

# Woman's Realm - Social and Personal - Fashions - Literature

## Dorothy Dix Says—

### SWAP NIGHTMARES FOR HOBBY HORSES TO ENJOY HAPPINESS

#### In World Full Of Disappointments None Has Everything He Wants But Trading Helps

The older I grow, and the more I see of life, the more convinced I become that the secret of happiness is to be a good horse trader with ourselves. We have to learn how to swap our nightmares, so to speak, for our hobby horses and get something to boot, before we can attain even a reasonable state of contentment.

In a world that is filled with disappointments and in which we get more kicks than happiness, no one, not even the most fortunate, has everything he wants just the way he wants it. There is always a fly in the ointment, something that takes the bubbles off of our glass of champagne.

The hungry are miserable because their stomachs are empty. The rich have pains in their digestive tracts because they have eaten too much. The idle cry out for jobs. The workers go on a sit-down strike. Boys and girls want to be thought of as sophisticated. The old call themselves boys and girls to camouflage themselves as mere lads and lassies. And wives and mothers complain of their husbands, and how they are tied down by their babies. The old maids bemoan their loneliness.

#### NOBODY SATISFIED BECAUSE LIFE ISN'T PERFECT

And so it goes, ad infinitum. Nobody is satisfied with the lot. Fate wished upon him because it isn't a hundred per cent perfect, and Lady Luck didn't make him the one human being who had not even a crumpled rose leaf under his forty mattresses of ease.

Now it is quite true that while all of us have plenty of things to grouch about, we also have plenty of things to be joyful about, and if we want to be happy, the trick is to balance these against each other and so strike the good average that will enable us to, at least, smile at life, even if we can't laugh out loud at it.

In a word, we must learn to trade a blessing against a grievance. When we do that, we are assured of a good bargain. We have made and what a margin of profit we have! Take, as an example of this, that one thing that probably causes more headaches and heartaches than anything else in the world, an uncongenial marriage.

#### TALENTED MAN ASHAMED OF NITWIT WIFE

Mr. X, as we call him because that isn't his name, in his youth married a pretty little nitwit girl. He grew up into being a brilliant and talented man who is going places in his profession, and he is bored to tears by his dumb wife whose conversational gambits range from the kitchen to the nursery and back again. More, he is ashamed of her and realizes what a handicap she is to him.

Pretty tough on Mr. X, if he allows himself to dwell upon his domestic burden, but he can lighten it if he will swap some of his wife's fault for her virtues, and reflect that though she may be shy on wisecracks she is long on cooking, and that he wouldn't have so much money in the bank as he has if she hadn't pinched pennies, instead of throwing dollars about, as a more glamorous wife might have done.

And Mrs. Legion, who weeps into her pillow because she is married to a practical, unromantic business man, who takes her for granted and who thinks she is so all right he doesn't have to keep telling her about it, might find that she hadn't made such a bad matrimonial bargain, after all, if she would reflect that a husband who is a great lover whom she has to take in boarders to support.

#### WIFE'S HUMOR CAN OFFSET POOR COOKING

And just suppose the men who are married to wives who are allergic to gas ranges and who knock down to meals that would give an ostrich despondia could think, as they reach for the bicarbonate tablets, how entertaining and amusing their Marys and Sallys are and how they season a meal with wit even if they forget to put salt in the soup.

And suppose the aggrieved wives, who have philandering husbands with wandering feet, could solace themselves with the knowledge that their husbands and the time Junior hums and that they never had to remind him that she hadn't made such a bad matrimonial bargain, after all, if she would reflect that a husband who is a great lover whom she has to take in boarders to support.

Suppose the mothers who complain so much of the burden their children are to them would remember the feel of a baby's head on their breasts and the time Junior hums and that they never had to remind him that she hadn't made such a bad matrimonial bargain, after all, if she would reflect that a husband who is a great lover whom she has to take in boarders to support.

## 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 asked by the Wartime Prices and Trade Board from housewives in this region. The answers are provided by the Board Readers 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 Wartime Prices and Trade Board.

Q. Does the ban on cuts for trousers apply to trousers?  
A. Yes. Any trousers made of wool or wool content may not have cuffs.  
Q. We wish to rent our house furnished for about 10 months and I have a tenant willing to accept our terms. May I do this without consulting the rental administration?  
A. It will be necessary for you to make application for fixation of the rent for this accommodation. Your application should be made to the rental officer in your nearest Wartime Prices and Trade Board office in this region. The answers are provided by the Board Readers 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 Wartime Prices and Trade Board.

## Baby Squash and Marrows Victory Garden Treat

The Victory gardener who neglects the summer squash and marrows is missing one of summer's most delicious offerings. This is no doubt due to the imperfect knowledge of preparing these delicious vegetables. One is so accustomed to finding them cooked in such a "soupy," unattractive manner that it is the natural thing to ignore them, whereas they can be made a dish fit for the most discriminating epicure. The best method of preparing the squash is the most ordinary method of preparation, and it is true that this manner permits of a mushy texture. It may be eliminated to a large extent, however, by draining well before serving. A better way to bake the squash, or, it may be fried in much the same manner as eggplant. Marrows are best fried.

Follow this procedure for frying squashes and marrows: slice vegetables into slabs about one-half inch thick, dip them in milk in which an egg has been beaten, and then after breading them with crumbs, fry in deep fat. An ordinary skillet may be used in place of deep frying provided that adequate grease is used to prevent burning. They may be turned like pancakes. If you forget your aversion to these two vegetables until you have tried this new recipe for cooking them, you will be pleasantly surprised to find that they represent a delicious addition to your summer table.

From Baby Size to Maturity, Italian Marrow is Delicious at All These Stages.  
1 inch thick; when cold it may be sliced and served with mayonnaise. All summer squashes may be served the same way in the baby stage. The squashes like a rich, loamy soil. Plant them in rows from 3 to 4 feet apart, and in hills about the same distance apart in the rows. The same cultural instructions apply in the case of the marrows, except when planting the vining types, where 8 to 10 feet should be allowed between the rows, as well as the hills. Succession planting every two weeks is a good plan, as it will assure a constant fresh supply of young vegetables for the summer months.



Historic incident during the official visit of Madame Chiang Kai-Shek to Ottawa was her meeting with Queen Wilhelmina, Queen of the Netherlands, when Madame Chiang was dinner guest of the Queen at the home of her daughter, the Princess Juliana. This was the first time two women, leaders of countries fighting in the Allied cause, had occasion to meet. Chatting informally with Queen Wilhelmina (left) and Princess Juliana on the grounds of the Princess' Ottawa residence, Madame Chiang commented on the gardens, said that the emblem of China was the Plum Blossom "which, like the Chinese people, flourishes in adversity." —Robert Herrick.

## A Morning Smile

The bashful naval officer on leave was having a hard time making conversation with a company of young and pretty admirers.  
"I suppose you've been in the Navy long enough now to have become thoroughly accustomed to sea-legs?" one of them suggested.  
"I wasn't looking at sea at all," he blurted, blushing.

Two women met in the street. One was carrying a parcel and was asked what it was.  
"Oh, it's some ham," was the reply. "I always buy ham at Sandy's store. My husband is very particular and he only buys the best."  
"The other woman would try the ham and if she went to Sandy's store."  
"I want some ham," she said.  
"What kind?" asked the shopkeeper.  
"Oh, the same as Mrs. McDonnell gets."  
The shopkeeper smiled, and leaning confidentially over the counter, asked: "Wanna's yer bottle?"

## Home Service

Teen-Agers Must Watch Manners To Be Popular



With handshake and kiss, Queen Elizabeth of England, left, greets Queen Marie of Yugoslavia at Red Cross garden fete in London.

## Discusses Women's Role After War

TORONTO, June 18 — (CP) — Mrs. Mavis Tate, only woman member of the British Parliamentary Delegation now visiting Canada, today warned that women may be asked after the war to relinquish the equality they have attained in the war years and "return to their kitchens."  
Addressing the national council of women of Canada in 50th annual session here, she said: "I see clearly the danger in Britain and here that's going to face women after the war. The cry will arise: 'women did such wonderful work in war but now they must step aside and make place for the men who fought so bravely for us and who now will make the plans for the world.'"  
While acknowledging the home was the foundation of national life, Mrs. Tate declared the best way to raise the status of the home was to give equality of opportunity to women in all fields.

## DOING FARM SERVICE

So many Canadian "teen-agers" are going to the farms this summer to help on the land that there will be a surplus of them. Being away from home these girls should remember that their behavior means much—because if they will be judged by the others. Obey the rules of the camp and always be agreeable and you won't be far wrong.

There is a definite etiquette for these young moderns. Loud nail polish and too much lipstick or any kind of make-up is definitely "out." Also the correct young lady does not indulge in overdoes of perfume. If used at all, it must be used lightly.  
Our 32-page booklet is full of helpful reminders for the youth of today. It tells them how good manners and poise can be achieved and what valuable possessions they are.  
The knowledge of what to do and how to do it makes school life and vacation time more pleasant.  
Even if you're working on a farm this summer remember that politeness and consideration are the first "do's."  
Send 15c in coins for your copy of "Etiquette For Young Moderns" the Charlottetown Guardian Home Service Address. Be sure to write plainly your name, address, and the name of booklet.



Visiting the Canadian capital for the first time, the much travelled wife of the Chinese Generalissimo, Madame Chiang Kai-Shek is shown graciously accepting a cheque for \$100,000 on behalf of the Canadian Red Cross Society from Jackson Dodds, chairman of the Society's Central Council on the steps of Government House. The money is to assist in relief work for the Chinese population.

## Living & Leisure

### The Woman's Realm

What I fancy, I approve. No dislike there is in love; Be my mistress snort or fall, And distorted (beyond all): Be her forehead, and her eyes Full of incongruities; Has she thin hair, hath she none, She's — me a paragon. —Robert Herrick.

#### HINTS ON ETIQUETTE

It is easy to be kind and courteous to people we like. It is even more important, although not so easy to be just as kind to strangers, even those who are not attractive to us.

#### JAM TIN CAMP LIGHT

A good camp light can be made from a five-pound jam tin or jam tin with a jagged hole in the side to hold a candle and the handle placed lengthwise of the tin directly above it.

#### SCULPTRESS' ESCAPE

Helen Haas, young American sculptress, who is married to Lieut. Ruffin de Langley, Coldstream Guards, has some striking portrait busts at Knoeller's Bondstreet Galleries in London. Miss Haas left 500 pieces of sculpture in her Paris studio when she and her husband escaped to England in 1940 — also a beautiful chateau near Cannes and its contents. Miss Haas must surely be one of the smallest women to perform the actual manual labour inseparable from her job. Though she is only four feet, 11 inches tall, and weighs about seven stone, she can carry her husband pick-a-back and lift her sister like a baby. Her strength all comes, she says, from having big blocks of stone about and swinging a hammer. Now Miss Haas is working in the prisoners' aid department of St. John Ambulance Corps.

#### KEEPING YOUR MATCHES DRY

The Old Guide says: "A reserve match supply can be kept dry, even if soaked in water, by enclosing the box and pouring melted paraffine over the layer after layer of matches."

#### OR SUCCASUNNA, N. J.

Everybody has had a lot of fun cracking laws on unbecomable place names in the war news from the British front. Like Dandelion,...

#### SPAGHETTI WITH MEAT SAUCE

- 1 clove garlic, chopped
- 3 tablespoons dripping or shortening
- 3/4 cup chopped onion
- 1/4 cup parsley, chopped
- 3/4 pound ground meat

## 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 by Martha Logan



## Chili Con Carne

Both as a "meat extender" and a "meat-user-upper," this is an aid to the menu

Beans—so important a part of Chili Con Carne—are one of the valuable meat alternatives. And of course you can grind or dice meat trimmings or meat leftovers—using lean meat only—to provide the "carne" or meat. The recipe given will give you a mild chili—those of you who like "hot" dishes can double the amount of chili powder, or you might try adding paprika to taste.

The amount of meat—these days—is variable, too. If you have less meat, increase the beans' proportion and you will still have a nutritionally valuable dish. A cool salad—shredded cabbage and diced apple would be grand—is a delicious contrast to follow the chili. If you eat a hearty slice of Canada Approved bread with the meal and drink a glass of milk, you will have gone a long way to getting your daily minimum requirements of protective foods.

## SWIFT CANADIAN CO. LIMITED . . a Dominion-wide organization devoted to the conservation and efficient distribution of Canada's food resources.

meat mixture and place in a heavy saucpan or in the deep well covered with water. If your meat is not quite fresh, it should be over low heat. Then add the onion and cook for a few minutes. Add the salt, pepper and garlic or garlic salt to taste.

Place the uncooked, unbrined meat in a heavy saucpan, add salt, water, onion, salted water and cook until tender, then drain thoroughly before serving with the sauce.

## Needlecraft For The Home

EASY PRINCESS CUT Nice to Make in a Washable  
Just the simplest of princess lines, plus a little soft ruffling, and yet what a pretty frock when you make it in a nice tub fabric—say a chambray or a pique. The neck is comfortably collarless in back, with becoming revers in front; and you add the breast-pockets or not as you like.

Style No. 2651 is designed for sizes 12 to 20, 36 to 48. Size 36 requires 3 5/8 yards 35-inch fabric with 2 1/2 yards ruffling. Pattern is hand cut to United States Standard measurements and includes chart with step-by-step instructions.  
Send twenty cents for pattern. Write your name, address and style number. Be sure to state size you wish.

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

#### FINE FOOD

Cottage cheese, so far rationed, contains as much protein as lean meat, has most of the vital milk values, and is low in cost. Serve it as a side, dish, as a salad, or in sandwiches.

#### PLAN SHOPPING

Why not plan shopping trips ahead and get a week's supply of groceries all at once? You'll conserve gasoline and make your own work easier.

#### BALANCED LUNCHES

Balanced lunches are essential to war production. Experiments have shown that it can be increased as much as 10 per cent by correct luncheon feeding.



2651 \$12.95 12-48