin, as from earlier associations.

I stood beside the Kelly cow during the process, watching the nearest foot in anxious apprehension. She never even moved it, but continued placidly to chew her cud. To-morrow morning, I shall likely stand beside her again, but presently my fears will subside and I shall find myself seated on a stool with my head pillowed on her soft flank, while I draw the creamy fluid to the milk-pail—and see visions and dream dreams. Cows, when friendly, can be the most comforting and understanding of creatures.

Another member of Alderlea's family also gave in to-day. For Jeanie succumbing likely to Jock's entreaties went along to assist in the grading at Rob's. It was almost dark when they returned. They report: "Unfinished business." I would have gone along too, but as I could easily touch bottom in my larder, I had baking to do. So this afternoon I baked. I mixed a white cake and although I usually go by "rule of thumb," taking extra care this afternoon I followed a recipe—for the most part. The recipe called for four cups of flour. I had the four cups measured and sifted when I had to answer the phone. It was Mrs. Miller and I guess I must have chatted longer than I had intended or as Rob says: "He passed a good many stopping places." At any rate when I came back and mixed the flour in the cake, the batter was so thin, I felt I had but three of the four cups in the bowl. So I put in another cup—not really full. By the appearance of the cake, as it came from the oven, I realized to my dismay, the extra cup was the fifth. However the proof of it will be in the eating!

We at Alderlea, have been greatly interested in the recently held annual meeting of the P. E. I. Teachers' Federation and, for Jeanie and myself, not exactly from a layman's point of view. The most absorbing problem at the meetings seemed to be that the present educational system is distressingly decadent. Well, of course where there is a problem, there must be a way to solve it; otherwise what can't be cured, must be endured. I most likely would have known the answer at fifteen. I am not nearly so confirmed in my opinions now, nor do I ever expect to know all the answers. But by recent observations centred about a very good friend of mine—Buddy MacRae, age nine. —I have been drawing rather startling conclusions concerning present methods used in our Island schools. To begin with Braeside had the best of teachers both in qualifications and possibly more important in personality. Buddy MacRae is an alert youngster. I should say above average intelligence. He visited me one day during the holidays and I don't know how it happened but our conversation came to the different counties of the Island. I could see at once he wasn't very well informed on the subject so I questioned cautiously: "But you know some Island Rivers?" "Oh, no Mrs. Stewart," he replied "we haven't come to that yet." And yet he fishes and swims and lives almost on the bank of one of our best known and prettiest rivers. Yes, there is undoubtedly something wrong in our educational system but how or where I can never say. I cannot see how the scale of pay would have much to do with the results of the present system. It might in other places. But on this Island, on farm, in woods, on sea, in busy marts, in kitchens, in school-houses we give of our best, "with laughter and kind faces." The reward is a secondary consideration.

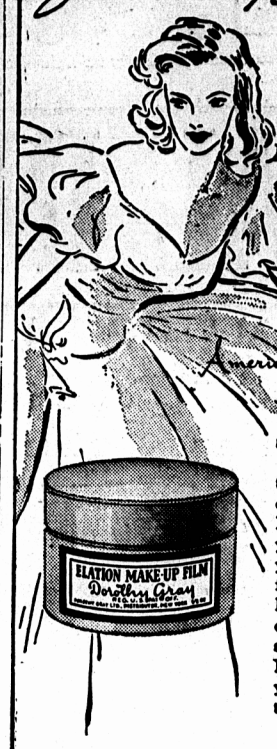
Of course the laborer is worthy of his hire. But sooner or later there will come a time, for there is always a time for everything. Perhaps this is it. Perhaps the tiny eddy being stirred by the Federation will develop into a mighty whirlpool and all the old discrepancies, and failures and shortcomings of the present and past educational system will be thrown in and carried out with the tide — I may not say. I only think what a privilege it is today to be an Island teacher, preparing the children to take their places as good citizens in a post-war world.

I think tonight if I were to teach school, say, next Monday I would spend that first day teaching The Golden Rule. Then I would treat my pupils as adults, with of course, different bents which I would try so hard to find out and encourage. I know I would put them "on their honor" knowing of a certainty in my heart—and also making allowance for it—that to step aside is human." And for a short time each day, day in and day out, week in and week out, I would take time to impress on my charges the great importance of good manners. There are so many things I would do now. It is a sad but true saying: "Opportunity knocks but once."

The sky tonight is jewelled more closely than a Duchess' tiara and away across country the lights of the Capital City make a glow like the sunrise again the sky. It is a comforting feeling to know that here, lights can be thrown boldly into the sky while across Europe — and Asia—so many lights have gone out.

But James is looking expectantly toward the cupboard — and me — and besides Karolyn sent, per Jeanie, what looks like a very delicious piece of Washington pie, pink and white layers with dabs of real icing and cherries on top — so until tomorrow Diary—Good Night.

for more lasting party glamour



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$1.15
DOROTHY GRAY
American Design of Beauty

THE LIGHTEST make-up base imaginable! Dot tiny dabs of this fluffy pink concoction on cheeks, nose, forehead...Elation Make-up Film spreads under your touch so delicately that you're hardly aware of applying foundation cream. Yet this Dorothy Gray powder base coaxes your make-up to cling softly, evenly, hours on end. Helps keep your skin looking youthfully smooth and radiant through a whirl of parties! 1.15

THIS AND MANY OTHER EXQUISITE DOROTHY GRAY PREPARATIONS AT SMART DEPARTMENT AND DRUG STORES

MOORE & McLEOD Limited

Needlecraft

For The Home

FIGURE MAGIC

The cut of this frock is simplicity itself, yet the soft detail is used so cleverly that it does the very nicest things for your figure.

No. 3618 in size 36 requires 3¾ yards 39-inch fabric.

Send 20 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

THE COOK'S CORNER

MARBLOID FUDGE CHEWS

2 eggs
1 cup brown sugar
¼ cup granulated sugar
½ teaspoon salt
1 teaspoon vanilla
¾ cup once-sifted pastry flour
1 ounce unsweetened chocolate
½ cup chopped nutmeats.

Beat eggs until very light; gradually blend in brown and white sugars, then add salt and vanilla. Add once-sifted flour and stir just enough to combine mixture. Turn half of the mixture into greased and lightly-floured 8-inch square cake pan.

Melt chocolate over hot water and stir into the remaining batter. Spoon over the batter in the cake pan to give a marbled effect. Sprinkle with chopped nutmeats.

Bake in a moderate oven, 350 degrees, about 30 minutes. Cut into squares and turn out on a cookie sheet.

A Pimple Covered Face Kills Many a Romance

The lives of many young people are made miserable by the breaking out of pimples, and you probably know of cases where a promising romance has been spoiled by those red, white, festering and pus filled sores on the face.

The trouble is not so much physical pain, but the mental suffering caused by the embarrassing disfigurement which very often makes the sufferer ashamed to go out in company.

The quickest way to get rid of pimples is to improve the general health by a thorough cleansing of the blood.

Burdock Blood Bitters helps to cleanse the blood and with the blood cleansed the complexion should clear up.

The T. Milburn Co., Limited, Toronto, Ont.

TIPPY AND "CAT" STUBBS By Edwina

FIGHT BINDING