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

Full Flavor Full Strength

USE Baker's Cocoa for rich flavor and full cocoa strength. It is made from the highest grade of cocoa beans by the Baker process, which has been famous since 1780 for quality and dependability.

For fullest satisfaction, prepare Baker's Cocoa according to the recipe on the label. Up to 90 servings from the 1 lb. size. Use it for baking, also.

BAKER'S COCOA

C143 A Product of General Foods

MOVIES POPULAR

Motion pictures are said to be the most popular form of entertainment in all the armed services.

An ordinary handkerchief, used repeatedly, becomes laden with germs which spread to your hands, clothing and everything you touch. Tissues, such as Kleenex, are used only once, then destroyed, germs and all. This has a second advantage. Because the tissues are always dry, they help you to avoid raw, sore nose so often caused by damp handkerchiefs.

Last, and most important, remember that colds, when neglected, not only spread to others, but may leave your body in a weakened state that invites more dangerous infections. If possible, stay in bed with your cold. If your cold is severe, especially if there is the least sign of fever, call in your doctor.

This War—Four Years Ago

By The Canadian Press

JAN. 24, 1940—German planes raided Shetland Islands for 13th time. King George spent five hours with members of the Canadian Active Service Force, reviewing three units Contingent of Newfoundlanders arrived at British port, preparatory to service on minesweepes.

JANUARY SPECIAL Ladies skirts, size 14 to 20. Price $1.98 clearing at $1 00. S. A. MacDonald's.

1-22-2i

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.

Presenting Mrs. John Doe, Junior and Molly. Mrs. Doe is wearing a suit of her husband's —he is overseas. It has been made over into a tailored outfit. The matching hat is another wide brimmed hat, cut down into modern lines. Molly is wearing an apricot coloured snow suit made from an out moded spring coat of her mother's. Junior's long greys are made from a pair of woman's slacks, his blue jacket and cap made from a coat with matching hat which Molly wore.

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—I often have several meat coupons left over. Will there be enough canned salmon under rationing to use these extra meat coupons for its purchase or will there be a restriction on the number of cans sold to customers?

A About 200,000 cases of canned salmon are being made available for distribution under rationing It is hoped that these will be sufficient to meet all reasonable consumer requirements. If not, retailers will naturally desire to effect the most equitable distribution possible among their customers.

Q. I have done business for years with a feed dealer in a nearby town who now insists that I take flour with the feed I buy from him I don't need this flour. Am I obliged to take it?

A. The regulations of the Price Board forbid this practice as a conditional sale unless the dealer in question established it during the basic period in 1941.

Q. A woman whom I employ daily by the month has her dinner with us. Ought she not to surrender some of her food coupons to me?

A. Yes, she ought to give you one out of every three of her coupons covering the rationed foods you serve her.

Q. My son is about to enlist for active service. What should I do with his ration book?

A. Please turn it into your Local Ration Board immediately he leaves your household.

Q. What should I do with the ration book of a guest at my hotel who died recently?

A It should be surrendered with an explanation to the Ration Administratoin or to the funeral director who was in charge.

Earn Money at Home

Are you a good cook? Do your friends and neighbors rave about your cakes? If you really excel at it, if you do have a way with foods, you might be able to make money for yourself selling your art.

Making money at home is lots of fun, especially when you see the dollars you actually earned by yourself come into your pocketbook.

If you're handy with a sewing or knitting needle or crocheting, try to sell your products.

Our 32-page booklet tells how many women have turned ideas into dollars and might help you along the same lines. Their experiences in the field of needlework, food, clerical work, merchandising and personal service may guide you to success.

Send 15c in coins for your copy of 21 Ways To Earn Money At Home to the Charlottetown Guardian Home Service Address. Be sure to write plainly your name, addres sand the name of booklet.

Name

Street Address

City Province

TRAINED IN ARMY

Basic training of an army dog takes about two months.

RULE NO. 1 FOR SERVING DELICIOUS COFFEE

...SELECT **CHASE & SANBORN** FOR FLAVOR

Dorothy Dix Says—

OLD FOLKS UNSOLVED PROBLEM

Need Loved Ones About Them But Often Cause Trouble With In-Laws And Children

The greatest and most insoluble problem in the world is what to do with old people, especially old mothers, yet it is one with which millions of people have to wrestle every day of their lives. And no one has found out any way to settle the dilemma without someone being offered up as a sacrifice on the family altar.

If human nature was what it should be, grand and noble and altruistic and patient and understanding and sympathetic, then Grandma would be a welcome figure at every fireside. But, alas human nature isn't constructed along those lines to any considerable extent. For the most part, it is selfish and possessive and arrogant and impatient of control and rebellious at being bored, and that is what makes it regard having to take care of Grandma in her declining years as an affliction it does not rate.

MOST OLD FOLKS CRANKY

Of course, there are many exceptions to this rule. There are angelic old people who are so wise and sweet and delightful to live with that their mere presence is a benediction on any home, and whose children and children's children and even their in-laws cherish them and fight for the privilege of having them live with them. But the majority of old people are cranky and set in their ways, and feel that they have just as much right to control their middle-aged children as they did when they were tiny tots in rompers.

This brings about a heartbreaking situation for which apparently there is no remedy, people being what they are. For here is, on the one hand, the woman who has been a good mother. She has given her life to her children's service. She bore them in agony. She spent sleepless nights watching over their sick beds. She toiled to feed and clothe them. She went shabby that they might be as well dressed as the other youngsters. She literally starved to send them to college. She laid up nothing for the future because she was so sure that her children would always want her with them, and that in her old age she would find a soft refuge in their homes.

And her children are not always ungrateful. Many pay their debt to her with the pound of flesh nearest their hearts by remaining old maids and old bachelors in order to take care of her. Many others are forced to welch on their obligation by circumstances that are beyond their control. The yhave married and their meager incomes barely support their own families. They cannot take on another mouth to feed, or find room for another in their over-crowded houses.

IN-LAW PROBLEM BRINGS TROUBLE

Then there comes in the in-law difficulty. No married person is a free agent in domestic matters. John's wife can't get along with Mother. Percy's wife has social aspirations and simply won't have a homely old woman on the premises. Mother drives Sally's husband to drink by lecturing him on the evils of tobacco every time he lights a cigarette. Becky's husband refuses to have Mother around because he wants his house and his wife to himself, without any third party on the listening post.

So what's to be done with Mother? Mother can't change. She can't make herself over into a brilliant and scintillating conversationalist after she has been a simple babbler all of her life. She can't keep from being a repeater and telling the same dull stories over and over again. She can't keep her fingers out of her children's pies, nor refrain from trying to run everybody around her. She can't keep silent about the way her grandchildren do. She is as she is and as age has made her.

And what are the son and daughter who see their homes being broken up by a dear, good old woman, whom they love and whom they would rather die than hurt, yet who cannot ignore their responsibility to their own families? Shall they let Grandma drive their husbands and wives away from them and their children to the streets? Or shall they shut their own doors on the poor old lady?

The comfortable family hotel, the nice boarding house, or a little apartment of her own seems the only logical solution of the situation when money does not have to be considered, but even that is not the answer, because the old do no thive by bread alone. They must have love. They must have their own about them to be happy. They have no interest in life except their children and what their children and grand-children are doing and thinking and when you take that away from them they have nothing left.

And so the eternal tragedy goes on, and nobody knows what to do about it. God pity us all.

IRISH SONGS POPULAR

Were one to make a selection of the most popular tunes of the last half century, one would perhaps find that, much more than any sort of proportional representation might warrant, the bulk of them are Irish. Thus, to mention only a few, we have Killarney, Oft in the Stilly Night, The Minstrel Boy, The Harp That Once Through Tara's Halls, Come Back to Erin, Kathleen Mavourneen, Father O'Flynn, and The Mountains of Mourne.

She is Far From the Land, set to such a lovely and poignant tune, as that composed by the late Frank Lambert, and which Tom Moore who write the words almost a century before, put to a beautiful old Irish folk-song, is perhaps the Irish song with the most interesting story. Sings Moore in his poem:

She's far from the land where her young hero sleeps,
And lovers are around her, sighing:
But coldly she turns from their gaze and weeps,
For her heart in his grave is lying.

He had lived for his love, for his country he died,
They were all that to life had entwin'd him;
Nor soon shall the tears of his country be dried,
Nor long shall his love stay behind him.

The "she" was Sarah Curran the sweetheart of Robert Emmet, the young Irish Revolutionary, who was put to death in 1803, and who some years before had been an undergraduate with Moore at Trinity College, Dublin. Sarah Curran, whom he visited at the peril of his life shortly before his arrest left Ireland after her lover's execution and later died of grief.

Emmet inspired Moore to write another popular song, Let Erin Remember!" The original tune of which, The Red Fox once caused him as a youth to exclaim to Moore, who was playing it Oh, that I were at the head of twenty thousand men, marching to that air! Little did either of them realize what the tune was to mean to Ireland.

Songs of Parting

Perhaps the best, certainly the best-known, of what might be described as the emigration songs, The Lament of the Irish Emigrant, was written by Helen Selina [illegible], granddaughter of Richard Bringsley Sheridan who wrote of the famous diplomat, who wrote letters from High Latitudes. It is to be found in many anthologies, including the Oxford Book of English Verse. The first verse of it

I'm sitting on the stile, Mary,
[illegible] sat side by side
[illegible] morn'n' long ago,
When first you were my bride;
[illegible] springin' fresh and green
And the lark sang loud and high—
And the red was on your lips, Mary,
And the love-light in your eye.
—Exchange.

PLAN EARLY TO PLANT PLENTY. Plan your Victory Garden now, and order your seeds before shortages occur.

SUGAR TOMATO

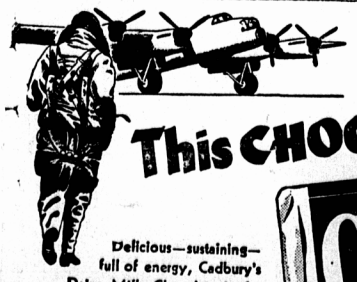
12% to 14% **Sugar Content**

Think of it, a sweet tomato with many fruits exceeding 12% Sugar. Nothing like it ever before. Note the beauty and symmetry of the long racemes of fruit, often two feet in length. Smaller than regular tomatoes, but their superb sweetness and appearance make The Sugar Tomato the finest vegetable introduction in years. Bears enormously and is in a distinct class for dainty dishes, salads, sauces, juice, etc. Irresistible. Be first to have it. Order now.

(Pkt 10¢) postpaid.

FREE—Our Big 1944 Seed and Nursery Book Best Yet

DOMINION SEED HOUSE Georgetown, Ontario

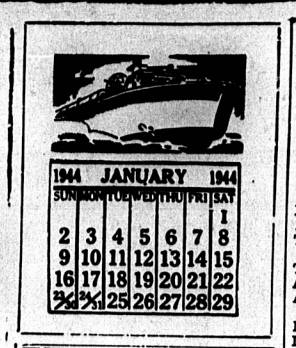


This CHOCOLATE is a FOOD

Delicious—sustaining—full of energy, Cadbury's Dairy Milk Chocolate is the favourite of all Canadians, overseas and at home.

Due to wartime difficulties, we are not always able to meet the ever increasing demand for Cadbury's. We regret any disappointment this may cause you.

CADBURY'S DAIRY MILK CHOCOLATE



THE COOK'S CORNER

BUTTERSCOTCH APPLE PIE

Pie paste
1-4 cup (lightly packed) brown sugar.
2 cups thinly sliced peeled apples
3 tablespoon brown sugar
1 tablespoon butter
1 tablespoon shortening.
1 1-2 tablespoons corn starch
1 cup milk.
Nutmeg.

Line a 9 1-2-inch pie plate with rolled-out pie paste. Sprinkle with the 1-4 cup brown sugar, then add the apples, mounding slightly in the centre.

Place the 3 tablespoons brown sugar, butter, shortening and corn starch in a bowl and cream together; dot this soft creamed mixture over tht apples.

Pour in the milk and sprinkle with grated nutmeg.

Bake pie in a hot over 400 degrees, until apples are tender and top is lightly browned (about 45 minutes).

A Morning Smile

SAFE

Old John custodian of the bathhouses at an English seaside resort, was in the habit of entering Miss Augusta's compartment before she had completely reclothed herself.

One morning she said to him: "John, you ought to knock before you come in. Someday you might come in while I was undressed." To which honest old John replied: "Lor' bless you, miss! no danger of that. O aljus peeks through the knothole afore I comes in."

WHERE HE WAS

Two Scotchmen died and passed on the next life. They met, and began to discuss their old home and their new surroundings. "Ye know" said one of them," I'm not so impressed. I dinna think heaven is sae much better than Perth' after all. Of course it's better, but no 'a great deal, ye ken."

His friend stared at him solemnly. "Mon" he said, "this is no' heaven."

FOR THOSE UGLY RED **PIMPLES**

Try Prompt Relief This Easy Way!

For unsightly blackheads and other blemishes. Cuticura contains tested medical ingredients. Soothes, helps relieve promptly. Promotes natural skin smoothness. See why thousands are grateful. Buy today! All druggists.

CUTICURA OINTMENT & SOAP

GIFT SLIPPERS OR BED SOCKS

DESIGN NO. 986

Attractive bed socks are knitted in medium and large sizes. The soles are added to make the slippers. Pattern No. 986 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. 986

NAME - - - - - - - - -

STREET ADDRESS - - - - - -

CITY - - - PROVINCE - - -

Living & Leisure

The Woman's Realm

MAKE WE WORTHY

It is my joy in life to find,
At every turning of the road,
The strong arm of a comrade kind
To help me onward with my load.
And since I have no gold to give,
And love alone must make amends,
My prayer is always while I live,
Lord, make me worthy of my friends.

A WALKING PLAN

If you live within a radius of 2-3 miles from office or workshop —walk.

If you live beyond this radius, take the car to a walking point 2-3 miles from office or workshop, get off car and—walk.

When you leave the office at night walk for 15-20 minutes, then if necessary, take the car. Your body needs oxygen after being indoors all day. You will arrive home feeling much fresher.

Organize a walking party in your office, workshop or neighborhood, make yuur walking sociable and enjoyable, invite both John and Matilda.

ANIMA LORE

BOWER BIRDS construct beautiful playgrounds, used largely for courting. Mosses are planted, root down, over which may be scattered bright shells, brilliant flowers, and even the enameled wings of insects and beetles. These are replaced as they fade. There is a structure built with a balcony or a tunnel run, where dances are held.

SCENT is a means of communication between flowers and insects, making them interdependent.

DEER MICE can climb trees and will sometimes confiscate birds' nests, but before taking possession, will roof them over to protect themselves from rains and storms.

TAPIRS can run along the river bottom, only sticking their noses above the water now and then for air.

INSANITY appears among animals as it does among people.

BUCK DEER lose their horns during the period their young are born, a wise provision of Nature for their potection and that of their mothers. The males are domineering at other times, but when the new stubs are in the velvet self interests caution care.

SNAKES are rarely found above a 4,000-foot altitude in the mountains The nights are too cool.

KINGFISHER makes its nest by burrowing a four-inch hole that may extend twenty feet into a river bank.

PARASITES—There are two outstanding parasites in the bird world, the cuckoo of Europe and the cowbird of America. Neither raises its young. Some 80 species of birds serve as hosts to the eggs of the cowbird.

FORECASTERS — Birds, dogs, cats and pigs, as well as horses and cattle, and barnyard fowl have hunches concerning the weather. They show a marked change in their customary habits before a storm. Something like rheumatism in people, perhaps. —Our Dumb Animal.

A new resin-treated material can be used to mend materials other than woolens, while they are being ironed, says the consumer branch Cut to fit, this mending tape can be placed under the tear or the worn spot, pressed for a few seconds with a hot iron, and the job's done. For patching heavy material, such as trousers or raincoats, it is suggested that a matching piece be taken from a concealed part of the garment and then set in with the tape.

Science reveals that a sneeze sends germs flying in all directions with the spread of a projectile. A handkerchief held to your nose and mouth will do much to prevent this. Better still, the use of a modern tissue, such as Kleenex tissues which are used in leading hospitals, will not only do much to check the flight of germs, but do much to prevent the spread of germs through contact.

GREEN GROWS THE PARSLEY

A pot of parsley flourishing on the kitchen window sill is a veritable mine.

Families are sometimes funny about eating something they regard as decoration and a sprig of vitamins on a plate doesn't do anyone any good. However, turn the decoration into an ingredient by chopping it finely as the French do and sprinkling it over vegetables just before serving and it is accepted without comment

WORN UMBRELLAS

A worn umbrella still has its use during these days of conservations The worn covering should be stripped off and the form used as a rack, suspended from the cellar ceiling. It can then be used for drying clothes. To avoid rust, the frame should either be enamelled or the spokes covered with cloth.

MASHED POTATOES WITH CHEESE

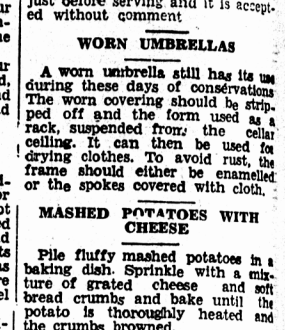
Pile fluffy mashed potatoes in a baking dish. Sprinkle with a mixture of grated cheese and soft bread crumbs and bake until the potato is thoroughly heated and the crumbs browned.

WINDIEST SPOT ON EARTH

Adelie land on the Antartic continent is the windiest place on earth. A full gale blows there day in and day out. The wind never dropped below 90 miles an hour for one whole day in 1912 and raced along at 60 miles an hour for a month.

Grated carrots with Thousand-Island dressing spread on wholewheat or Canada approved bread, a few slices of hard-cooked egg tucked in make a delicious and nutritious school sandwich.

AMERSHAM, England—(CP)—An author who wrote each of his books with a new quill pen, Mark Channing died in this Buckinghamshire town, aged 64. He was at work on "The White Bird," a book on comparative religion, at his death. Some of his other books are "King Cobra," Indian Mosaic" and "Indian Village."



MRS. GERALD JOHNSTON thought the days would never end—no ambition, no energy, jittery, headachy and never regular. Fruit-a-tives quickly made her feel healthy and happy again. Perhaps an inactive liver has got YOU down too! Buck it up with Fruit-a-tives, Canada's Largest Selling Liver Tablets.

Needlecraft

For The Home

FITTED JUMPER

A jumper and blouse is just as dear to the heart of your schoolgirl daughter as it is to her older sister's.

No. 3637 in size 8 requires 1⅝ yards 35-inch fabric for jumper and 1⅝ yards 35-inch fabric for short sleeved blouse.

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

Address, Pattern Department the Charlottetown Guardian.

Name

Street Address

City Province

Suitable Canadian Forestry Corps personnel who have returned to Canada are being afforded the opportunity of remustering into other services for Overseas duty.

STOP the AGONY of BURNS

Quick! Slap on a thick Poultice of Mecca Ointment. Almost instantly MECCA relieves the agonizing pain and lessens shock to the sufferer. Then MECCA cleanses the wound—arrests further destruction of the tissue. Then its medicinal properties are absorbed by the tissue, assisting nature to heal quickly, and in most cases preventing scar. Is MECCA (25c) in your home right now?

"MECCA OINTMENT