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

FOR 4 GENERATIONS

Canadian women have relied on Fleischmann's *fresh* Yeast to bake bread with fine, smooth texture, sweet, delicious flavor! If *you* bake bread at home use Fleischmann's, Canada's *favorite* fresh yeast. Order from your grocer today!

GET MORE VITAMINS — MORE PEP! Eat 2 cakes of FLEISCHMANN'S *fresh* Yeast every day. This Yeast is an excellent natural source of the B Complex group of vitamins!

MADE IN CANADA

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 Time Prices and Trade Board.

Q. I lost my ration book a couple of weeks ago but made no application for a new one. My book has now turned up but several coupons have been invalid. Could these be replaced with valid ones?

A. No. It is not possible to replace coupons which have expired for this reoson.

Q. I am expecting guests from the United States and understand that temporary ration cards may be obtained for them. Is it possible for me to get them or must they apply in person?

A. Your guests must apply in person when they reach Canada. They may apply at any one of the Local Ration Boards in the Province.

Q. Will there be any more "F" (Canning Sugar) coupons, other than those numbered 1 to 10 valid at a later date?

A. No. There will be no further allotment of canning sugar available this year.

THE COOK'S CORNER

CHEESE CROQUETTES ARE TASTY DISH

(Serve with Green Salad)

1 pound cheese
½ teaspoon dry mustard
6 to 8 drops Tabasco sauce
¼ teaspoon salt
2 teaspoons Worcestershire sauce
1 tablespoon flour
4 egg whites
1 tablespoon water
Dry bread crumbs for rolling croquettes.

Grind cheese in meat chopper; then mash to a paste with a fork or spoon. Add seasonings and flour, and finally 3 of the egg whites, stiffly beaten Use hands to form balls about ½ inch in diameter. Chill in refrigerator until ready to use. Just before cooking, roll balls in bread crumbs, then in remaining egg white, beaten and mixed with water, then in crumbs again. Fry in deep hot fat (375 degrees F.) until golden brown. Drain on unglazed paper. Place on toothpicks and serve hot as an appetizer or make larger croquettes and serve as main dish with tossed green salad. Makes 32 small croquettes.

How Can I!!

By Anne Ashley

Q. How can I separate a water glass when it becomes stuck in another?

A. Pour cold water in the upper one to contract it, and then immerse the lower one in warm water to expand it. They can then be easily separated.

Q. How can the skins from beets be removed very readily?

A. Place the beets in hot water for a short time, drain off the hot water and imediately fill the vessel with cold water.

Q. How can the shiny parts of a garment be removed?

A. Sponge it with a solution of one teaspoonful of ammonia to one quart of water. Then press on the wrong side.

Better English

By C. D. Williams

1. What is wrong with this sentence: "My salary has been raised."
2. What is the correct pronunciation of "longevity?"
3. Which one of these words is misspelled? Hideous, courageous, contageous, temporaneous.
4. What does the word "skeptical" mean?
5. What word beginning with ser means "slavery"?

Answers

1. Say, "has been increased." 2. Pronounce lon-jev-i-ti, o as in "on," e as in "let," accent second syllable, and not long-gev-i-ti. 3. Contagious. 4. Pertaining to one who doubts or disbelieves. "His skeptical mind would not accept it." 5. Servitude.

If Babies could talk — they'd say...

Dorothy Dix Says—

NATURE DECIDED WOMEN'S LOT

After The War She Will Marry, Have Children, Cook As She Always Has

A great many people are agitating themselves over what women are going to do after the war. It is a grand subject for a summer debate because the subject is just about as hot as the weather, and nobody's argument is hampered by any facts and figures. All is pure surmise and one person's guess is just as good as another's. Women, themselves, can throw no light on the problem because they don't know what they can do, or what they will have to do, or even what they want to do after they take off their coveralls and put on their skirts again.

There are as many schools of thought about the matter as there are individuals. There are those who assert that women will have had enough of understudying men and that they will gladly rush back into what used to be called their "sacred sphere" where they can put perfume behind their ears instead of having machine grease on their hands. Others contend that, having tasted blood in the shape of financial independence, they will never go back to wheedling carfare out of their husbands.

Realists assert that after the duration that there will not be enough jobs to go around, and men will grab all of the good ones, and that Mom will have to return to her cooking stove and washing machine whether she hankers for them or not. While the starry-eyed dreamers foresee a brave new world in which democracy will be extended to even take in wives.

BOTH VIEWS WRONG AND RIGHT

Perhaps all of these arguers are a little bit of all right, as well as being a good deal wrong. The assembly line was never home to the domestic-minded woman and she will be glad to be surrounded again by her pots and pans, but no miracle is ever going to reconcile the woman who has once toted her own pocketbook to not getting her pay envelope on Saturday night.

As for jobs, maybe many women will have developed unsuspected skills that will give them priority over men. Or men and women may swap jobs so that there will be no sex in work, and the man who is a born milliner can make hats, while the woman who has the hands of a mechanic can go on making automobiles.

But in trying to decide what's to become of women after the war we forget one thing, and that is that Nature settled all of these matters aeons ago. The real pattern of life never changes. Boy meets girl. They fall in love. They marry. They have children. They make homes. Food has to be cooked. Clothes washed. And no matter what a girl starts out to be, ninety-nine times out of a hundred she ends by doing the things that every woman since Eve has done.

The time has not yet arrived when we can order our babies sent to us parcel post. We still get our nourishment from well-cooked food. Instead of from pellets we carry around in our pockets. And as long as these customs and habits survive marriage will still be women's greatest career. And they will just naturally gravitate to the kitchen and the nursery.

So we are borrowing trouble when we worry over what women are going to do after the war. They are going to do pretty much what they have always done.

Ellen's Diary

By An Island Farmer's Wife

James came from the land of dreams with a start this morning, to notice the sun bright on the bedroom wall. He dressed hurriedly for there was certain to be the busiest day ahead. I was surprised to see my bread actually watching for me, as I opened the "stair-foot" door for it seemed as if I had only mixed it. But there it was as Aunt Kitty used to say: "like a puff-ball" demanding to be kneaded down for the second rising. I thought then I should have used a bit more flour in the mixing last night. I knew that, at the time but the flour was in the porch and it was so dark and eerie there my heart failed within me, and as James had already retired, I decided to leave it as it was. It was inclined to spread this morning and although Rob said appreciatively: "who built this?" as he reached for another slice at supper-time. I wished that I had been brave enough to secure one more handful of flour, for in bread-making as in a great many other works of our hands it can be the bit more or less that makes the difference between the mediocre and the perfect. In this case: "The little more and how much it is: The little less and what worlds away."

* * *

The men went, with numerous wrenches to place the new wheel on the binder. James was apprehensive that it would delay the cutting over-long. However, h's lucky star must have been in its "ascension" today for the repairs were made in no time. I could scarcely believe it when I heard the sound of the cutting from up the wood-road. Then nearing the dinner hour. Jeanie came in to tell me, they had moved the binder and were busily engaged in a field nearer the buildings. When later, I complimented them on the splendid work they had accomplished and said: "We'll finish the cutting this evening", James said: "That's unlikely, there's the field across the creek." Dear me, I had completely forgotten the field of grain, whose growth I had noted each day as I went with James and the cream-can to the road.

* * *

I washed a few pieces this morning, perhaps by way of celebrating the successful repairing of the binder. Things were once more right in the harvest-field. there was a batch of bread baking in the oven and the next best thing of course to my mind was a line of washing dancing in the breeze. One article I almost despaired of cleaning was James' next-to-best shirt. There were indications that he had forgotten his glasses on Fair day. My sleuthing, neither professional or I would say amateurish, leads me to believe there was green paint somewhere about the fair-grounds that day. But how could James get it on the very tip of his shirt-collar? That is as yet a mystery to me when I complained about it, he asked a bit loftily I thought: "Fainty You're sure it was green?" and when I assured him of the fact, he said with a faraway look: "It might have been red." There must have been red paint somewhere about the fair-grounds as well, that day.

* * *

This was one of the rare days at Algeriea "when the paper doesn't come." Every one was disappointed, even Jeanie's visitor, someone very dear to her who is spending a brief-holiday at the home across the lane. Karolyn too called-up to inquire if ours had come James, as is his custom, sat down before dinner and reached for his glasses only to lay them aside again. He was rather disturbed for he wished to read about the taking of Paris from within and also to ascertain whether Rumania had finally decided to disagree with the Germans." There had been something to that effect, that he had not quite "caught" in the morning-news. For his disappointment, I remind him that only when the things we take for granted are taken from us even temporarily do we learn to appreciate them. I think there will be a rush for the mail in the morning

* * *

There was a shower this evening, not enough, of course but a little moisture to refresh drooping, dispirited plants. It came as the cows were being brought to the stables for the evening milking and the men came from the harvest-field, I did intend to go a-visiting this evening but instead spent it beside the fire. James scans the sky, still dark and sullen to tell me: "If it continues raining, it will do more good than I can do", thinking I suppose of thirsting turnip and potato fields. It is very quiet tonight, no sound excepting the water "over the dam". There is not even one star and the man in the moon has hidden his face. But we must retire, for as James truly says: "No one can tell what the morning will bring."

Until tomorrow — Diary—Goodnight.

Household Scrapbook

By Roberta Lee

An Improved Dustpan

Bend the hollow tin handle of the dustpan to a right angle with the pan and insert a discarded broom handle. It avoids much stooping.

Threading the Needle

After threading the needle, tie a knot in the end of the thread that was last broken from the spool and the thread will not kink.

Method of Testing Coffee

A way to test the quality of coffee is to put a spoonful in a glass of cold water and add a few drops of lemon juice. If the coffee is pure it will remain on top of the water; if not, the water will become brown in color.

Living & Leisure

The Woman's Realm

KITCHEN WINDOW

I glance from humble toil and see
The star-gods go in heavenly pride;
Bright Sirius glittering through a tree,
Orion with eternal stride.

And as I watch them in the blue,
With shading hand against the glass,
I know not if their work I do,
Or if for me they rise and pass.
—J.E.H. Macdonald, in New Harvesting.

APPEAL TO WOMEN

An urgent appeal has gone out to British women to help clothe the children of occupied Europe and the Government is making available special supplies of wool and other material to facilitate this task. Clothing factories whose labour is fully employed on direct war and essential home needs cannot meet the estimated demand and spare-time help from women is asked Women's organizations are undertaking to co-ordinate the effort.

Clipped from the Lost-and-Found: "Found—bird or hat which flew or blew into Murphy's Service Station. It's sort of round with green and red feathers or quills in it. If you've lost a bird or a hat, or even if you haven't, drive by and see it; it's worth the trip."

More than half this year's pack of California sardines will be used for the armed forces and lend-lease requirements, because of the high food value of this fish, its low cost and the transportability of the canned product.

COSMETICS

Even in cosmetics, the armed forces have first choice these days! From London, England, comes the story of how. British women are without sun-tan cream this summer because troops need face cream for camouflage. Hundreds of tons of the camouflage cream have been manufactuhed for commandos and air-borne troops. It comes in three colours, black, green and brown.

One British cosmetic firm is making anti-frosbite cream for R.A.F., air gunners. This lotion, used at all bomber command station looks like foundation lotion, but it eventually dries white.

What parsley does for you and what it does for the taste appeal of your cooking are two different things but they're both good! Add a dollop of finely chopped parsley to egg dishes, salads, soups and of course, fish. Its piquant flavour helps sharpen more delicate ones. . . and its vitamins A and C and high iron content.

SNACK NAPKINS

The thoughful mother of a family given to midnight snacks has provided a set of gay napkins especially for the use of the icebox raiders. She makes these herself of bright checked ginghams—red, blue, green and yellow checked with white. They measure eight inches by eight inches and are finished with a one-inch fringe.

In one corner of each napkin is appliqued a fruit design, cut from plain material in the natural fruit colors— apples, grapes, peaches, pears, etc., with sterm and a leaf or two. The napkins are folded so that the design comes on top; and a pile of them, together with several small trays, are always to be found on top of the refrigerator for the young people and their friends who usually drop in after the movies for a late snack. It might be added that father frequently does a bit of "raiding" too!

COLORS GALORE IN NEW PLAIDS

Plaids that almost shout with free and uninhibited combinations of colors, are used for suits, extra jackets, capes, and coats. With such an eye-catching maze of colors you can proceed, with or without caution, to the roundup of a typically fall and winter 1944 wardobe.

Green red, or gold colored extra skirts; beige, gray, light blue red and off-white blouses; dotted and striped wool scrafs, vest sweaters, and thick, swanky looking string finger gloves are all the extras needed, one of each or as many as your allowance permits, for the fun of making six original outfits work like 18 or 20 before the season is over.

PERK UP THAT VEIL

In these days, when good vieling is scarce, it is a wise policy to care for what one has. A weary-looking veil can be restored to crispness by pressing under waxed paper with a warm iron.

BE CIRSUMSPECT WITH HAIR STYLES

Slicking hair back from a centre part, so as to look like a Madonna in a floating halo, is all right for the war-bride-to be whose features are that good. To be that good a hair-line should be nearly perfect, a brow ditto and a face should be more oval than anything else.

If you haven't features that oblige, you'll hear more envious sighs from the pews, if you'll revamp the Madonna hair-do to suit the needs of your face; will wear a bang, even if it's only a whisper of a fringe; or will soften a slickback ciof with waves that undulate from a centre part, if your face needs it. But forget about this current style entirely, and be a rugged little individualist who piles curls on top of her head, if you have a fulish face that needs a build-up.

The summer permanent deserves more than hit or miss care, and here's what experts tell you to do keep curls from vanishing.

Decide on a hair style before you get your permanent and be faithful to your choice. Fussing 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 coaked in a swimming pool right after they have 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.

Modern Etiquette

By Roberta Lee

Q. What is the correct way of introducing a man to a woman?

A. The man is invariably presented to the woman. The only exceptions are when a woman is introduced to the President of the United States, to a cardinal, or to a reigning sovereign.

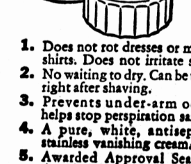
Q. Whom does the bridegroom name as the best man?

A. The brother of the groom, the brother of the bride, or the groom's best friend.

Q. How long should a hostess wait for a guest who is late for dinner?

A. Not more than fifteen minutes.

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

39¢

Also 15¢ and 59¢ jars

Guaranteed by Good Housekeeping

ARRID

Why Preferred Milk?

WHY is Irradiated Carnation Milk the preferred milk for bottle-fed babies?

It's a *soft-curd*, homogenized milk, very easy to digest. It's a safe milk—absolutely. It's a *nourishing* milk—as nourishing as milk can be . . . *extra* rich in "sunshine" vitamin D to help build strong bones and teeth.

Sturdy, straight bodies—beautiful, regular teeth—these come from right *diet*, and plenty of the right *milk*. Ask your doctor about a Carnation Milk formula for your baby. Write for free book, "Your Contented Baby". Carnation Co. Ltd., Toronto, Ontario.

IRRADIATED
Carnation Milk "from Contented Cows"
A CANADIAN PRODUCT

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

A Morning Smile

POOR FELLOW!

The wife looked furiously at her pale-faced husband.

"If sitting with your back to the engine made you feel sick, why didn't you ask some one to change places with you?"

"Because there wasn't anybody else in the carriage to ask," he said helplessly

TOO SOCIABLE

Mrs. Smith induced her husband to take her shopping and at one big store they strayed into a mannequin parade that was taking place. One evening gown displayed particularly attracted Mrs. Smith's attention.

"Darling," she said, don't you think that would look nice at our party next week?"

Mr Smith loked at the mannequin and his eyes brightened.

"It certainly would," he said eagerly, "Send the girl an invitation."

Needlecraft

For The Home

HOUSE FROCK

A very trim and pretty coat dress with the new cap sleeve, which you can make in a jiffy because there are just three pieces to cut and seam together.

No. 2773 in size 36 requires 4 yards 35-inch fabric; 2 yards edging.

For applique order Transfer Pattern No. 11215 which includes 24 different motifs suitable for applique.

Send 20 cents for PATTERN. 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

2773
SIZES 12-40
APPLIQUE 11215

It is not the earth, it is not America who is so great,
It is I who am great or to be great,
it is You up there, or any one,
It is to walk rapidly through civilizations, governments, theories,
to form individuals.
Nnderneath all, individuals, I swear!
nothing is good to me now that ignores individuals.
— Walt Whitman.

TILLIE THE TOILER—

By Webster