

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

## A DELICIOUS FOOD at its nourishing best

WHEN you buy cocoa be sure you get all the delicious flavor and nourishing goodness you pay for. Insist on Baker's. Then you are sure of full-strength, chocolatey flavor and high food value.

Prepare Baker's Cocoa according to the recipe on the label. The low-priced, 1 lb. size gives you up to 90 servings. Good for baking, too.



### THE COOK'S CORNER

#### JELLIED SALAD

1 tablespoon granulated gelatine.  
3-4 cup cold water  
1-1/2 cup lemon juice  
1-2 teaspoon salt  
3 tablespoons sugar  
1-4 cup chopped dill pickles  
1 cup finely cut celery  
1 cup shredded cabbage.

Method: Place the cold water in a bowl and add the granulated gelatine. Allow to stand for five minutes, then add the lemon juice, salt and sugar. Place the bowl in a pan of hot water and stir until the gelatine is dissolved. Cool and then add until partially thickened. Fold in the pickles, celery and cabbage. Pour into an oiled and rinsed bowl and chill until set. Serve garnished with mayonnaise.

#### ORANGE BREAD MADE WITH COCOA

Cream together 1-4 cup each of shortening and light brown sugar, then add 2 well-beaten eggs, and mix well. Add 6 tablespoons cocoa which has been mixed smooth with 2 tablespoons hot water and 1 teaspoon melted butter. Then add 3-4 cup orange marmalade. Mix and stir together 3 cups sifted flour, 3 teaspoons baking powder, and 1-2 teaspoon salt. Add to the cocoa mixture, alternately with 1 cup milk, beating after each addition. Pour into greased bread pan, and bake in moderate oven of 350 degrees about 50-55 minutes. This bread may be used plain, or sliced thin, with a cream cheese filling for sandwiches.

### A Morning Smile

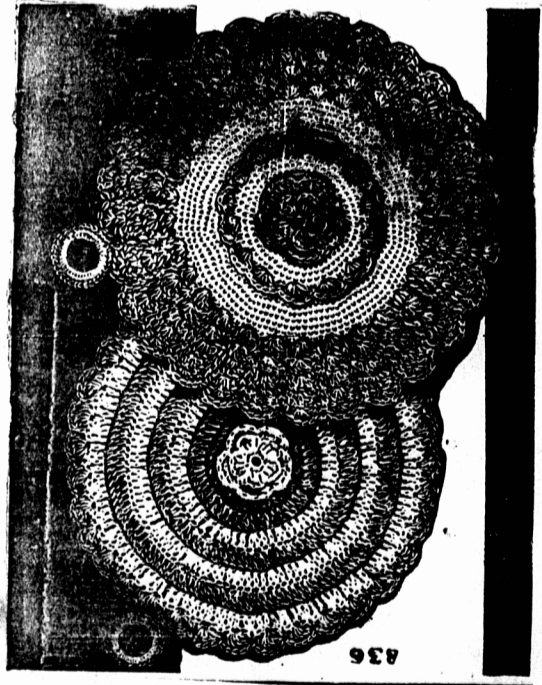
Father: "Hello! Where's Alfred gone to?"

Mother: "If the ice is as thick as he thinks it is, he's gone skating; but if it is as thin as I think it is, he's gone bathing."

"People who live in these apartment buildings don't know anything about each other, I hear," said the man from the country.

"No," replied the flat dweller, "but you can't have cabbage for dinner without everybody else in the building finding it out."

#### DAINTY CROCHETED POTHOLDERS



DESIGN NO. 836

These dainty potholders easy to crochet and may be made from odds and ends from the scrap bag. Pattern No. 836 contains list of materials needed, illustration of design, and complete instructions, to order outside. Write or stamp above picture with your name and address with 15 cents in coin or cents to Needlework Bureau, Charlottetown Guardian.

Needlework Department  
Charlottetown Guardian

Design No. 836

NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

## Dorothy Dix Says—

### AGREEABLE COMPANION CHEERS HOME WITH HUSBAND IN ARMY

#### Better Than Breaking Up Cherished Rooms To Live With Another Family Or Boarding Alone

Among the hardships of war that many women are called upon to endure is the breaking up of their way of living. It is not alone the physical hardships of the army thousands of young wives are left desolate and lonely, deprived of the companionship to which they were accustomed, but they are faced with the problem of adjusting themselves to different conditions and a new mode of existence.

John Wynter, who goes to the war, Mary cannot keep up the payments on the little house that they have bought, and that she had worked so hard to get and whose every nail and board are as dear to her as her heart's blood, unless she takes in roomers and makes the roomers pay for the scuffing feet, her beloved wallpaper smeared and defaced by careless hands.

**MUST BREAK UP HOME**

Jane can't bring the apartment into whose furnishings she and Tom put so much thought and love it seemed almost a part of their wedding ceremony, without she takes some other woman in to live with her. And Mary has no other way but to take the children and the baby home with Mother and Father who are old and cranky and set in their ways.

There is, of course, no happy solution of the problem of what the young wife, whose home is suddenly broken up by the war, shall do with her home. For no woman who has once had her own house in which she has been the mistress of all she surveyed and able to express her own tastes and desires, ever lets it into anybody else's home.

Even when Mother now sits in the home in which she was reared, or keeps good china every day instead of leaving it on the shelves to gather dust, she has the perfect companion with whom to share a home. Even one's husband doesn't suit that but much less another woman who has ideas and tastes and habits that don't jibe with yours. And if the other woman has children, it is lucky if the arrangement doesn't end in a massacre of the infants.

**SUCCESSFUL READJUSTMENT REQUIRES HIGH MORALE**

Yet these are the conditions under which thousands upon thousands of women have to live during these war times, and to do it cheerfully and bravely, as so many of them are doing, requires just as high a morale as the men who are fighting for their country. It is not a matter of breaking up your home if you can possibly avoid it. Keep on in your familiar surroundings. Something of your husband's presence will linger in the rooms in which he lived and about the chairs in which he sat, and which he has never had any contact.

Heaven only knows why, but a woman's furniture is always companionable. It has good times that they have had together, and it has sad times when you have known for a long time and as a surprise to you, or the jolly Christmas party I pulled off last year, and more than that, it is a comfort to the absent husband to think of his wife in her own home where he left her, and to which he is always thinking of returning.

#### OLD FRIEND CAN CHEER UP HOME

Perhaps, in order to do this, you will have to share your house or your apartment with another woman, for you must have companionship. Pick a woman with whom you are acquainted. Having done this, accept the situation with philosophy and make the best of your bargain. Don't expect and don't try to get your husband's presence will linger in the rooms in which he lived and about the chairs in which he sat, and which he has never had any contact.

Remember you are not perfect yourself and that she has to put up with what you do. Don't tell her that you do in her own home. When you let down your back and feel that you are in a confidential mood, take the next day and go to bed before you can tell the thing that the next day you will wish you had not said.

If you have to go back home to Mother and take the children, be grateful for the love that takes you in and gives you a home, and never fail to show your appreciation of it. A little curved-up hollow with the noise and mischief of children, so don't resent it when Mother and Father correct them. Take care of your own kids and don't turn work. Never forget you are asking a great sacrifice of them and make it as easy for them as you can.

It isn't easy for any of us to change our way of living, but if we are good sports about it, it helps a lot.

go away again and then I shall have to spend the whole evening behind the curtains.

Mrs. Manvers-Pollock smiled.

"Quite ready," said Mrs. Manvers-Pollock, watching the tall, slim figure as she walked across the soft carpet and slipped behind the curtains. Gasping, she saw it emerge almost immediately again.

"Someone's signaling," said John quietly. "I'm off to find out what it is. I'll come back to tell you what happens."

John bolted out of the room. Into his overcoat and with his hat crammed on his head, Alfred slipped over hand over hand the great jutting rocks. There was a vague light sent out by a moon that hung rather dimly behind the scudding clouds. But enough for him to see by. His descent accomplished, he stood on the hard beauty of sand. Ah! There it was, a short, stocky figure with its back turned to him. A figure in an overcoat and with a cap on its head.

A few minutes later Mrs. Manvers-Pollock leapt to her feet and uttered a dreadful cry. Her hair streaming ears had heard the scream. No one else heard it. Monsieur, always on his alert, had lowered his paper a little and had then come to the conclusion that it was a signal, and continued his reading. But Mrs. Manvers-Pollock read that white as a ghost. Someone had sprung on him and killed him. Sworn to secrecy, she could do nothing but wait. "Oh, God help me," Mrs. Manvers-Pollock sat down again and began mechanically to knit.

"Oh, oh, oh!" Dreadful stifled choking yells came from between John's viselike fingers. Alfred Cummings, who carried the coal at the Point Hotel, gave himself up for lost. They had got him at last, one of their parashoot troops that Hillier was going to send over. And Alfred was a fairly hefty youth

### STOP the AGONY of BURNS

Quick! Stop on a thick Potholder of Mecca Ointment. Almost instantly MECCA relieves the agonizing pain and lessens shock to the sufferer. This MECCA ointment is the most effective and most reliable for the treatment of burns, scalds, sunburn, and other skin irritations. It is MECCA (E) in your home right now!

**MECCA OINTMENT**

#### TILLIE THE TOILER THE EYES HAVE IT!



## Living & Leisure The Woman's Realm

### POURTRAIT OF A WOMAN

By Anne Marriott

Because her mind was full of lovely things she did not drabdest toll as though on wings. She trimmed her kitchen apron with a fringe, and stood gazing on the window-sill.

She walked as if in time to secret song. Folks started humming where she went along. Young eyes sparkled, old lips wore a smile, and her room was full of laughter all the while.

The years lie on her like a light caress. She makes old age a shining love-liness. She's never lacked a kiss, nor lost a friend—where she goes love will go, until the end.

### TOSSED SALADS ARE ALWAYS DELICIOUS

Tossed green salads, raw carrots, radishes, cucumbers, and other salad vegetables, in season, are always good. But have you tried serving a salad of raw spinach, mixed with the slices of raw turnip and a few silvers of raw string beans. Tossed with a good, tart French dressing, it's a delicious combination, and a few flowers of cauliflower are good here, too.

Raw vegetables don't have to be a steady diet, either. Many vegetables, most of the green ones, and a good many of the other kinds, are better when they are cooked only very short periods of time.

### BRAYED HEART

One of his comrades suggested a snail poultice. So a snail was found, made into a little parcel with a piece of gauze, and strapped over the eye. The following morning it was removed, with the fragment of steel stuck to it.

Explanation of the soldier who suggested the snail was that the snail struggled so much in the bandage that it created a small electromagnetic field which extracted the steel.

### CLEANING BRICK TILES

A cloth, saturated in vinegar, rubbed over brick tiling will make it look like new.

### DRY ICE TRAYS

Just to the crisp-tender stage if you are fortunate enough to have a pressure saccapian, the answer is simple. Or, you can steam them in a tightly-covered pan for a short period of time. Spinach, cabbage, cut broccoli, and carrots are just a few that can be cooked quickly.

### SNAIL POULTICE DREW OUT SILVER

Somewhere in England—Here is one for the witch-doctors to incorporate in general practice: A soldier complained of a severe pain in one eye, due to a small fragment of steel lodged there, and it was impossible to get immediate medical aid.

One of his comrades suggested a snail poultice. So a snail was found, made into a little parcel with a piece of gauze, and strapped over the eye. The following morning it was removed, with the fragment of steel stuck to it.

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### VERY GOOD, SIR

"Very good, sir," and with a respectful salute Alfred started to clamber back over the rocks in search of his torch.

(To Be Continued)

## Home Service

Gay and Romantic Games



Party a Hit With "Heart-Toss"  
Tossing hearts around! At your party it's fun: For the hearts are cardboard hearts, each bearing a romantic fortune like "Soon Wed," "Rival," "Love."

It's easy to prepare this version of "Party Games For All Occasions" ordinary or you may make a big red one of cardboard.

Rules are: Each guest to stand on a certain spot and try to see how many of 10 heart-fortunes he catches into the hat. The hearts that land reveal his fate for the next 12 months.

Now, for a real blushing game play "Blarney." Each person write and signs a compliment for "It" who sits in the centre. Then "It" must read the compliments aloud and guess who wrote them.

Was it Tom or Joe who said that "It" has the skin you love to touch? Many other hilarious games, of all kinds of parties, are in our 32-page booklet. Has ice-breakers, fortune-telling stunts, brain-teasers to make your parties the talk of the town.

Send 15c in coins for your copy of "Party Games For All Occasions" 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 \_\_\_\_\_

Name \_\_\_\_\_  
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City \_\_\_\_\_ Province \_\_\_\_\_

## 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

## Braised Heart



Liver, Heart or Kidneys should be eaten once a week, say Canada's food rules

Properly cooked, the "variety meats" are really delicious. What is more, they are often less in demand and as "protective foods" they are top. This week we give you our favourite recipe for Beef Heart. First, the dressing: 1 cup stale bread crumbs, 2 tablespoons chopped onion, 2 tablespoons sausage meat, 1 egg. Brown sausage and onions in 1 tablespoon beef dripping. Add bread crumbs, beaten egg and seasoning. Now wash the heart and remove tubes. Season; fill with dressing and sew up. Brown in hot fat. Add 1/2 cup vegetable stock or water. Cover and cook slowly for about 3 hours till tender, adding liquid as needed. Try serving Heart braised this way, with cauliflower and corn kernels, for a main dish. It makes a thrifty meal but a very delicious one—and you know your family is getting the kind of food that will help keep each of them fit.

**"EAT THESE FOODS EVERY DAY!"** say our Government's Nutrition Services

MEAT, FISH, ETC.—One serving a day of meat, fish or poultry. Liver, heart or kidney once a week.

EGGS—At least three or four eggs weekly.

FRUITS—One serving of tomatoes daily, or a citrus fruit, or tomato or citrus fruit juices, and one serving of other fruits, fresh, canned or dried.

VEGETABLES (as well as one serving of potatoes)—Two servings daily of vegetables, preferably leafy green, or yellow and frequently raw.

BREAD AND CEREAL—Four to six slices of Canada Approved Bread, brown or white. One serving whole grain cereal.

MILK—Adults: 1 1/2 pint. Children: More than one pint. Some cheese, as available.

ADD ANY OTHERS THAT YOU LIKE

"Meat Complete" is the name of Martha Logan's new meat cookbook with over 80 recipes for cooking meat. For your copy send 10¢ to Swift Canadian Co., Limited, Dept. MEH, Toronto

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

Human suffering was never greater than now GIVE TO THE RED CROSS

## Needlecraft For The Home

A PRETTY FROCK Gay with Tulip Applique

Here's a charmingly simple little frock to trim with tulip applique. It's easy to do, yet it adds just that gay little touch that delights the heart of a child and makes her look like a Spring blossom bobbing about. It's really such an easy way to brighten her life and your own.

Style No. 3368 is designed for sizes 6 months, 1, 2, 3 and 4 years. Size 2 requires 1 1/2 yard 35-inch fabric with 1-4 yard 35-inch contrasting and 1-8 yard 35-inch for a tie (Applique included).

For pattern (also included in pattern) 5-8 yard 35-in. fabric. Send twenty cents for pattern. Write your name, address and style number. Be sure to state size you wish.

Style No. 3368



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**LUMBAGO ACHES AND PAINS**

DR. THOMAS' ELECTRIC OIL

**How to relieve MONTHLY FEMALE PAIN**

You who suffer such pain with tired, nervous feelings, distress of "irregularities"—due to functional monthly disturbances—should try Lydia E. Pinkham's Vegetable Compound. It has a soothing effect on one of woman's most important organs. Also a soothing tonic for the stomach! Made in Canada.

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