

Woman's Realm Social and Personal Fashions Literature

Living & Leisure The Woman's Realm

THE HOME-BODY AND A BIT OF LEMON... It's a wonder to me... the bird to the tree... That you sit here in placid content...

And the bird couldn't say... the bird couldn't say... the bird couldn't say... the bird couldn't say...

HINTS ON ETIQUETTE... We all know how pleased we feel... that a shop clerk calls us by name...

Home Service... Here Are Many Expressive Ways to Speak... Includes a small illustration of a woman.

SHORT COAT... Take your coat "short" this spring... Because it's the little short coat...

SAY THINGS CLEARLY... You see a flock of wild ducks flying in V formation... try to explain the formation...

OUR 32-PAGE BOOKLET... contains hundreds of examples showing how words can be combined into phrases...

QUICK RELIEF PILES... Write for SAMPLE of MECCA PILE REMEDY... Includes an illustration of a man and a woman.

HOSIERY CARE IS IMPORTANT... When we get upset by our stocking problems... these days we can turn our worries into a patriotic plus...

UNDERGROUND COMBAT... For the split second in which Lororook heard the man who called him... Lororook saw the man...

SHORT COAT... Take your coat "short" this spring... Because it's the little short coat that will be long on style...

POPULAR FRINGE HEAD SHAWL... Be gay, be enchanting, by day or night... in a head shawl... Simple stitches are quickly worked in...

DESIGN NO. 1254... To order pattern: Write or send above picture with your name and address... Includes an illustration of a woman wearing a shawl.

With Dover Between By COLIN HOPE

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Dorothy Dix Says—

TAKE PATIENCE WITH RATION BOOK WHEN GOING TO STORES

Americans' Speed Gets Jolt In Wartime From New Employees And New Regulations

If we Americans have one characteristic that is more outstanding than any other, it is our impatience. We are always in a hurry. We rush about from one thing to another...

Wherever you go it's grumble, grumble, grumble. Trains late. It took that fumbling waiter long enough to bring me a cup of coffee to have served a hot dinner...

And this point of view is one that I would especially like to urge upon women when they go shopping, which has heretofore been not only their favorite amusement...

Be patient with these young girls who are having not only their first jobs, but taking their first steps alone into the business world...

They don't know how to handle people. They have no sales talk, no selling experience. They don't know how to flatter a woman into buying something she is undecided about...

More policemen were waiting at the entrance of the cave, and a big police car into which the Gestapo was being driven...

The Vicar stepped forward, but before he could say a word Doctor Darby led the way into the room...

"All right, Mr. Lororook?" he called as Lororook led the way into the room...

"You did, indeed," said the Vicar. "More'n a dozen I've lost. Lororook felt that their release lacked finish. It was not as a play-

wright or a novelist would have brought the adventure to a climax. It would have been more dramatic had he been supporting Jane, carrying her across the meadow to the car...

Peril to life and limb were inherent in the job which Lororook possessed, and he was turning Darby's inquiries from herself to the scientist, who of all the party was alone in showing any signs of strain...

"Suppose you take a walk and let me get some sleep?" "I'd rather not."

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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 been received from housewives in this region...

Q. I understand that blue coupon No. 1 will be used for the purchase of sugar for stewing home-grown rhubarb. Can you tell me how much I am entitled to with this coupon?

Q. I am moving to another city and have a number of old fruit baskets. Can you tell me where I could dispose of them?

Q. You can sell them back to your supplier or to your local fruit dealer.

THE COOK'S CORNER

FRUIT CAKE

2 cups brown sugar, 2 cups sour milk or 1 cup sour cream, 2 tbsps. butter, 2 eggs, 1 tsp. vanilla, 1 tsp. soda, 1 tsp. baking powder, 1 tsp. cinnamon, 1 tsp. nutmeg, 10c walnut meats, 1 lb. raisins, 1 lb. dates, 1 lb. currants, 1 tbsps. molasses, 3 cups flour. Bake in moderate oven.

MACARONI SAUSAGE CASEROLE

1 package macaroni, 1 pound sausage, 1 large can tomatoes, 1 medium onion sliced, Grated cheese, Salt and pepper, Dash of paprika.

Method: Break the macaroni into small pieces and drop into boiling, salted water and cook until tender. Drain. Brown the sausage over moderate heat and then place them in the bottom of a large baking dish. Add a layer of thinly sliced onion, then the drained macaroni and pour the entire contents of the can of tomatoes over this. Season with salt and pepper. Sprinkle grated cheese generously over the top and sprinkle this in turn with paprika. Bake in a moderately slow oven (325 deg. F.) for about 1 hour. This will serve about 8 people, but the recipe could easily be halved for 3 or 4 people.

A Morning Smile

IN DAMASCUS

A British soldier, inquiring in a Damascus street if that was where Aunani Darjan's representative had had their headquarters, was told, "No, they could not have been along here. You see this is the 'Street Called Straight'... Petersburg in the Daily Telegraph and Morning Post."

WALKING IT OFF

Granny was tucking her four-year-old grandson up for the night. "Now, dearie!" she cooed, "ready for your bedtime story?"

"Not to-night, thank you, granny," he replied politely. "I'll sing you to sleep?" "I'd rather not."

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WEEKLY WARTIME NUTRITION HINTS... Martha Logan, Swift's famed home economist, whose weekly wartime cooking column is a regular feature of this page. Look for these valuable hints each Monday. Includes an illustration of a woman.

Why Nutrition IS Important

Experiments by Canadian Scientists prove a proper diet is vital to health

Every woman wants to see a finer and better country grow out of the tribulations of the present. And one of the real jobs we women can do to make that better Canada come true is to get behind our government's nutrition program.

Canada's official food rules are practical and easy to follow, even under wartime conditions. They tell us the minimum of protective foods we need to keep really fit.

And these protective foods are not a matter of guesswork. Years of research—much of it by Canadian scientists—have proved again and again that without the protective foods we just can't be the healthy men and women Canada needs—especially in time of war.

Here, once again, are the things everyone should eat every day—with some of the reasons why:

MEAT, FISH OR POULTRY—At least one serving daily... to build strong muscles. (Liver, heart or kidney at least once a week. Eggs 3 or 4 times).

MILK—Adults 1/2 pint. Children, more than a pint... cheese as available... for bones and teeth.

BREAD—4 to 6 slices of Canada Approved bread, brown or white... for energy—and one serving of whole grain cereal.

FRUIT—One other serving of fruit daily... for better growth and better eyes.

VEGETABLES—At least two servings daily of yellow and leafy green vegetables, frequently raw... to help you resist illness. And potatoes daily, too... best cooked in their jackets!

Actually, of course, each of these basic foods performs more than one protective function, which is another reason why we need them all! Canada is not to become a C3 nation. And remember, these are the minimum requirements. Beyond these, within the limit of wartime supplies, let your natural appetite be your guide.

SWIFT CANADIAN CO., LIMITED

BACK THE ATTACK BUY VICTORY BONDS... Includes an illustration of a woman.

SWIFT CANADIAN CO., LIMITED

Makers of Premium Quality Products; Brookfield Butter, Eggs and Cheese; Jewel Shortening and Silverleaf Lard.

Needlecraft For The Home

STYLES FOR GROWING GIRLS... Both Easy for Mother to Make... So easy to make, in fact, that jumper style No. 2625 might be a very good choice for a girl's first attempt at making her own.

It was voted that the fire insurance on the hall \$10.00 be paid month a sum was voted for the Russian Fund and a new map purchased for the school.

The following has been sent to the Red Cross in Charlottetown since the beginning of year: January, 4 quilts, Feb. 4 quilts 4 Boys Pullover sweaters, 8 pr. socks, 4 pr. seaman's socks, 2 pr. Navy gloves, and 1 pr. navy mitts. March 1 pr. Seaman's stockings, 2 pr. seaman's socks, 2 pr. navy gloves and 4 girls sweaters, 3 of the latter having been knit by Mrs. Christine Robertson, and 4 more quilts, and an Afghan will be completed by the last of this month.

More yarn has been distributed for knitting. It was decided to discontinue the sick treat for the duration and to collect 10 cents or a four bag each month from every household in the district for quilts and blankets for Britain.

Programme, "What the Red Cross is Doing" Next meeting will be held at the home of Mrs. Fred Robertson all call to be answered with 1 yd. print cotton.

Meeting closed by singing national Anthem after which lunch was served.

BELTLINE HEADS TO BRIGHTEN COSTUMES

"Beltline heads" are 60-inch necklaces that can be worn many different ways, are highly colorful additions to spring jewelry collections. Wooden beads and rondels are favorite mediums, with catlin all color and color runs riot through both types. Girls have been drafted for active duty, in tinted cluster necklaces, bracelets and earrings—cool and fragile looking built up resistance against such symptoms. Thousands helped.

Female Weakness

How to relieve MONTHLY Female Weakness... Which makes you GRANNY, NERVOUS... Lydia E. Pinkham's Vegetable Compound is made especially for women to relieve periodic pain and weak, nervous, blue feelings. It has a soothing effect on one of woman's most important organs. Taken regularly—Pinkham's Compound helps build up resistance against such symptoms. Thousands helped.

ONE MORE SULFA DRUG... A new chemical, ammonium 9... Includes an illustration of a woman.

Easter and Spring Set Ups... No priorities on being pretty with these Spring-into-Summer Hats, Blouses, Dresses, Coats, Gloves, Scarves, Skirts, Bags, Etc. All to be Found at KENNEDY'S Ladies' Ready-to-Wear 154 Great George St. Phone 1766

Needlecraft For The Home... Includes illustrations of various dress styles and a list of items for sale.