

Woman's Realm Social and Personal Fashions Literature

Living & Leisure The Woman's Realm



HEALTH LEAGUE OF CANADA
EATING SHOULD BE FUN!

Everyone agrees with the statement Eating Should Be Fun, but do we try to make all our meals enjoyable? Let us consider the reason why our families do not like, and consequently do not eat, all the food we cook. First of all, you must be a good cook. If you are not a good cook, then why are you not? Do you not follow recipes carefully, or have you not had enough experience? Make up your mind that your meals will be not only nutritious but interesting, bringing out the natural flavour of each food. Nutritious meals are no good to your family if they are not eaten.

Maybe your family has lagging appetites. This could be due to a low intake of the "B" Vitamins. Start serving them whole-grain cereal with a tablespoonful of prunes or raisins each morning. Use only Canada approved bread (white or brown), or better still, whole wheat bread. Their intake of Vitamin "C" may also be improved. Do you start each day with a serving of orange, grapefruit or tomato? You should. The most unpopu- lar type of food is usually vegetables. The dislike for vegetables may be due to carelessness in cooking, or lack of seasoning. For children's meals, the use of a little salt (iodized for inland areas) is recommended. Try one of these combinations the next time you are cooking vegetables and want them to be eaten with gusto. The addition of lemon juice, cabbage, beet tops; cheese sauce on bland vegetables (cauliflower, celery, potatoes); Onions and tomatoes; interesting flavours to sauces for vegetables Pickles, relishes, catsup, chili sauce and mustard all help in making ordinary foods extra appealing, but they should not be used too often. Vegetables have various degrees of flavour—bland, savory, strong, and mild. Do not have more than one strong-flavoured food at a meal, or more than one bland-flavoured vegetable. Satisfy your taste buds with a variety of contrasting flavours in view. You will find by starting your meals with a strong-flavoured food that your family's appetite will be sharpened, and they will eat with gusto at the beginning of a meal as it dulls the appetite.

After you have chosen the right flavoured food, you must consider the texture and shape of the foods served. You should serve at least one crunchy or crisp food with each meal—celery, raw carrots or raw turnip strips, apple or cabbage salad. Have only one creamed food and one sauce or gravy.

Do not present everything in the same shape. A plate consisting of creamed potatoes, mashed turnip, and a mound of meat loaf, is not as inviting as one containing baked potato, mashed turnip, cold slaw, and a square of meat loaf.

You will find in serving a three-course meal that a contrast will be made. For example, a hot main course, a cold dessert (fruit cup); or hot soup, cold salad, cold slaw, and steamed pudding. You will agree that the first meal is more appealing.

But by no means the least important, is colour contrast. Since our meals must have eye-appeal as well as taste-appeal, a pleasing colour plan helps to make good food more appealing. At you know, the fruit and vegetables rich in colour are usually those highest in Vitamins and Minerals. You may combine white, green, yellow and red vegetables together with a pleasing effect. The red vegetables rarely look well together. Remember to have an all-white or colourless plate. If you do, you are attacking your problem of making eating fun, with a handicap. Next time you are planning your menus and you want your family to enjoy their meals, consider along with the cost of the food, contrast in flavour, texture and colour of the food, and don't forget the seasonings.

Canada's First Choice!
FRY'S COCOA
for Nourishment and Flavour

Dorothy Dix Says—

GIRL MUST KNOW NATURE OF MAN TO GET THE HARD WORDS
Glib Love-Maker Isn't Going To Propose; Slow Actor Seldom Proves A Philanderer

A girl who signs herself "Anxious Marie" wants to know how to make a man propose. Ah! That's asking, and it takes a bit of doing as the English say. It all depends upon the personality of the man, for the technique that might work like a charm with Percival might flat as a pancake with Sam. Some men like to do all of the wooing. While others have to be bribed, enticed, inveigled, even shanghaied into saying: "Will you?" to a girl.

If you doubt this assertion, just reflect that you have never heard any man tell her he proposed to his wife. Nor have you ever heard any woman tell her husband she accepted the question to her. That is one secret that they bury in their bosoms and that the rack and the thumb screws could not drag out of them, so it is no use to ask Grandma how he did it, nor to try to get a few tips from Grandma about how she wangled an engagement ring out of him.

GIRL MUST STUDY MAN

Now, as has been herein foretold, a girl must deal with man according to his nature and before she wastes her time and effort trying to pry out of him what the Scotch call the "hard words," she does well to do a little serious thinking about what manner of chap he is. If he is a glib love-maker who addresses her at sight as Miss Beautiful and asks her where she has been all these years that he has never met her when he was seeking his heart's ideal, she should let his sweet talk go in one ear and out the other, for she doesn't mean business. That is just his line and he doesn't expect her to take it as anything except pleasant conversation.

Neither should she put too much stress on the love-making of the Perpetual Pater who camps in her parlor chairs and eats her mother's good cooking and says every endearing thing to her except: "Miss Smithers—Mary—darling, may I assume your board bill and shopping ticket for life?" A girl may lead that sort of a chap up to the proposing point, but he balks at the edge of it and it takes a lot of shoving to push him over the brink.

Not to be confused with the Perpetual Pater, however, is the dumb lad who hangs fire in his love-making because he loses his nerve when he tries to tell Angela about the state of his heart, and that he has gotten a raise in his salary, so what about a little bungalow built for two? Time and again he braces himself up to the point of asking her to be his, but at the crucial moment he chokes up on his Adam's apple and asks her if she doesn't think we are having reasonable weather for this time of the year.

MAN SLOW AT PROPOSING NO PHILANDERER

Of course, the big moment of every woman's life is when the Boy Friend comes across with a bonide proposal, and it is hard on her to miss it. Nevertheless, Angela is a smart gal if she pretends to think that some of his mumbling words were a proposal, and throws herself effectually into his arms, for she knows that the woman who hassto help a man along with his love-making never has to worry about his philandering. Once is enough for him.

Much to be said in favor of the absent treatment as a method of bringing men to the place where they have to realize that they must either put up or shut up. This is particularly efficacious in those cases where the man and his lady have "gone together" as the phrase goes, since their kindergarten days.

It is a pleasant arrangement that permits John to monopolize all of Sally's time and attention and thoughts without his having to call port her. This will go on indefinitely unless Sally has the nerve to call him on him, and this she can best do by leaving him flat. When he has no one to call on, he will take nobody to cater to him, he will take up his option and clinch the trade.

What might almost be called the widow's recipe for getting her man to propose is by putting all one's business affairs in the hands of an eligible bachelor. If he is a glib love-maker, he will propose to her. The difference between a bull and a bear in that funny stock market. And by the time she has finished asking him what Poor Little Me will do without him, she will have him for the best for the rest of her life.

And, of course, there is the old true and tried method of toting men to the altar by feeding the brutes. Practically any woman can get her man if she knows how to broil a steak to an art and bake a chicken. Given a woman who knows her onions, shined lamp, a little table set for two and a little savy, and it is all over except sending out the wedding invitations.



DESIGN NO. 914

A Scotch doll made at a small cost. An ideal gift for a youngster. The finished doll stands about 12 inches high. Pattern No. 914 contains complete instructions for making the body of the doll, clothes, wig and shoes.

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. 914
NAME _____
STREET ADDRESS _____
CITY _____ PROVINCE _____

COAL FOR POULTRY BROODERS

In view of the special requirements of the poultry raising industry, the Coal Controller has made arrangements to import from the United States an additional quantity of anthracite coal for use exclusively in poultry brooders and hatcheries in those districts which customarily use anthracite coal. To obtain the coal for use in brooders and hatcheries, a form supplied by coal dealers must be filled out. The dealer is not permitted to deliver any quantity of anthracite greater than the quantity, which, added to the quantity on hand, will provide a poultryman with a 30-day supply of coal for use in brooders and hatcheries.

PROVOST FOR 10 YEARS

FRASERBURGH, England (AP)—George Walker, provost of the Aberdeen town for 10 years, died suddenly while out shooting. He was 71. His family has been known for years throughout Scotland's fishing districts.



KIDS ORGANIZE HOME DEFENSE

Children can play an important part in national defense—by keeping sturdy. Scott's Emulsion taken regularly develops strong bones, sound teeth—and helps children grow into stalwart citizens. You'll find, too, Scott's will help adults as well as children build resistance to colds and common winter ills because it is rich in natural Vitamins A and D.

This great tonic is highly recommended as a food supplement because it contains vital build-up elements which are so helpful to young and old alike. An exclusive process makes Scott's Emulsion 4 times easier to digest than plain cod liver oil, easy for young, delicate systems to take and retain. Scott's Emulsion has a pleasant taste children enjoy. Buy a large, economical bottle today—all druggists.



THE COOK'S CORNER

SUPER MEAT LOAF

Two lbs. minced beef, 1-4 lb. minced shoulder of pork (not essential), 1 egg, cup quick-cooking rolled oats, 1 teaspoon salt, 1-8 teaspoon pepper, 2 teaspoons 2 tablespoons grated onion. Have the butcher mince the pork with the beef, then add all remaining ingredients and pack into greased loaf pan and bake at 375 deg. Fahr. for about 1 1/2 hours covered.

ORANGE HONEY BREAD

Two tablespoons shortening, 1 cup honey, 1 egg, 1-2 tablespoons garted orange rind 2 1-2 cups sifted flour, 2 1-2 teaspoons baking powder, 1-2 each of salt and soda, 3-4 cup orange juice, 1-2 cup chopped nuts (optional). Cream shortening and honey together thoroughly, add well-beaten egg and orange rind. Sift flour with baking powder, salt and soda Add flour mixture to creamed mixture alternately with the orange juice. Add nuts. Bake in greased loaf-pan in moderate oven 375 degrees F. for 70 minutes. This is a delicious loaf served with cream cheese.

New Cream Deodorant

Safely helps Stop Perspiration



1. Does not rot dresses or men's shirts.
 2. No waiting to dry. Can be used right after shaving.
 3. Prevents under-arm odor, and all stop perspiration safely.
 4. A pure, white, antiseptic, stainless vanishing cream.
 5. Awarded Approval Seal of American Institute of Laundering—harmless to fabric. Use Amid regularly.
- ARRID is the largest selling deodorant
- 39¢
- Also 15¢ and 59¢ jars

LILLIE THE TOILER — A SHELTERED LIFE.



Cloud Over Coraton

BY T. R. BRIDGES

CHAPTER III CORATON

But for Peter, France's fall would have split both for France and Derek. Peter was singularly cool-headed, one of those people who does not lose his head in an emergency. Moormen, in his position, would have plunged in and then there would have been three drowned instead of two.

Always at these stepping stones on the Moor streets there is a stout pole about eight feet long for use when the water is high. Often there is one on both sides. There was one near Peter spotted it instantly, and snatched it up. An eddy had flung Derek and France towards the near bank and Peter thrust out the pole just in time for Derek to grasp it. Peter, knee deep in water, walked backwards, and in a matter of moments Derek and France were who were back on the bank. Peter stood up and shook himself like a wet dog. He looked at the brown foam-flecked flood sweeping past, then turned to Peter.

"You all right?" he asked with a touch of anxiety.

"Fine, Luckston," said the pole. "How's France?"

"I'll be all right," said the old chap slowly, "but I lost my fishing rod."

"Oh, but he was with you on the Moor a lot when I was a kid and I know these Moor folk. Not their way of talking, but I know it. I haven't thanked you, Peter."

"Oh, forget it!" retorted Peter. "Is this your house?"

"This is Luckston," said Derek, as he turned into a narrow drive flanked by wind-twisted beeches. Peter saw a two-storey house with a number of petunias, dahlias, delphiniums, hollyhocks, Michaelmas daisies and the like. Then the drive and below that a grassy slope dropping gently to a small stream which ran into the Clint. On the opposite side of the stream was a row of cottages, the front of the buildings were on the far side of the house and looked as old and solid as the house itself.

"There's an old one up at the north-west end. Behind it was a kitchen garden surrounded by a tall hedge of clipped beeches; in front a border of petunias, dahlias, delphiniums, hollyhocks, Michaelmas daisies and the like. Then the drive and below that a grassy slope dropping gently to a small stream which ran into the Clint. On the opposite side of the stream was a row of cottages, the front of the buildings were on the far side of the house and looked as old and solid as the house itself."

"You did not notice an odd note of anxiety in his voice. He himself hesitated.

"A fine old place, Derek," he said, "but this heavy cloud makes it a bit gloomy. It will look better when the sun shines."

"You'll find it better inside," Derek said as he pulled up outside the front door "especially when you've had some tea."

The massive door was set in a deep porch. It opened into a passage with rooms on either side and a staircase at the end.

"I'll take you to your room Peter," Derek continued. "As soon as we've changed we'll have tea."

Peter approved of his room, which had a window facing the front of the house and was plainly yet comfortably furnished. There was a jug of hot water in the basin, covered with a towel. He stripped, washed, put on his other suit, grey flannel trousers and an old brown tweed jacket, then went down.

"This way," came Derek's voice. He was at the door of the room to the left of the passage. The room was large but low ceilinged and had the open fire which a peat fire peat fire smouldered. The walls were colour-washed a pale stone colour. A good but well-worn carpet covered the floor, and the chair and couch were upholstered in brown leather. On the walls a few of Alton's coloured prints; on the chimney-piece a clock and a couple of old Chinese vases. No flowers or any attempt at ornament. A man's room, yet quite comfortable.

Mrs. Farrell came in with a tray. Derek introduced Peter.

"My friend, Mr. Plews—Mrs. Farrell."

Peter saw a tall woman of about fifty. She must, he thought, have been a very handsome girl. Her features were remarkably good and her pale blue eyes very clear. Her hair was fair, thick and glossy and barely touched with grey. But her face had no expression and the faint smile with which she acknowledged the introduction was on her lips not in her eyes. Nor did she speak. She laid out the tea on the oak table and left the room.

Peter stared open-eyed at the lay-out. Hot scones, a large pat of butter, a dish of whorlberry jam, a cake, a jug of milk that was yellow with cream, and a huge black pot of tea.

Continued on Page 3

A Job Only You Can Do

Price Control Questions And Answers

Questions and Answers on Price Control will appear in The Guardian as a feature each day. The questions are those which have reached the Wartime Prices and Trade Board from consumers. The answers are provided by the Board's readers. Questions who have intelligent questions to ask no price control are invited to write to the Women's National Advisory Committee of the War Times Prices and Trade Board.

Q. I would like to sell my electric refrigerator. Are private sales subject to price ceilings? If so, where can I find out what the price ceiling is?

A. Send the information concerning the refrigerator, such as the length of time you have had it, and details as to condition of the machine to the office of the Wartime Prices and Trade Board from consumers. The maximum price at which it may be sold.

A. My son became 12 years of age during December. Can I get the ration for him?

A. No, as your son did not become 12 years of age before September 1, 1943, he will not be eligible for ration and coffee ration coupons until the next ration books are issued.

A. Are the coupons in my number 2 ration book of any further use to me?

A. The tea-coffee and sugar coupons in book No. 2 were good until December 31st. After that Book No. 2 was of no use and should either be turned in for salvage collection or destroyed by the householder.

Q. I live in the country and need a sump pump. Are these rationed?

A. Yes, sump pumps are partially all power pumps and as such are subject to rationing.

Home Service

No matter how good a house-keeper you are, there are certain routine things that you'll feel the urge to do, now that the holidays are over. The old-fashioned housecleaning is a thing of the past and the modern housekeeper finds her winter roundup so simple as to be almost pleasurable.

Dry suds are popular with most modern women since they clean so effectively and are easy on the hands. Soap-and-water washing no longer means immersing in tubs or basins of water, and in that dry weather the water is kept to a minimum.

For this method, use either bar or packaged soap of your choice. Allow about one cup of shaved soap (or flakes) to two quarts of water. Dissolve soap in boiling water, let cool until set and when ready to use beat the soap jelly into a thick, creamy lather with an egg beater. When cleaning, use one or two bowls of clear warm water for rinsing.

SAY THINGS RIGHT!

There is a correct way to say everything—for instance this figure in the illustration is a "statue," not a "statuer" or "statute"—a mistake which is made sometimes. "Statuer" means height and "statute" means law.

Do you get confused with words and often say the wrong thing or maybe do not know how to say the right thing?

You will find the key to a wider vocabulary in our 32-page booklet as well as the correct usage of familiar words, the proper pronunciation on important occasions.

Few of us know enough about words. For want of the right word, we often fail to express ourselves on important occasions.

With an improvement of your vocabulary will come poise and self-confidence—two of the most important assets in business and social life.

Don't be tongue-tied! Make a "vocabulary" of your own!

Send 15c in coins for your copy of How to Improve Your Vocabulary 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 _____

NO WORRY NECESSARY IF FREQUENTLY TAKEN

If you treat your mind and body like the precious possessions they are, if you follow expert advice faithfully, if you banish fear and worry, and if you remember that an aging body is not capable of all the tricks indulged in by a young one, you need have no anxiety regarding middle or old age. Good health and happiness will be yours.

ROSES FOR RULERS

The rose was the favorite banner of many rulers of Greece and Rome and was used as a symbol on their banners and shields.

TWO VITAL FACTORS

The most serious housing evils are associated with lack of fresh air and sunlight—two of the greatest factors in the promotion of health and the prevention of disease.

QUIET HOMES NEEDED FOR HEALTH PROTECTION

One of the tests of a house fit to live in is the test of quiet. The young child, the sick, and night workers constitute fully one-third of the population and they especially are entitled to quiet during the daytime hours on street car lines, in factory neighbourhoods, or alongside railway lines do not meet this primary requirement.

A Morning Smile

After the most absent-minded chap I ever met, remarked a clubman to a fellow member. "What's he been doing now?" inquired the other.

"Why, he's been thinking he thought he'd left his watch at home, and then he took it out to see if he had time to go back and get it. That's just as bad, said the second man, reminiscently, as the time when he left his office and put out a card saying he'd be back at 3 o'clock. Finding he'd forgotten something, he went back to the office, read the notice on the door, and sat down on the stairs to wait until 3 o'clock."

HONEST

After the guest had departed, the hostess was tidying up. "That's just as bad, said the second man, reminiscently, as the time when he left his office and put out a card saying he'd be back at 3 o'clock. Finding he'd forgotten something, he went back to the office, read the notice on the door, and sat down on the stairs to wait until 3 o'clock."

HOW TO OPEN NOSE UP AT NIGHT

Put 3-purpose Va-tro-nol up each nostril... (1) It shrinks swollen membranes (2) Soothes irritation (3) Solves nasal passages, clearing mucus, relieving transient congestion.

Needlecraft For The Home

A young figure deserves accentuation and this design has those softly moulded lines that are so flattering. It's a perfect background for your own pretty jewels or accessories because of its complete simplicity.

Style No. 3634 in size 16 requires 2-4 yds. 36-in. fabric.

Send 30¢ 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 _____
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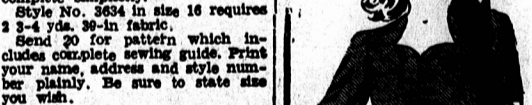
By WEBSTER

MAC, IF YOU TAKE THIS TRAIN YOU'LL GO TO THE GUARD-HOUSE

HELP ME, LILLIE I'M EXHAUSTED

AW, WHAT ARE A FEW DAYS IN THE GUARD-HOUSE?

A SOFT LIFE TO BEING A CONDUCTOR THESE DAYS



3634
SIZES
10-20