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

WAKE UP VITALITY WITH THIS HOT BREAKFAST

Nature stored more of the great growth and vitality element—protein—in whole grain oatmeal—than in any other natural cereal you can serve your family! Today, with less meat protein available, your family needs this extra vitality protection of Quaker Oats more than ever! Quaker Oats is so outstanding that it contains nine out of eleven food elements short in many present day diets! Serve delicious Quaker Oats daily. Children simply love Quaker Oats. It's so smart to protect your family's health and vitality by serving the one best cereal when so many other foods are rationed.

QUAKER OATS

The Quaker Oats Company of Canada Limited

A Morning Smile

SAP

A company, having been issued with new boots, went for a route march to "run" them in. One recruit was missing at the end.

When eventually rounded up and asked where he had been, he replied:

"My boots were tied together, sergent so I couldn't get along as fast as the other chaps."

COUNSUL BE HANGED

Waiting to find out how much his class had understood of his talk on the duties of a British Consul, the Master asked:

"Now, boys, suppose some one took you up in an airplane and after a long flight dropped you thousands of miles in a foreign country, what place would you seek first of all?"

Up shot an eager hand.

"Please, sir," exclaimed its owner, "the hospital."

CHINESE HATS FOR MOTHER AND DAUGHTSR

DESIGN NO. 995

Mother and daughter Chinese hats are smart and easy to make of any material. Pattern No. 995 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,

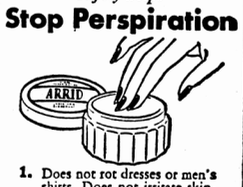
Design No. 995

NAME - - - - - - - - - - -

STREET ADDRESS - - - - - -

CITY - - - PROVINCE - - -

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

Guaranteed by Good Housekeeping

39¢ Also 15¢ and 59¢ jars

ARRID

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. Will I be able to get canned salmon at my grocery store or will I have to buy it at a meat market?

A. Under the equitable distribution plan of the Wartime Prices and Trade Board, retailers who previously carried canned salmon in stock will be supplied with this commodity. Retail grocers, as well as butchers, will take meat coupons for canned salmon, which is now a rationed commodity.

Q. I am desirous of obtaining new tires. Is there some regulation regarding this?

A. Yes. If you need tires and are in an eligible class, go to an authorized tire dealer who will examine your old tires and certify as to your need for new tires. The application is then sent to the Tire Ration Officer, who will, if you are eligible and the quota allows, mail a permit for the purchase of new tires to the applicant.

Q. Is there an expiry date on preserve coupons?

A. No. These coupons may be used at any time after they become valid.

Q. Are there meat charts for all types of meat?

A. There are meat charts for beef, veal, pork and lamb. These charts must be on display in all meat retailers stores. The charts list the maximum ceiling price for various types of cuts. There are also "cutting" charts which show the various types of cuts on a carcass of meat.

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.

Living & Leisure

The Woman's Realm

Happy the man, and happy he alone,
He who can call to-day his own;
He who, secure within, can say,
To-morrow, do thy worst, for I have to-day.

—Dryden.

COFFEE SUBSTITUTE

In France they are now telling people what products shall or shall not be made into coffee substitutes. Among these are roasted barley or malt, sweet or common acorns, chicory, tomato seeds, apple seeds, pear seeds, blue-lupin seeds, senna seeds, cabbage roots and pulp of Jerusalem artichokes. Last fall the entire French harvest of acorns was placed under control for the manufacture of coffee and coffee substitutes.

ROMMEL'S CHAIR

A chair that once belonged to Field Marshal Rommel now is the property of the daughter of Maj. John Kirby of this Essex town, who captured it when British forces took Rommel's headquarters at El Daba in Africa.

It is a high-backed, extremely comfortable armchair of padded leather on a stout wooden frame. Maj. Kirby carried it o nhis truck right through to ripoll.

He sent it to his daughter from Sicily and the daughter charges sixpence a time to sit in "Rommel's Chair." The money goes to the Red Cross Prisoner of War Fund.

Probably you've often wished you knew some way to keep from toughening your pastry by rolling too much flour into it. An easy way to avoid this is to use a pastry cloth and rolling-in cover. Their purpose is to hold the excess flour. They also allow you to roll pastry or cookies out really thin without danger of sticking.

Of course you can buy a pastry cloth of moisture-proof material, complete with rolling pin cover. Or, it's very simple to make your own. You'll need a piece of heavy, close-woven white canvas or duck, about 18 inches by 30 inches in size. (These materials usually come about 30 inches wide). Hem the raw edges, and sew short tapes on one end. Wash the cloth in soapy suds, rinse well, and when nearly dry, iron lightly to remove wrinkles. Use the pastry cloth instead of a baking board, or on top of one. Or keep it in place on table or cupboard by fastening tapes.

To make the rolling pin cover, cut a baby's white cotton stocking, previously washed in good suds, to the required length, and fit over the rolling pin. Rub flour well into both the pastry cloth and cover, brushing off excess flour that is not absorbed. After each use, brush off the excess flour and bits of pastry with a clean vegetable brush, and keep both cloths fresh by frequent washing. For convenience, roll the pastry cloth around the rolling pin, ready for next baking-day.

READY, FIRE !

Two pounds of grease will produce enough glycerine for five rounds of anti-aircraft fire. Take that pound of grease in your refrigerator to the neighborhood grocer the next time you go. If you haven't any on hand, start saving, but remember these points:

"It's best to strain dripping through double cheesecloth into a clean can, cover and store in a cool place. Never let fat get hot enough to smoke; it turns rancid faster. Separate the kinds of dripping for your own cooking only. Munitions factories aren't choosy.

BRITISH FASHIONS TO BE GAYER BUT NO LET-UP IN REGULATIONS

Gaiety and femininity will be the key-note of the 1944 fashions for British women — though there will be no let-up in the stringent cost and coupon regulations of Britain's utility clothing program.

Colors will be more dashing, lines longer and softer, and hats will go all out as either whopping big or winsomely ultra-simple. Planners of Spring utility "wardrobes" — whether it be a new dress, a coat, an Easter bonnet, or, if you have been zealously saving coupons, perhaps all three — have more pleasing prospects to chose from than in any of the previous war years.

Coats with long revers, clearly marked waistlines and gracefully full skirts will replace the high-buttoned ulster that has been the rule. Longer jackets and skirts flared or with a kick-pleat will usher in the Spring. Frills, though still sensibly discreet, will appear on the smartest dresses. In addition the V-neck is returning, and with it draped or gathered bodices.

Deep hip yokes of sashes or contrasting colors will top skirts no longer sparsely cylindrical but cut with side fulness or irregular hemlines.

Colors, too, will reflect the hopes of the new war season. Sail and lacquer reds, matisse blues, grass green and a new golden oronze will be some of the choices for young Britons, while for older women, as anxious to get away from the somber practical shades, there will be pine blue, a Douglas fir green, sparkling wine and a rich Manchu brown.

FURNITURE CARE

A marring scratch or a sliver of good gouged out of your polished table or chair can be a constant eye-sore. Try rubbing the scratch with the cut side of a nut—a pecan or butternut works best. Small scratches usually disappear when the oil in the nut darkens and conceals them. A final polish with a soft cloth — and the piece of furniture is as good as new.

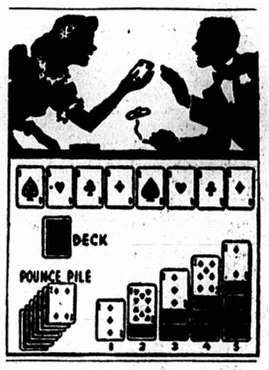
Treating the larger chip or scar on dark furniture such as walnut or mahogany is a more delicate operation. With a finely-pointed camel's hair brush, paint iodine or argyrol lightly into the cut. Avoid smearing the surrounding surface as it will dull the polish.

The familiar white rings or dull outlines left on table tops and other polished surface by hot dishes and damp glasses sometimes disappear if the spot is wiped with camphorated oil. If the mark is stubborn, try rubbing it with cigar ashes and a light oil. Rub lightly with the finger tips, and rub with the grain of the wood, or you will scratch the polish under the strain.

Specks or spots of paint on furniture can often be removed by wiping very lightly with a cloth moistened in turpentine. Hardened specks can be scraped off with an old razor blade, having care for the surrounding surface.

A thin coating of wax will help preserve the polish and appearance of furniture. Apply a self-polishing wax sparingly and renew only when the last coating wears off. Smooth on the wax and after half an hour rub with a soft cloth, polishing to bring up a good sheen.

Home Service



'Pounce" Jolly Double Solitaire

Let's put some real zip into that quiet date at home! Let's play 'Pounce" — a rapid-fire version of solitaire for two.

You and your date each lay out a deck of cards as the diagram shows. Put seven cards in a pounce pile, then deal five cards and build on these — leaving out one more pile to the left each time you build—until your last pile to the right has five cards. With all top cards face up, you're ready.

The object is to get rid of your seven-card "pounce pile" — fast! Playing separately, you each build red-on-black downward sequences on your five solitaire piles. Meanwhile, you both put all aces in the centre on which you build upward sequences in identical suits.

Go through your decks, three at a time, when necessary to make more moves. An empty space? Fill it from the "pounce pile."

Suddenly you see a chance to play your last remaining "pounce card" and you cry "POUNCE—I win!"

What if two guests—or more—drop in? Our new 32-page booklet is packed with games for twosomes, threesomes, foursomes or "moresomes." Has card games, pencil games, stunts, puzzlers, nonsense gags — to make you a popular hostess.

Send 15 cents 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

Dorothy Dix Says—

DOMESTICITY IS PROFESSION

Bride Should Fit Herself For Housekeeping As For Any Other Career In Life

If I could give one piece of advice more earnest than any other to every young bride, I would say: Make a profession of domesticity. Make an art of cookery. Make a science of running a budget. Put just as much intelligence and hard work into studying how to be a good housekeeper as you would into preparing yourself to be a doctor, or a lawyer, or a private secretary.

Don't think that marriage is an invitation to sit down on the do-nothing stool and let George do it, and that because you have a husband who is legally bound to support you that you can spend the balance of your life playing bridge and going to bargain sales. Don't delude yourself into thinking that because you can't be fired for laziness and trifling and general incompetence that it gives you the privilege of loafing on your job.

SOME WIVES CHISELERS

You may get by with it. Lots of wives do. There are plenty of women who spoil good food for forty years and throw half of their husbands' earnings into the garbage can without ever learning how to make a biscuit that is fit for human consumption; or to turn a house into a home. Don't be one of these feminine chiselers who makes marriage nothing but a graft.

It is a curious thing that although domesticity is women's hereditary calling and the one they plan and desire to follow, they look down upon it with contempt. You will hear them say disparagingly: "I'm ONLY a housewife." Or: "I wish I had something interesting to do like being in business." Or: "I wish I knew some way to make money, but I have never done anything but keep house."

And because they think their occupation neither romantic, nor thrilling, nor profitable, millions of women never bother to perfect themselves in it. They never even try to learn how to make decent coffee, or to cook the kind of a dinner that keeps a husband walking the straight and narrow path back to his home of an evening.

Yet the fate of every family lies in the hands of the woman who is at the head of it. Juvenile delinquents and philandering husbands don't come out of happy, comfortable, well-run homes. Whether children grow up strong and sturdy, and men are still in their prime in their sixties depends upon how they are fed more than upon anything else. And Mother's thrift is the foundation on which nine-tenths of the fortunes are built.

So, I would say to the starry-eyed little bride: If you want to hold your husband's affections, don't bother so much about trying to keep young and beautiful and preserving a willowy figure as you do about making him comfortable. Concentrate on turning out an A-1 job as a housekeeper and manager who can run the domestic machinery so smoothly he won't even hear the wheels go around.

Furthermore, consider this, that in making yourself an expert housewife you acquire one of the best trades that women can follow and one by which they can always and anywhere make a living. For the demand for interior decorators and fashion designs and radio groomers, etc., fluctuates according to good times or hard times, but people will always be hungry three times a day, and there will never be enough good cooks to go around.

Feeding people will always be women's best bet, and when one does this superlatively well, people will wear a path to her door. A few women have made fortunes in some spectacular venture, but thousands of women have made comfortable livings out of boarding houses. Only those have failed who laid down on their jobs.

Hence, I urge every bride to make a fine art of housekeeping. Let her fit herself for it as she would for any other career, so if the times ever came when she would be thrown on her own resources and needed to support herself she would have a good, money-making profession at her fingers' end.

The Suprising Sanctuary

By Leslie Cargill

UNDER ARMED GUARD

Crestfallen and bewildered, they trudged back to Everard's quarters and tried to settle down philosophically in close confinement. Above everything, Hugh resented the gratuitous intrusion of outsiders in his cloistered calm. Almost from the moment he fancied there had been a succession of disturbances.

"I've certainly been led up the garden path," he muttered.

"Speak up" said Mr Mason. "Can't hear a word."

"I was talking to myself."

"Idiotic habit! Comes of living in isolation".

"Isolation? Ye gods, isolation! That's about the only thing you don't get on this confounded island."

"Do you good, young man. I know your kind. Mooning about the world and petting under the feet of busy folks. Slowing down the wheels of progress I'm a naturalist myself. So is Muriel. But we enjoy life."

"How I plan to live is my personal affair, sir".

"People who lack social consciousness should be locked up."

"That would suit me better than being in a commotion like this", Hugh said, drily.

"Eh? Bah! I should have recommended a good slippering."

"Shall I give him one?" George Jessop asked enlightening.

Muriel appealed for order. Matters were too serious for internal strife. "We sink or swim together" she went on. "Mr. Everard didn't ask us all to gather on his preserves. I don't blame him for being peevish."

"Peevish my foot," Hugh retorted.

"Don't you start all over again," she said. "I was patting you on the head, so there's no need to snap."

He subsided into a chair, made an attempt to withdraw into his inner consciousness, but was dragged into a further discussion.

Presently a knock on the door heralded Ambrose Martin. "Snug as bugs in a rug," he said. "One, two, three, four. All present and correct. Don't do anything rash!"

The last remark was addressed to Jessop, who had clenched his fists and was glaring balefully.

"Thought I'd pop in," Martin commented in conversational style, "to put the case clearly. You people have butted in at an inconvenient time, and you're liable to get hurt if you act foolish. I'm a sort of link-between: friendly up to a point. Candidly, the submarine crew is on my side. Sort of, shall we say? They intend to be about for several weeks, during which the supply boat is likely to put in. I'm asking Everard to say nothing to the skipper and carry on as though everything is normal. In return I promise safe conduct and quahy treatment until our job is finished."

"What deviltry are you up to?" Mr. Mason demanded.

"The old saying holds good — ask no questions and you'll be told no lies. Anyway, it's Everard I'm concerned with. The rest of you can keep hidden, whether you like it or not, when McPenrus arrives."

"So you know the skipper?"

"Never mind that. All I want is a straightforward answer. Think it over. There's no immediate hurry. I'll be seeking you."

He went out, slamming the door.

"Needless to say," Muriel remarked "you'll tell him to go and boil his ugly face?"

"My dear, your language gets coarser every day," her father remonstrated.

"Mr. Everard knows what I mean. We belong to the same generation. Come on, what's it to be?"

"I shall undoubtedly tell him to —er— boil his ugly face."

"There, I knew you'd got guts, in spite of Pop's denial!"

In the hours that dragged by, they formed themselves into a council of war. It was impossible to sit still while the strangers dominated the situation. One hope was that under cover of darkness they might sneak down to the Elder Duck and make for the nearest port, trusting to luck that the submarine did not overtake them."

"They're at a disadvantage in having to travel right round the island," Jessop pointed out. "Our cruiser can do twenty-five knots at a pinch. I haven't any idea of a sub's speed, though we're probably considerably faster on the surface."

Hugh assumed that the opposition would be ruthless.

"We'll risk it! Gosh, anyone would think there's a war on."

"Perhaps there is. We shouldn't hear if it broke out suddenly, thanks to being without radio," Mr. Mason observed. "There's a set on the boat, so we may hear surprising news. Remind me to take a portable next time we go exploring, Muriel."

"I will!"

Getting out of the house unnoticed was easier than they expected. The sentry had been set over the only door, and he carried out his instructions to the letter, but it seemed that his orders were not quite perfect. They left a tiny window at the rear, free from observation. Through this, Hugh, Mason, and Muriel wriggled. Then they made to assist Jessop, only to find that he was too bulky to negotiate the opening.

"Leave me" he whispered.

Hugh protested vigorously, only to be overruled. George thought it would turn out for the best. "I" create a diversion," he promised

His voice raised in raucous song came to them as they ran lightly down to the landing stage. A crescent moon gave enough light to show the way, too much light to be comforting.

Once on board they made hasty preparations. Mason produced a sharp axe to shear the mooring rope. Muriel took her place at the controls.

"Ready?"

Down went the axe and the craft was free. The girl stamped on the self-starter, which warned noisily.

"She's not firing, Pop!"

"I'm coming!" Their concerted efforts were unvailing

From the shore came a sharp crack, followed by the ping of a bullet. The engine gave no response to their efforts, and the incoming tide pushed them helplessly back.

Muriel was angry with frustration

(To Be Continued)

HAVE ANOTHER SLICE

RIGHT-O this bread is tops!

—to bake bread just right use Fleischmann's fresh Yeast

Meal planning today calls for a bigger use of good bread. Now your family's most dependable low-cost, high-energy food, bread is a good source of Vitamin B—good, too, as a *stretcher* for harder-to-get foods! If you bake at home use Fleischmann's fresh Yeast for bread with fine flavor, fine, smooth texture every time. Today—ask your grocer for Fleischmann's *fresh* Yeast with the familiar yellow label—Canada's favorite for over 70 years!

MADE IN CANADA

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

Needlecraft

For The Home

SUIT DRESS

A most satisfactory fashion to live in and look lovely from morning to night. The dressmaker details at the shoulders and sleeves add grace to its smartness.

No. 3627 in size 36 requires 4 yards 39-inch fabric.

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. Include postal unit or zone number in your address.

Address, Pattern Department the Charlottetown Guardian.

Name

Street Address

City Province

PEOPLE over 40 often slowed down by CONSTIPATION

Your system is like an engine. It must be kept clean, smooth-running or it backfires. makes you feel and LOOK half-sick. The gentlest way to cleanse a system clogged with poisonous food waste and stimulate daily flow of liver bile is with BILE BEANS.

Made from 10 pure vegetable extracts, Bile Beans act so gently on liver bile, stomach, kidneys they are called "The Medicine That Copies Nature". Mild, yet effective.

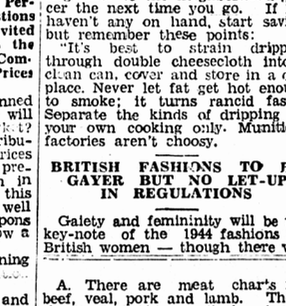
For brighter, peppier days, let Bile Beans coax the system into healthy regularity, pleasantly, ever so gently. Try BILE BEANS tonight—they work while you sleep. Over 7 million boxes used yearly, convincing evidence of how greatly they are helping others.

THE COOK'S CORNER

DUMPLINGS

Two cups flour, 1 teaspoon salt, 4 teaspoons baking powder, 3 tablespoons shortening, ¾ cup milk. Sift flour, salt and baking powder together. Run in shortening with knife or finger tips. Add milk to make a soft dough. Drop a tablespoon at a time on top of boiling stew, cover tightly, and don't peek until 12 minutes are up. Serve very hot on to pof stew in deep plates.

Gives You Blessed Relief From Sniffly, Sneezy Distress of Head Colds



A Few Drops Up Each Nostril . . Work Fast Right Where Trouble Is

The second you put Vicks Va-tro-nol (a few drops) up each nostril it starts relieving the sniffly, sneezy, stuffy distress of head colds. Va-tro-nol—a specialized medication—is so effective because it does three important things to relieve discomforts . . . (1) shrinks swollen membranes . . . (2) soothes irritation . . . (3) helps clear up cold-clogged nose . . . makes breathing easier . . . and brings such grand relief! Follow directions in folder. NOTE . . . When used at first sniffle, or warning sign of a cold, Va-tro-nol helps prevent many colds from developing.

VICKS VA-TRO-NOL

WHY IS PERFECTION COCOA THE BEST VALUE?

- PERFECTION COCOA is made only from the best Cocoa Beans that can be secured.
- It is carefully processed with the skill of a century's experience in making fine cocoa.
- Its extremely high 22% Cocoa Butter content makes it exceptionally nourishing and gives it a superior, true chocolate flavour.
- Its fineness of texture assures a smooth, creamy beverage, and makes it ideal for baking, too.

For the utmost in quality, food value, and chocolate flavour, ask your grocer for PERFECTION COCOA. Regardless of price, there is none better. Yet PERFECTION COCOA *costs less!*

ONLY 27¢ FOR A FULL POUND

Why Pay More?