

Woman's Realm Social and Personal Fashions Literature

How to Deal with COLDS!

Treat them promptly with the aid of Father John's Medicine, and help your body build up the inner resistance which is the real protection against colds. Get a bottle of Father John's Medicine today—for yourself and the whole family.



Father John's Medicine

A Morning Smile

SAFETY FIRST

A dear elderly lady and her grand-daughter came down to the railway station. Evidently the old lady was not used to travelling, she looked anxiously about the station, and then walked up to the ticket office and inquired: "When does the next train go to town, please?"

"The next train, madam," said the agent, looking at his watch, goes at exactly four o'clock.

"Will that be the first train?" "Yes, madam, the first train."

"Are there any freight trains?" "No, madam."

"Is there a special?" "No, madam, no special."

"If there happened to be a special, would you be aware of it?" "Yes, madam."

"Well, I'm very glad—very glad,"

This War—Four Years Ago

By The Canadian Press

FEB. 29, 1940—Finland protested Russian violations of international rules of warfare to the League of Nations. Russia announced her troops within one mile of Finnish port of Viipuri. Italian-British trade negotiations suspended over German coal shipments to Italy.

MEN LOVE GIRLS TO BE FRESH AS A DAISY—SO TO WEAR UNDIES TWICE IS SIMPLY CRAZY!



Protect your UNDIES and your CHARM!

Looking for romance? Then remember men adore daintiness! So never wear the same undies a second day—undies absorb perspiration, which leads to unclean odor! Dip undies, when you take them off, in Lux! Safe Lux keeps undies new-looking longer. Let Lux keep your undies fresh and charming always. Get Lux in the new, bigger package and remember, the large size is an even better buy.

TONIGHT—dip your undies in—LUX

A LEVER PRODUCT

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's Readers. Persons who have intelligent questions to ask no price control are invited to send them in writing to the office of the Wartime Prices and Trade Board.

Please advise the following: Q. I rent two rooms in a home and share the bathroom with other tenants. I understand this is against the Board of Health Rules. Please advise. A. We know of no ruling to this effect. However, these regulations differ in many municipalities. We suggest that you take this matter up with your Municipal Health Officer.

Q. How much notice must I give to my tenants? They occupy two rooms in my home and are so noisy I want them to move. A. This depends on the arrangements you made with the tenants when you rented the rooms. If they pay their rent weekly you must give them one week's notice. If they pay monthly you must give them a full month's notice.

Q. I frequently buy a small quantity of pork liver and my butcher refuses to slice this for me. He says sliced livers are for the Board regulations to do this. A. There is no such Board ruling. Butchers generally sell this type of meat sliced. Perhaps if you explained that you had no refrigerator and only required a very small amount he would slice it for you.

Q. My grocer will not sell me canned vegetables or tomato juice unless I purchase dehydrated beans which I do not want. Is this against the law? A. It certainly is against the law. Conditional sales such as you mention are prohibited. If you should be able to purchase them without the necessity of buying other merchandise you do not want. The display of merchandise does not put him under any obligation to sell. The fact that he offered you the canned goods if you made another purchase is illegal.

ST RAPHAEL SCHOOL

Report of St. Raphael School for term ending Jan. 31st.

Grade VI — 1. Anita Gaudet; 2. Elaine Gallant; 3. Eloi Gallant.

Grade IV — 1. Clidia Gallant; 2. Eunice Gallant; 3. Josephine Arseneault.

Grade III — 1. Victorin Arseneault; 2. Alfred Arseneault; 3. Doreen Ryder.

Grade II Div I — 1. Louise Arseneault.

Grade II Div II — 1. Glorice Gallant; 2. Leonie Richard; Lucie Gallant (equal).

Grade I — 1. Leonie Richard; Lucie Gallant (equal); 2. Reni Arseneault; 3. Julien Arseneault.

Perfect attendance for first term ending Jan. 31st: Cludia Gallant; Eloi Gallant; Eunice Gallant; Zolie Gallant.

Home Service

AMARYLLIS REQUIRES LITTLE CARE

How your scarlet amaryllis blazes in a dark room—faithful year after year!

It's a thrill to make an amaryllis bulb come to flower, and it's easy; this is the time for it! For speedy results, get a bulb that's just started to sprout.

Keep in a cool, dark basement until its three inches high. Then move it to a sunny window and water well.

After the glorious flowers are gone, keep the plant outdoors in the sun. An autumn rest lying on its side in a cool, dark place and it will bloom again next season—beautiful as ever!

You can have a lovely indoor garden all year, knowing a little about plants. Pink-flowering cineraria blooms until late if you give it a cool spot, out of direct sunlight.

Our 8-page booklet tells easy ways to raise all of these plants, also begonia, azalea, marica, sansevieria and many other attractive, flowering and foliage indoor plants. Has directions for window-boxes and bracket plants; for growing bulbs, plants in water; summer care of plants.

Send 15 cents in coins for your copy of Making Plants and Flowers Grow Indoors, to the Charlottetown Guardian Home Service, Address: Be sure to write plain your name, address and the name of booklet.

Name _____

Street Address _____

City _____ Province _____

Dorothy Dix Says—

WOMEN WANT 4 MORE FREEDOMS

Liberty In Love, Economic Independence, Physical Comfort And No More Babying Husbands

Speaking of the Four Freedoms, here are the four freedoms that women would like to have:

First, they would like to be free to pick out their mates. They would like to have the right to do their courting openly and freely, unhampered by conventions, and when they saw a man they fancied as a husband to be able to say: "John, dear—darling—will you be mine?" Of course, in reality, as a general thing, the women are the pursuers instead of the pursued in marriage, but, even so, no one can deny that it cramps the husband-hunter's style to have to stalk her prey under cover and to camouflage her every move. Also, it enables many a man to escape into bachelorhood who would otherwise be a happy husband and father.

Second, women want economic freedom. In almost anything else in the world, and the reason there is so many bitter, disgruntled wives is because so many domestic women are frustrated in this desire. There are plenty of wives of even well-off men who never have a dollar of their own that they can spend as they please. The first money of her own that many a married woman ever has is her husband's insurance money, and perhaps that is the reason there are so many reconciled widows.

Third, freedom from beauty culture would help. The third freedom that women would like to have is to be free, as men are, to be even as Nature made them. If a man is bald, he is bald, and what of it? If he is fat, he is fat, and who cares? If he is intelligent and interesting and a gentleman and successful in his undertakings, nobody bothers about his looks. But, no matter if a woman has all the virtues under the sun, she is expected to throw in beauty and dress like a manikin besides.

Nobody can imagine a bald-headed girl being the belle of a ball, and for his wife to get old and fat is still expected for courting. What women suffer in trying to keep young and beautiful would make another Book of Martyrs. And there is no privilege that they would enjoy so much as being able to let out their corset strings and eat mayonnaise and be their age.

The fourth freedom that women crave is to be able to treat their husbands as reasonable human beings and not to have to jolly them, or baby them, or cajole them along the matrimonial path. But no wife ever expects that to happen. She doesn't even hope to be able to handle her husband without putting on her velvet gloves.

Living & Leisure

The Woman's Realm

DON'T MENTION IT

My children and I recall one more delicious dinner that we had before. All the cooks one by one went out the door—

But we don't talk about that.

My children and I remember still when we could sit and really eat our fill.

And the dishes were washed by a cook until—

But we don't talk about that.

We're learning to forget the taste of chocolate cake and pie. We're all reducing at the waist. But sometimes we wake at night and cry.

My children and I recall the day The last cook told us she must go. And we envy our friends who raise their pay—

But we don't talk about that.

—Margaret MacKeen.

RINSE AND SAVE

When the milk or cream bottle is emptied, pour in a little water, swirl it around vigorously and pour it into the soup, gravy or sauce. The junking food values won't benefit the kitchen sink at all but they will benefit you.

CARTONS FOR COOKIES

The wafer cartons in which butter and shortening are packed make excellent containers for ice box cookies dough and also for packing cookies for overseas boxes.

TWO-PIECE LOOK TO ONE-PIECE FROCKS

Doubtless the close fabric situation is responsible for the two-piece look that generally turns out to be a one-piece frock. The best-dressed Harlequin could hardly hope to compete with the fabric

Living & Leisure

The Woman's Realm

and color contrasts that appear in color collections. You note them in coat gages, vests, aprons, boleros, slacks, and dresses. But no one looks in the slacks, the front of a jacket one color, the back, invariably another.

You will see the half-boiler where a flat cow-like neck on the front of a vest may be beige, the dress black. Claret-popper uses three colors in a single sleeve—lime, blue and aqua; red; and the hat two-colored dress note, one half of a dress one color, the other half another, bring it together with a narrow black veil.

In the gay Latin spirit of the New Orleans of a hundred years ago, Brownie's palette splashes startling color combinations. One girl's neckline is outlined with three mad creole colors—pink, lime, blue—and the tignons or little two-eared ties worn as hats with many of the models in her collection, prove just as variegated in color.

A black crepe suit will be worn with one pink, one blue, green, and one white. The other is of sultry green. A kerchief contrasting in color with its dress is important as a color note, while puritanical white crosses its organdy folds in a prim vestee worn with modern cloth suit.

FEW COSTUMES IN WARDROBE

A really smart wardrobe is composed of a few charming costumes, not a lot of mismatched dresses, coats, hats and accessories.


The best buy in clothes is the best you can afford in a type of clothing you need. This reality. The worst buy in the world is the dress you do not need, however beautiful or however great a bargain.

No dress is smart if it doesn't fit, and no woman can be smart if she ignores her wrinkles at this reality, merely because the dress on the rack looks pretty.

Under the name of like understatement, can never be criticized. On most occasions (except your own

HAVE ANOTHER SLICE!

I'D LOVE IT—this is grand bread



Give your family more bread these days—at meals, between meals. Bread is an essential quick energy food—a good source of Vitamin B—a good stretcher for other foods. And low in cost! If you bake at home remember—Fleischmann's Fresh Yeast always gives fine, smooth, just-right bread. This dependable yeast has been Canada's favorite for over 70 years. Ask your grocer for Fleischmann's fresh Yeast—with the familiar yellow label.

MADE IN CANADA

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

THE COOK'S CORNER

BOSTON BROWN BREAD

1 cup rye flour
1 cup cornmeal
1 cup Graham flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 cup molasses
1 cup sour milk or 1/2 cup buttermilk

Mix soda and salt with flour, add molasses to milk, and stir molasses into flour mixture. Add one cup raisins if liked, and steam 3 1/2 hours. The mold should not be filled more than three-fourths full.

CARROT MARMALADE

4 lbs. carrots
3 lbs. sugar
1 orange
1 lemon, juice and grated rind.

Wash, scrape and steam carrots until soft, then chop fine and mix with fruit and sugar. Cook gently one hour or until mixture is rather thick when tried on a cold dish. Seal in glasses. The orange and lemon should be washed, the rinds grated or sliced fine with the pulp seeds being removed, of course, but nothing else. The carrots need not be cooked first if you prefer to cook them raw with the fruits.

wedding, a coronation or a picnic), a good simple black dress is appropriate.

The woman who clings to the fashions of her girlhood, who wears "her" color and "her" type of dress will be old before her time. Change ideas with the years, madam, keep young.

All fashions are not for all women. Pick and choose the clothes that suit you, know what to leave alone.

Do not be afraid of color, neither make a fetish of it in your wardrobe. Gray color is an important auxiliary to good dressing, but good lines and good fabric come ahead of it 75 per cent of the time regardless of current modes.

Put the most money into the clothes you wear most, if in an office, into suits and good well-cut dresses. A good coat is a wise investment in any year of your life. Have a few good outfits instead of a lot of unsatisfactory ones. Put the minimum of money into clothes that are used infrequently.

HOUSE DRESSES DEMONSTRATED

From WAC uniforms to be-ruffled cotton tea gowns, the National Association of House Dress Manufacturers paraded its war contribution recently in a "keep 'em in stitches" style show.

Striped denim overalls and white poplin laboratory coats were included among the utilitarian models. Brightly patterned chintz was featured in "home work" frocks designed for kitchen, garden and sewing room. A printed percale with Mexican collar and broad pockets was followed by a sun out of malice crash with a silver striped bodice and black bolero.

Leisure-time clothes, many of them topped with gayly colored snoods and applique felt collars, followed a display of volunteer uniforms.

SLOUCHY STYLE TO RETURN

The debauche slouch, much-reviled posture of 1918, is due for a 1944 comeback, if Designer Omar Kiam has his way.

Mr. Kiam, whose fashion show recently was a highlight of New York's current week of spring openings, encourages his models to walk with the slinky slouch fashionable in the flapper era. Pute hip pockets in skirts to suggest the same casual posture to his customers.

His theory is that women must adopt the hips-forward, stomach-crook stance in order to look well in the new skin-tight skirts of wartime.

ALWAYS TIRED —Yet Sleep Didn't Help!

Doesn't it feel swell to wake up in the morning clear-eyed, refreshed, full of pep? Yet so many especially over 40, get up tired all over, with aching joints, never really feel their best.

The reason is usually a common complaint—a system clogged with poisonous food waste. Liver, stomach, get back pep and sparkle right away. The natural action of Bile Beans is a mild yet effective aid thousands rely on.

Made from 10 pure vegetable extracts, Bile Beans are so gentle they are called "The Medicine That Copies Nature." These small laxative liver pills come up entire system stimulating flow of liver bile, so essential to good digestion and daily refreshment.

You, too, can enjoy that "get-to-be-alive" feeling every day. Try Bile Beans tonight—they work while you sleep. Over 7 million boxes used last year, convincing evidence? How greatly they are helping others?



DESIGN NO. 1003

A place mat or tray cloth for a child is crocheted with a little duck in the center. Pattern No. 1003 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. 1003

NAME _____

STREET ADDRESS _____

CITY _____ PROVINCE _____



Enjoy this Natural-Flavored Cocoa!

Rich, chocolatey flavor and unvarying high quality have made Baker's Cocoa a family favorite for over 175 years. And its natural flavor is an indication of its outstanding wholesomeness, too! Use Baker's Cocoa also, in your baking.

Baker's Cocoa

A Product of General Foods

CHILD RESOURCEFUL

Toronto, Feb. 28 — (CP)—Seven year-old Carol Anne Burns surprised at her own resource yesterday afternoon, when she herself locked inside Queen Victoria School after closing time, when an emergency number on the principal's desk pad and found her keys to release the little girl to take her home.

WHY HAVEN'T YOU SORE FEET?

JUST RUB IN MINARD'S KING OF PAIN LINIMENT

Needlecraft For The Home

CUTE HOME FROCK

Look your most charming across the breakfast table in this gay little dress—around with its deep, efficient pockets and charming touch of ruffling.

No. 3697 in size 36 requires 3 1/2 yards 36-inch fabric, 3 yards ruffling.

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 _____

GEN. BROOKE HONORED

LONDON, Feb. 27 — (AP)—The Russian Order of Suvorov, first class, has been awarded to Gen. Sir Alan Brooke, chief of the British general staff, the Moscow radio reported today, "for outstanding military activities and services rendered in carrying out leadership of the British armed forces against the common enemy of the U.S.S.R. and Britain—Hitler's Germany."

MISERIES OF Baby's Cold Relieved As He Sleeps

NOW... here's a reliable home-proved medication that works 2 ways at once to relieve distress of child's cold—even while he sleeps. Just rub Vicks VapoRub on chest and back with Vicks VapoRub goes to work to relieve coughing spasms, ease muscular soreness or tightness, and invite restful, comforting sleep. Often by morning, most of the misery is gone. For baby's sake, try Vicks VapoRub tonight. It must be good, because when colds strike, most mothers use Vicks VapoRub.

COUGHING SPASMS—To relieve distress, melt a spoonful of VapoRub in a bowl of boiling water. Inhale the steaming, medicated vapors. Feel relief come right with the first breath!

3697 SIZES 12-48

TIGHT BINDING