

Woman's Realm Social and Personal Fashions Literature



HEALTH LEAGUE OF CANADA

TORONTO, Ont., Dec. 8—Appointment of Joseph Liebstein of Saskatoon, Sask., as chairman of the national health committee of the Junior Chamber of Commerce of Canada has been announced by W. F. Reid of Calgary, president of the organization. Mr. Reid said that the new chairman would immediately organize the Junior Chamber's nationwide campaign against venereal disease, in collaboration with the voluntary effort of the Health League of Canada and the official program of the federal and provincial governments.

Mr. Liebstein's appointment and his acceptance of the post, which is a voluntary one, was received with satisfaction in Health League and government circles. A. C. N. R. Express employee, he has said, voted much leisure to public welfare and Junior Chamber projects and headed the first Junior Chamber campaign against venereal disease in Saskatoon three years ago.

The venereal disease education program is the major wartime project of the Junior Chamber of Commerce since its conference at Niagara Falls early last summer. Mr. Reid reported. Member groups across Canada will participate in a campaign to be launched with observance of Social Hygiene Day

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. For those 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 Time Prices and Trade Board.

Q In my boarding house the landlady charges the correct rental set by the Board but makes all tenants pay extra each week in order to keep their rooms. This extra money does not show on our receipts. Can she do this?

A She certainly cannot. If you will write again giving the name of your landlady and the location of the house we will have the matter investigated immediately.

Q I have recently arrived from London, England. Is it necessary for me to register with a shop in order to shop with my ration coupons?

A No, it is not necessary for you to register with any shop. Our regulations are not the same as in England. You may purchase rationed commodities at any shop you choose, providing, of course, you surrender the necessary coupons when you make your purchases. If there are any of our regulations which you do not understand please write to us again.

Lance Corporal Jean Baptiste Vangeenhoven, No. 12 Company, Veterans Guard of Canada, Ottawa, who was awarded eight medals by the British Government. He served continuously in the First World War, from 1914 to 1918, without missing a day of service. (Canadian Army Photo)

Capt. Madeleine St. Laurent, daughter of Canada's Justice Minister, is now staff officer for the Canadian Women's Army Corps in Military District No. 12 with headquarters at Regina. She was one of the two officers appointed when the C. W. A. C. was formed in 1941 and has held appointments in Montreal and Quebec. She returned from a tour of duty overseas earlier this year. (Canadian Army Photo)

Dorothy Dix Says—

EXERTING LOVE, HELPFULNESS EARNS PROFIT IN FRIENDSHIP

Folks Complaining About Lack Of Close Associates Usually Cool To Others

DEAR MISS DIX—Is there a real and true friend in this world today besides your mother? If there I have yet to see her. So many times I have been disappointed in people I thought were my friends but found out differently. I need a friend, but the girls where I work and meet elsewhere have so many different moods I cannot tell whether they like me or hate me. I wonder if they realize how they are hurting me physically and spiritually.

In this world I still believe that your pocketbook is your best friend, and the only mother will stick by you through thick and thin. What do you think? ONE WHO IS SEEKING A FRIEND.

FRIENDLINESS WINS FRIENDS

ANSWER—It has been said that to have a friend you must be friendly to yourself. Nothing is truer than that. And if you will look about you, you will see that the people who have no friends and who are always complaining about the lack of friendship in the world are those who have left it to themselves all their lives and made no effort to attach any human being to themselves.

You will find a pertinent example of this in the old people you know who are always weeping and wailing over their loneliness and complaining about how they are neglected. They see themselves as victims of the heartlessness of the world, yet these very same people, when they were young, never considered anything but their own selfish pleasure. They never held out a helping hand to a poor person. They never gave a hard-working girl a pretty party frock. They never bothered to write letters of condolence to those who were in trouble, or send wires of congratulation to those who had some good fortune befall them. They never kept their friendships in repair, as Benjamin Franklin advised, and so when their hour of need came they found they had no friends.

On the other hand, you know plenty of old people who are cordial and made much of whom people go to see when they are sick and send flowers to, or make little visits to see when they are well. They are the hearts of all who knew them by a thousand ties and kindnesses.

I think that if you are friendless it is because you are asking for friendship instead of giving it. You feel that these girls with whom you work should frown to you and make much of you and consider your moods and wishes. But why? Have you ever done anything for them that would rate this consideration from them? Have you ever tried to understand them, or to even make yourself agreeable to them? Have you, in truth, always been a little scornful of them and held yourself superior to them? Have you ever asked yourself why they should want to be friends with you?

Do not feel hungry for friendship. It is the one thing that we go seeking all our lives, but we never find it unless we carry a talisman in our hands. And that talisman is LOVE and HELPFULNESS. Apply that to any one of these girls and you will find that it will work. When I was playing for a high school team I was not answer to this question: "Maybe He will overlook the offense of the slack-wearers, as He did that of some other notorious sinners on the ground" that they know not what they do."

MUST CARE FOR DOGS

LONDON (CP)—A kennel maid received an annuity of \$900 to be reduced by \$22.50 a year on the death of each of 20 dogs left in her care by the will of Mrs. Harriet Massocles. The dogs are pedigree Japanese spaniels and took many prizes at shows. Terms of the will forbid the maid to "sell or part with any of them."

DEAR DOROTHY DIX—I am a football player.

Sport critics consider me pretty good, but my game is being spoiled by a bunch of awed little kids. While playing no fellow minds who is watching, but after the game it is rather difficult to be called upon to write autographs and be introduced to youngsters who are goggle-eyed over my victories. And undoubted gratitude is a good thing to have, but don't forget that I am on one of the service teams it is very embarrassing. I am teased quite a bit by my teammates when they see my face get a brick red when kids nudge each other and whisper and point every time they see me. What shall I do? BEST FOOT!

FOOTBALL STAR LUCKY TO ATTRACT FANS

ANSWER—Eat it up, son, eat it up while you can get it. It won't last long. There is nothing in the world that fades out quicker than a football halo. One day you are sitting pretty on top of the world, and the next day you are a nobody. You make the most of the adulation of the little boys. You will never have any sweeter income offered up before you because it is so sincere and has no self-seeking in it. Write as many autographs as they want and be glad to sign them. It is a good thing to have, but don't let the sporting world do it for you. They know it is the price they must pay for their popularity. And say, now, Bub, all joking aside, don't you get a kick out of being pointed out on the street and hear people say: "That's HIM."

DEAR DOROTHY DIX—As a reader of your column I would like your opinion of verse 5, chapter 22 in Deuteronomy which says:

"The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment, for all that do so are an abomination unto the Lord thy God."

If the Bible is the law and we are judged by it, what will become of the millions of girls and women who dress up in men's clothes?"

ANSWER—Not being one of those who are in the confidence of the Almighty and know what He is going to do when He comes to sit in judgment on the faults and mistakes of humanity, I cannot answer this question. Maybe He will overlook the offense of the slack-wearers, as He did that of some other notorious sinners on the ground "that they know not what they do."

Oh how they look.

THE COOK'S CORNER

WHITE FRUIT CAKE

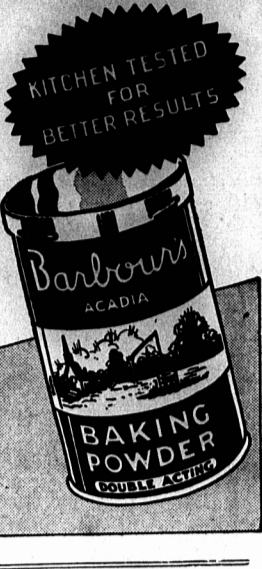
3-4 cup mild flavored fat.
1 cup fine granulated or fruit sugar.
3 eggs.
1 cup raisins.
1 cup chopped, candied or maraschino cherries.
1 teaspoon baking powder.
1 teaspoon salt.
2 1/4 cups all purpose flour or 2 1/2 cups pastry flour.
1-4 cup fruit juice or milk.
Cream fat. Add sugar and cream well together. Add eggs one at a time, beating after each addition. Dredge fruit with part of the flour. Mix and sift remaining flour, salt and baking powder. Add alternately with the liquid milk in the floured fruit. Line a deep pan with greased paper and fill two-thirds full with batter. Bake in a slow oven, 300 deg. F., for about 1 3/4 hours. Makes 2 1/4 lbs. a 7x7 inch cake.

WARTIME DARK FRUIT CAKE

2 1/4 cups all purpose flour or 2 1/2 cups pastry flour.
1 teaspoon baking powder.
1-2 teaspoon salt.
2 1/2 cups mixed fat.
2-3 cup sugar (white or brown).
4 cups raisins.
2-3 cup sliced candied or maraschino cherries.
1 1/2 cups mixed peel.
2 eggs.
1-2 cup grape juice.
1-4 cup molasses.
1 teaspoon vanilla.
1 teaspoon lemon extract.
1-2 teaspoon almond extract.
Sift flour, making powder, sugar and salt. Add fat and sugar and mix together until there are no lumps of fat; add fruit and mix well. Combine slightly beaten eggs, grape juice, molasses and flavoring. Add to flour mixture and mix thoroughly. Line a deep pan with greased paper and fill two-thirds full with the batter. Bake in a slow oven 300 deg. F. for about 3 hours. Make 2 1/2 pounds, a 7x7 inch cake.

ORIENTAL SPICE CAKE

1/4 cup Shortening 1 tablespoon Ginger
1/4 cup Sugar 1 teaspoon Allspice
1/4 cup Molasses 1 teaspoon Cinnamon
1 Egg 2 cups Brodie's Self-Raising Flour
1/2 cup Milk
Cream the shortening with the sugar. Add the egg, beat vigorously. Add molasses, spices, and flour alternately with the milk. Pour into a moderate sized pan and bake in a moderate oven (325 degrees F) 40 minutes. minutes—Baking time.
Ask your grocer for FREE BOOKLET of Recipes, or write to BRODIE & HARVEY LIMITED Montreal, P. Q. 250 Bechtel St.



KITCHEN TESTED FOR BETTER RESULTS

Barbour's BAKING POWDER

ACADIA

COULET AGING

A Morning Smile

Wedding Guest—This is your fourth daughter to get married this year, is it not?

Mac Tight—Aye, an' oor con-tetti's gettin' awfu' gritty.

WORTH PRACTICING

One trouble with many white folks is that they haven't developed a working philosophy like the fat Negro cook down in Houston, Texas. She was asked what was the secret of her calmness and freedom from care. Her reply was thorough and complete:

"Well, hits disaway. When I sits, I sits loose. An' when I stahts to worry, I falls asleep."

Home Service

Interesting Games to Help Entertain Your Friends



Games Are Fun

A simple game that is most entertaining is "Photographic Studio." You can let your imagination, or rather your guests' imagination, run along.

No need to worry about entertaining guests who drop in suddenly. There are many games to use.

Our 32-page booklet is full of games, quiet and active, which need hardly any preparation at all. It also has baffling stunts and magic—planned for such times as when one or more friends drop in, or for small parties and family gatherings.

Often the get-togethers that are the most fun are spontaneous. You don't have to make elaborate preparations in order to have an exciting evening.

For example, pencil-and-paper games are good to start an evening. Dinner can go on while old pencils and paper is stacked up. The only other equipment needed is mental.

Send 15c in coins for your copy of Games and Stunts For Two or More 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 _____

Living & Leisure

The Woman's Realm

THE FIRST SNOW

Across the pattering I go,
Enveloped by fleeting winds of snow
There is no sound, the softness here
Falls with the silence on the ear,
A dream of lightness like the feel
Of fairies, only this is real,
A dream of movement without sound,
Flowers fleeing to the ground
And softness softer than the tons
Of fairies calling fairies home
—Marguerite Alvis Venable

FABRIC TRIMMING ON FLEECE COATS

NEW YORK—Little girls' fleece coats in two place outfits are trimmed with a furry mouton-type fabric that, while made of synthetic material, has a closely woven backing of cotton for extra warmth. The ensembles, which come with sweaters or leggings, are in beige with brown fur fabric forming the sleeves and bolero jacket.

ZOO CASUALTIES

It will surprise many people to hear that something in the nature of an armed guard is now being maintained at the Zoological Gardens in Old London. This precautionary measure was first deemed necessary at the time of the great blizz, which has been maintained ever since. There is always a danger, of course, that some stray bomb may hit one of the cages and set dangerous animals at liberty. In that event the guards have orders to shoot them out of hand, or to destroy long ago, and the reptile house has been closed almost since the beginning of the war. Curiously enough, bombing does not seem to disturb the animals very seriously. The lions in particular are very lethargic. The most excitable animals are the monkeys, who become extremely vocal when bombs fall and guns roar overhead. The Nottingham Evening Post reports that the opinions they then express about the Hun are forthright and possibly not altogether polite.

SMUGGLERS ESCAPE

BELFAST (CP)—Police and smugglers escaped a boat race on Lough Erne, near the Eire border, resulting in the capture of the boat and quantities of contraband, including, soap and other commodities scarce in Eire. But the smugglers jumped out of the boat and escaped.

WEAR "SPARKS"

Those coveted "sparks" on the sleeves of air force uniforms aren't limited to men any longer. The "Wogress" are wearing them and they're mighty proud of them, too.

Mr. Winkle Goes To War

He was asked to read a chart without his glasses and with them. He regretted each letter he made out, but he couldn't say he had half planned, bring himself to cheat. His eyes were good enough to fight a war. Even his pulse was found sufficiently calm after he had been running in one place for a minute without going anywhere.

Well, he reflected, he hadn't really counted on any of these things to save him. It was his dyspepsia he was banking on.

He was laid on a paper-covered table. His stomach was kneaded and he was asked, "What is this on your record about dyspepsia?"

Mr. Winkle detailed and even boasted about his acute intestinal difficulties and the need he had for his pills. He was kneaded more as if he were an automobile no longer, but a piece of dough.

The doctor gave a skeptical grunt, a deprecating snort, and wrote something on Mr. Winkle's record sheet.

Mr. Winkle, to his horror, gathered that his dyspepsia had made him down completely. It had, in fact, as he was passed on to the next doctor, his heart beat so fast that the doctor, who applied a stethoscope to it took it away and actually looked at it from the patient's perspective. "Expect it from the kids, but not from you."

Mr. Winkle was abashed. He accused himself of behaving like a child like Jack, but on guard with a strained, taut expression on his boy's face.

And then Mr. Winkle went through an experience he never expected to have.

All during the days leading up to this, and during the first of the examining process, he hoped fervently that he would be rejected. He had even prayed for it. But now he found himself hoping he would be accepted.

It wasn't that he had become any braver.

He couldn't account for it, except that he wanted to be as good as the next man. He sat, aware of the miserable physical fitness he had, and he did not care to be turned down as a weakling. To return to his regular life with the onus of the Army not wanting him to defend whom he wanted to defend suddenly, it was an unwelcome prospect. It was not even pleasant to think about returning after the incidents of the Parade.

His heart settled down and beat almost normally. It was listened to again.

At the desk of the Chief Medical Examiner, he was informed, casually, that he had been accepted for General Military Service.

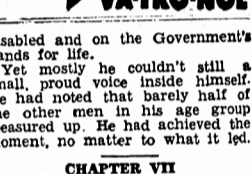
It was a little difficult to realize it. He was dazed. He felt that his dyspepsia had been insulted from chronic indigestion no matter how lightly it was regarded.

Now that he had been proved the equal of other men he wanted to argue it. He would have liked to write to his Congressman in protest.

He decided to let the Army find out it would serve him right when he became a hospital case, when he might be permanently

Here's Welcome Relief From ACUTE CATARRH

Put a few drops of Va-tro-nol up each nostril and feel it go to work right where catarrh misery is... bringing relief from misery!



disabled and on the Government's hands for life.

Yet mostly he couldn't still a small, proud voice inside himself. He had noted that barely half of the other men in his age group measured up. He had achieved the moment, no matter to what it led.

CHAPTER VII

All except three of the Springfield contingent were accepted. Freddie and Jack were among the successful ones. As for the matter depending on how far your patriotism went.

After retrieving their clothes and hiding their nakedness, they were marched outside. Lined up in the open, they took the oath of enlistment. Mr. Winkle felt very solemn about swearing to bear true faith and allegiance to this country.

Promising to serve the United States honestly and faithfully against all enemies whomsoever, he had only the mental approval of the other men in his age group appointed over him.

Before the contingent could catch his breath from repeating the oath, they were taken to the clothing depot and there measured again, their sizes called out to clerks who put down on counters immense piles of uniforms, and other things. Mr. Winkle had never tried on a pair of shoes before while holding a pall of sand in each hand. This was a novel idea, and he understood its purpose was to get a measurement that would be right when his feet spread from being weighed down with a full pack.

In the clothing depot they were turned over to a little Sergeant no larger than Mr. Winkle. He had a wizened face and a great many service stripes on his sleeve. To a dry, good-humored voice he instructed them to change into something more appropriate to their surroundings and new standing. He also said:

"There they were taken to shoot you until tomorrow." He let this statement sink in for a moment. "In case any of you think that's too soon to get shot, this is the medicine. We're going to show you how to keep away from the other kind."

(To Be Continued)

BRITISH TO BE THERE

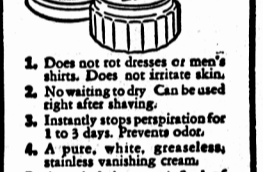
BRIGHTON, England (CP)—Expressing belief that the end of the war is now in sight, Lt.-Col. Anthony Marlow, Conservative member of Parliament for Brighton, said that when the Soviet Army marches into Germany an English-speaking army would meet it halfway.

SHIPYARDS ACTIVE

BOMBAY (CP)—During the first three years of war, some 4,000 seagoing ships were repaired in Indian shipyards.

New under-arm Cream Deodorant

Stops Perspiration safely



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. Instantly stops perspiration for 1 to 3 days. Prevents odor.
4. A pure, white, greaseless, stainless vanishing cream.
5. Awarded Approval Seal of American Institute of Laundering for being harmless to fabric.

Arrid is the largest selling deodorant

39¢ a jar
Also in 1 1/2 and 3 1/2 lbs jars

ARRID

OLD FASHIONED FIGURES

MAKE SEVERAL DIFFERENT LOVELY GIFTS



DESIGN NO. 504

Old fashioned figures in cross stitch are favorite embroidery for tea towels, luncheon sets, curtains, etc. Hot iron transfer pattern No. 504 contains 11 motifs measuring from 1 1/2 by 1 1/2 to 3 by 4 1/2 inches each with 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. 504

NAME _____
STREET ADDRESS _____
CITY _____ PROVINCE _____

Buy BEST YEAST

BUY it because it makes the best bread—the best rolls. Use the only yeast that's made fresh in the Maritimes. Get the best out of life with BEST YEAST!

Best for Baking: Best for Health.

BRODIE'S

MAKES BAKING EASY

NEEDS NO BAKING POWDER OR SALT

For Easier, Quicker, BETTER BAKING

Smart Baby!

He continues on Carnation after bottle days

His mother has discovered that there's no need to ever change from safe, pure Carnation Milk. You can use Carnation for the whole family. Dilute it, half and half, with cold water, for drinking. Use it undiluted for cereals, fruits, coffee. Use it frequently, diluted as required, for cooking—that way you can give the youngsters milk they need without making them drink it all. Write for free book "Growing Up With Milk." Carnation Co. Limited, Toronto, Ontario.

IRRADIATED Carnation Milk

A CANADIAN PRODUCT—From Contained Cases

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

Needlecraft For The Home

DARLING DOLL CLOTHES

Remember the thrill of finding new clothes for your favorite child under the Christmas tree? Make this cute set for some child and pass on the thrill.

Style No. 3076 is designed for 14 inch, 18 inch, 18 inch, and 20 inch dolls. It features a full skirt, a matching jacket, and a matching hat. Complete guide in each pattern.

Send twenty cents for pattern. Write your name, address and style number. Be sure to state size you wish.

Name _____
Street Address _____
City _____ Province _____

Do What Your Doctor Does If Child Is Listless

Because the tongue is the upper end of the stomach and bowels, it is usually the first thing a doctor looks at when he examines a sick child. He knows that a coated tongue and bad breath is a danger signal—a warning of an upset condition below, which may lead to real illness.

Don't give your child a laxative—look at your child's tongue and check the breast every day! And at the first sign of bad odor on the breath, or a coated tongue, give your child's Own Tablets. Small, pleasant-tasting tablets made especially for youngsters from natural sources and free from harsh, irritating ingredients. They are wonderfully effective in helping to clean out harmful wastes and to restore your child's own natural balance. No drastic weakening laxative action like many old-fashioned laxatives have. Get a package of Children's Own Tablets—only 25¢—today from your druggist. Made by the makers of Baby's Own Tablets—guarantees of a reliable product.

3076

Per 14", 18", 18", 20" Dolls