

Woman's Realm Social and Personal Fashions Literature

Worth reaching for

Mother KNOWS—what is good for Baby because it's SAFE—Silverwood's Irradiated Evaporated Milk. It is nourishing—it has that fresh flavour babies like—so easily digested.

"Good Milk Makes Good Meals" BUY SOME TODAY

Silverwood's
Irradiated for Vitamin "D"
EVAPORATED MILK



Household Scrapbook

Crochets

After washing crochets, rinse them in water in which rice has been boiled, and they will retain their original stiffness.

Musty Odor

If there is a musty odor in a bottle after the contents have been used, tear a newspaper into small pieces and stuff down into the bottle. It will absorb all the odor if left there for a few days.

Sandwich Hints

When making chopped meat sandwiches, work a lump of butter into the paste and it will not be necessary to butter the slices of bread.

American manufacturers make some 36,000,000 hickory handles for hammers, axes and other tools every year, and, in ordinary years, export annually about 9,000,000 to 67 different countries.

In devising his thermometer scale, Fahrenheit thought that his zero was the lowest attainable temperature, and that his 100 degrees was the normal temperature of the human body.

GIRLS! WOMEN! DO YOU SUFFER

distress of "Periodic FEMALE WEAKNESS"

Try This Effective Medicine

Thousands of Women Helped!

If you suffer from monthly cramps with accompanying headache, backache and nervous, jittery, cranky feelings—when due to female functional periodic disturbances—try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms.

Pinkham's Compound DOES MORE than relieve such monthly pain. It also relieves accompanying weak, tired, nervous feelings—of such nature.

Pinkham's Compound is one of the most effective and best known medicines over you can buy for this purpose.

Over 100 Million Bottles Sold—It MUST Be Good!

If you're in need of such help—we urge you to give Pinkham's Compound a fair and honest trial. Thousands upon thousands of women have reported benefits. Just see if you, too, aren't delighted with results!

Lydia E. Pinkham's VEGETABLE COMPOUND

DUETS by JOFISCHER

DARN IT! I CAN'T FIND MY HAT CHECK! DID YOU GIVE ME ONE?

NO SIR! I NEVER USE THEM! I CAN ALWAYS REMEMBER FACETS!

VERY INTERESTING! BUT HOW ABOUT MY HAT?

HATS I CAN NEVER REMEMBER!

These good looking sets of "his and hers" and "Mr. and Mrs." in various types are embroidered on towels. Size from transfer pattern No. 663 contains set of initials about 1 1/2 inches high and several Mr. and Mrs., etc., with complete instructions.

To order Pattern: Write or send above picture with your name and address with 20 cents in coin or Postal Scrip to Needlework Bureau The Charlottetown Guardian. Design No. 663

Name _____ Street Address _____ City _____ Province _____

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 week. The questions are those which have reached the Wartime Prices and Trade Board from housewives in this region. The answers are prepared by the Board's Readers, persons who have intelligent questions to ask on price control are invited to send them in writing to the Women's Regional Advisory Committee.

Q. Can you please tell me when a veteran buys a house under the Veterans' Land Act, how much notice should be given room and board tenants? Can this notice be given during winter months?

A. Regardless of whether you are buying a house under the Veterans' Land Act or not, the tenants' freezing order still applies so that you cannot give them notice unless you can prove they are obnoxious tenants. If this is the case, you should apply to your nearest Rentals office for the proper WPTB forms to fill out listing the nature of your complaints.

Q. Last September I telephoned your office to get a ruling about renting rooms. You told me if I rented by the week and supplied meals I would only have to give one week's notice. On the strength of your advice I took a girl in to live with me and now due to unforeseen circumstances I have to ask her to vacate. She refused to do so and says I must give her six months' notice. Which is correct?

A. The information you received when you telephoned was quite correct. A person receiving room and board is considered a boarder and it is necessary to give only one week's notice if they pay by the week and one month's notice if they pay by the month. This ruling, of course, does not apply to roomers where no meals are supplied.

Q. In the still a ceiling price on sugar? I never have paid more than 8¢ a lb. But recently a bill from a small store near my home where I had to pay 9¢.

A. There certainly is a price ceiling on sugar. Stores are not allowed to charge more than they charged during 1944. Each store has its own ceiling price and you will find that a few places charge 9¢ at this time and they are allowed to charge the same price now.

The original brogue was a light-shoe formed of one piece of half-tanned leather gathered around the ankle.

Dorothy Dix Says—

Bickering Effects Children

Neurotic Woman Should Seek Treatment to Avert Home Strife

DEAR MISS DIX: I am thinking of getting a divorce because my husband and I bicker and fight over everything, mostly money. We have two children and I know that it is not good for them to be reared in such a home as we make. They look so ill all the time and are so nervous, and they fight and argue just like we do. I love them dearly and I can't stand to see them get to bickering as we do.

Do you think that it is because I am not well that I am so irritable? I have such frightful headaches and so much nausea and would go to a hospital for a complete examination, but I am stopped because we haven't the money. My husband belongs to a well-to-do family, but for six years I have done nothing but answer the telephone and say to bill collectors that we will pay in a little while. What can I do?



MRS. G.O.L.

GET CLINIC CHECK-UP

ANSWER: Undoubtedly your nerves being on edge is largely responsible for your lack of self-control, and my earnest advice to you is to go as once to some good hospital and have a thorough checkup made of your condition. If you haven't the money for it, put your pride in your pocket and go to the free clinic that all of the best hospitals conduct, and where some of the finest physicians give their services gratuitously.

No one who is ill can have an optimistic outlook on life or be sweet and amiable. Certainly you are doing your children a great wrong, physically, mentally and morally, to bring them up in a house of discord, and if you and your husband find it impossible to get along without fighting you had better call the fight off, and part.

Can you not appeal to your husband's people to help you through this emergency? Perhaps they would take the children while you regain your health and prepare yourself to support them by learning some trade.

DEAR DOROTHY DIX: A boy whom I have known since my school days came home not long ago on his furlough. He came to see me practically every night while he was at home and told me he loved me and wanted to marry me, but as soon as he went back to the army he wrote to me and told me that he didn't mean what he said and that he was in love with someone else.

It has simply broken my heart and is very mortifying as everyone seemed to think that we were as good as married, and they are always asking me about him. Should I pretend that I never did love him, even if it hurts so bad, or shall I tell him how much I do love him?

ANSWER: Bluff it out. Laugh it off. Don't wear your heart on your sleeve where everybody can see it bleed. When people ask you about him, just say: "Oh, we called that off. We found out in time that we just had an attack of war hysteria and that we didn't really care for each other in that way."

And for pity's sake don't write to the boy and tell him how you love him. It won't do any good. It won't bring him back to you. It will just give him a chance to show your letter around and prove to his buddies what a fascinator he is.

DEAR MISS DIX: I am a woman 50 years old. My mother had ten children and all of my life I had to do the dirty housework. Then I got married and still had to do housework, which I hated. My husband died and I went to work in a factory, and for the first time in my life I got to do the kind of work I like and enjoy doing.

But my children worried me until they made me give up my job at the factory and stay at home. Now I have to do again the housework I hate.

ANSWER: Don't be chicken-pecked. Go back to the factory and do the work you like to do. Not every woman is domestic in her taste. You have served your term at cooking and washing dishes. Do the work you enjoy and that has a pay envelope attached to it.

Living & Leisure THE WOMAN'S REALM

SECRET

Winter came and blew his breath Cold upon the tender loam, Drove the robin from his home, Gave the grass a kiss of death.

How could he know before he came That sleeping bulbs were laid with care, Down into earth's bosom, where Spring shall light their lovely flame?

—C. McGuire Bagge.

The wooden "strike-anywhere" match, commonly called the kitchen match, was known as "sulphurata Hypergeometric Friction" when first sold by its inventor, John Walker, in 1827.

ABOUT SUGAR

There are reports around that there are large stocks of sugar in Cuba and the West Indies, states Prices Board officials. People who hear these reports being short of sugar in their own homes wonder if the stories are true. At certain times of the year there are large stocks of sugar in Cuba and the British West Indies as the whole year's production down there is made in five months. This sugar is allocated to the Combined Food Board and then to the various countries who are to receive it. Canada receives her fair share from the board. These stocks of sugar move out on a prearranged schedule of shipments and every grain of this sugar is earmarked for consumption.

Mountain leather, a common name for the mineral Palgorskite, is probably a variety of asbestos and can be used for many similar purposes.

Carbon tetrachloride, used as a cleaning solvent, may cause poisoning if used in quantities over an extended period in a small, improperly ventilated room.

The European plane tree, now an important shade tree in towns in the eastern half of the United States, is related to the sycamore and often is called a sycamore or buttonwood tree.

A five-foot Amazon river electric eel, placed in a trough with electrodes attached near the ends of his body, gave a 600-volt discharge; lower voltages were given when the electrodes were applied closer together.

Research in science and technology is being carried out in American in some 2,500 industrial laboratories, 100 government laboratories, 600 consulting and commercial laboratories, and over 100 university laboratories.

Kansas was the only American state in which no big-game animals were found in the 1943 wildlife count.

Colour blindness of the mild red-green type has been apparently cured by a course of treatment that includes vitamin A.

In 1901 the first fossil bone of a bird from California was recorded; today there are more than 100,000 specimens of approximately 300 species of fossil birds.

Sugar-beet seed production formerly required two seasons with fall digging of the beets, winter storage and spring replanting; in 1922 it was discovered that in mild climates fall-planted beets remain alive in the ground over winter and produce seed the next fall.

Canada's Favorite!

RED ROSE

ORANGE PEKOE TEA
Canada's largest selling
Fine QUALITY tea!

Ellen's Diary

By an Island Farmer's Wife

The Nell-mare afflicted with a distressing misery, in keeping with the recent rainy weather, had turned in on the road to recovery and was gallantly braving the very first rise there was a gleam of hope replacing the former listlessness in her eye, before the several farmers were satisfied to give her their night watch in the stable. Indeed the earlier hours of the Sabbath had passed, before they went in the stable, and she was aware of a night-light being extinguished before James wearily, but well pleased with his evening's event, sank to rest in the comfort of the old bed in the room above the kitchen. The first-comer to the barn feedlot after the same morning, was greeted by an out-thrust veiled muzzle, and other actions which betrayed welcome and glad returning hunger. But even when we would have bestowed this or that titbit on her in gratitude for our faithful watch in the stable, the selection was left entirely to the men-folk who subjected the matter to before the least measure of either food or drink was offered.

As is usual at this time of year, Sunday's arrival heightened the peace of our countryside. With the exception of those who chose the earlier of the road or angled fields in the tedious travelling obtaining, there were very few passers-by. I do not know, whether or not there was Service in the Auld Kirk at the corner, which will only be one more omission of mine, as the weather was not so good as I thought it would be. I missed his going. The previous evening, when I went to his Church, although yesterday morning I missed his going. The previous evening, when I went to his Church, although yesterday morning I missed his going.

I was on my way to hold a twicedaily pall to the youngest red cow and if I did help to bear out James' sometimes apologetic assertion that "Ellen's getting forgetful, you know" by discovering a certain versatile and vitamin-rich vegetable resting in the warming-oven when the dinner was over, the lack of it was not apparent in any of the diners. Jennie gathered her wash from the line, and an increased billow of smoke from the chimney over there was evidence the ironing was soon in progress. She was at her churning too and, as she told me it was wonderful, the amount of eggs gathered. Fetching kitchen accessories were being fashioned from a material of humble origin, which in a time of a cotton scarcity lends itself charmingly to a legion of uses. Careful sitters were being taken, in what I suspect will be a couch cover when I went to the house across the lane.

A subtle twilight was picking up the light of the afternoon when edging it and overlooking it with a certain blue-grey of color. James too must have had his necessary energy vitamin for, all this day, without let-up, the party went tirelessly ministering to the comfort and well being of his numerous charges. His routes were in the pump in the yard, one of my most esteemed of worldly treasures the one in the house was called into instant service. Never were small-try in the stables so

thirsty, nor inmates in the pig-gery and poultry house more demanding of liquid refreshment. "But, James" I would remind him, when the traffic thickened, "you have already taken a drink to mare." "But Ellen, you must remember the colt drinks as well!"

(Continued on Page 3)

ACADIA'S RAPIDLY RECONVERSION PROGRAM ACHIEVED!

The instant wartime restrictions were lifted, ACADIA BAKING POWDER went right back into the protecting arms of the All-Metal container.

Protective... because it's All-Metal.

Popular... because it's easy-to-open.

Order Economical, Double-Acting Barbour's Acadia Baking Powder To-day!

In the absence of her lesser half and if I did help to bear out James' sometimes apologetic assertion that "Ellen's getting forgetful, you know" by discovering a certain versatile and vitamin-rich vegetable resting in the warming-oven when the dinner was over, the lack of it was not apparent in any of the diners. Jennie gathered her wash from the line, and an increased billow of smoke from the chimney over there was evidence the ironing was soon in progress. She was at her churning too and, as she told me it was wonderful, the amount of eggs gathered. Fetching kitchen accessories were being fashioned from a material of humble origin, which in a time of a cotton scarcity lends itself charmingly to a legion of uses. Careful sitters were being taken, in what I suspect will be a couch cover when I went to the house across the lane.

RELIEVE the AGONY of BURNS

Mecca Ointment almost instantly relieves the agonizing pain of burns and scalds. It cleanses the wound and helps prevent further infection. Mecca Ointment is a medicinal preparation of natural substances so fast, quick, and lasting in its relief.

MECCA OINTMENT

Needlecraft - FOR THE HOME -

CASUALLY SPEAKING

The casual, or shirtwaist, frock is such an important style, that this version, with raglan sleeves and deep armholes, is sure to prove popular with the mature woman, as well as with her daughter. It is No. 3091 is cut in sizes 12, 14, 16, 18, 20, 42, 44, 46 and 48. Size 36 requires 3 3/4 yards 39 inch.

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.

Pattern No. 3091

Name _____ Street Address _____ City _____ Province _____

TO REMOVE STREAKS

Streaks on white clothes may be removed by washing them in clean water to which a little ammonia has been added.

Antigen "B"

DISSOLVED ORAL VACCINE FOR

CATARRH

See Page 3

Morning Smile

The glamorous blonde was about to undergo an operation. "Tell me, doctor," she gasped, "how long will it be after the operation before I know something?" "You mustn't expect too much from an operation," replied the doctor.

A BIT FUSSY

As the inquisitive man sat on a seat in the park he watched a shabby individual coming along, picking up cigar ends.

Then the tramp sat down on the seat and began sorting his spoils. Presently he threw quite a long one away. This was too much for the curious looker-on. "Excuse me," he said, "that looked a good one. Why did you throw it away?" The tramp drew himself up proudly and replied: "It ain't my brand."