

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.



All That Glitters

By Frances Parkinson Keyes

"I had quite a talk with Candace tonight. She's as blooming and luxuriant as ever, isn't she?"

"Yes, she's the only one of the crowd she used to train with that's been able to put up a bold front and manage to pretend that the good old times are still going on. She's even contrived to hang on to her house. Vittorio doesn't care whether it's better or not, and Candace doesn't care whether it's clean or not, so without such little details to bother them, the cost of maintenance is greatly reduced, and it makes a very presentable residence for the consul of the Italian Embassy and his mistress. But most of the old gray mares and their stables aren't what they used to be. It's funny, isn't it, that the Towers should be let for lodgings?"

"I don't think it's so awfully funny. I feel sort of sorry for all those old girls who aren't being young enough to adapt themselves to changes. I'm mighty glad Mother got off easier than most of them."

There was a short silence. Zoe had never been disagreeable or vindictive in her feelings. She's back in Mexico again. I had a long letter from her today. I read it while I was dressing. I'm afraid the suit has begun to come off Helen's gingerbread."

"You don't mean that Alfredo—"

"Oh, Alfredo's still the complete answer to love's young dream and always will be. He's one in a million. I don't believe he's ever given her an unhappy moment. But I think his family has begun to pall on her a little. Especially his mother. That does sometimes happen, you know. I think the poor kid is lonely. A bit frightened, too, maybe."

"Frightened of what?"

"Oh, nothing specific. Life in general when it's real and earnest. And mother-in-law's rather gloomy view of it. And the fact that it isn't possible for her to be her friend's own, and that she'd like to and thinks she might even need one some time."

"Why isn't it possible for her to have friends, for the lava Mike?"

"Well, it seems Guy Grenville is now stationed in Mexico. And that, according to Mother Terraza, is a menace to the sanctity of the home. You can read the letter your self. In fact, I think you'd better. Helen wants us to come down for the Christmas holidays."

"It might not be such a bad plan, if we could make it. We could fly and save a lot of time that way. Zoe, do you realize we've never had a trip together, except

that one weekend in New York? I've been wishing for a long time we could go somewhere. I suppose it may as well be Mexico as any other place."

CHAPTER XIX

Bob began to consult timetables early the next morning, and to confer with the one on the best way of clearing their calendar. Eventually he overrode her objection and overcame his own to having another man in the office, when they discovered, somewhat to their surprise, that Bert Scruggs was tired of the job he had and would like to come to them. With such a veteran as Bert at the helm, and with such a steady stand-by as Beverly Corbin they had really no sound reason for hesitation. They left Washington by air on the morning of December 22, spent the night in Brownsville and arrived in Mexico City at noon the next day. Alfredo, completely unchanged in appearance, met them at the airport and threw his arms around them. He wept a little, and his eyes were red. He recognized as an additional gesture of consolation, a grave, spare man, tall but friendly, who pointed out the lights of the great staircase directly inside the entrance. They were standing her mother-in-law and Faustino, the second son; and besides them were drawn up Maria Michaela, Yolanda, Carolina, Lupe and Enrico.

Helen detached herself to come forward and throw her arms around the necks of Bob and Zoe, with her old fondness and her old artlessness; but almost instantly she freed herself and went to the kitchen to present them properly to Dona Amelia and to her brothers-in-law and sisters-in-law. The young men both bowed from the waist and kissed Zoe's hand, as Don Luiz had done at his airport, before enveloping Bob in an embrace for which he was entirely unprepared; the girls, after nodding smilingly to Bob, kissed Zoe warmly on both cheeks. Dona Amelia spoke to her guests more hospitably than she had done to them before. The midday meal would be ready whenever they cared to partake of it, she said; and after that they need not fall to have a sit-down before her guests prepared for sestas, she thought it well to suggest that possibly they would be more comfortable upstairs, where she could provide them with a looking the garden. In the apartment there was only one guest room, and not a large one at that. "It's very kind of you," Dona Amelia said, "but we're going to have such a short time unfortunately—and of course we want to see as much as we can of our sister. So I'm sure you'll understand if we choose the apartment."

"Darling, I was so afraid you'd never had a trip together, except

THE COOK'S CORNER

STEAK AND KIDNEY PIE

2 pounds veal kidney
1 pound round steak
4 tablespoons drippings
2 cups water
4 tablespoons flour
1-4 cup water
1 tablespoon spiced meat sauce
6 small potatoes
12 small onions
3-4 teaspoon salt
Dash of pepper

Method: Wipe the kidneys with a damp cloth and then soak in slightly salted water for about an hour. Drain and then cover with water and parboil until tender at a simmering temperature. Skim off any scum that may form on top of the cooking water. Drain thoroughly.

Now cut both the round steak and the parboiled kidneys into about 1-inch cubes. Melt the drippings and brown both meats well in this. Add the onions and let come to a boil. Combine the 1-4 cup water and the spicy meat sauce and gradually add to the flour, blending to a smooth paste. Cover this to the meat mixture gradually and cook, stirring constantly until the mixture thickens. Now add the potatoes and the onions which have been cooked separately in salted water until tender. Season with salt and pepper and place the mixture in a greased casserole. Cover with a rich pastry crust and bake in a moderately hot oven (400 deg. F.) for about 30 minutes.

HARVARD BEETS

2 tablespoons drippings
2 tablespoon flour
1 cup hot beef liquor
1 teaspoon sugar
7 1/2 teaspoon vinegar
1-4 teaspoon salt
Sliced or diced beets

Method: Melt the drippings and blend in the flour. Add the hot beef liquor gradually, stirring constantly and cooking until thickened. Add the sugar, vinegar and salt. Mix well, then add the cooked beets and heat thoroughly before serving. About 3 cups diced, cooked beets will be sufficient to serve 6.

SWANS ON PARADE

CAPE TOWN — (CP) — South Africa's first women swimmers paraded here recently. The "Swans"—members of the South African Women's Auxiliary Naval Services officially came into being on Oct. 8.

TIRED FEELING ADDS YEARS TO YOUR LOOKS

Tired people often have an overworked digestive system. Clogged with food waste and fat acids, the liver fails to supply 1 to 2 pints of bile every day.

If always tired, get your liver—purifier of blood, stores of energy. If you carry off impurities, you feel full of pep. The safe way to keep your liver healthy is with BILE BEANS. These small laxative pills tone up entire digestive system—liver, stomach, kidneys. Made of pure vegetable extracts. Bile Beans act so gently they are called "The Medicine That Copies Nature."

Shake that "tired feeling" right away—and get some fun out of life. Try BILE BEANS tonight—when you go to sleep. Over 1 million boxes used last year, convincing evidence of how greatly they are helping others. 30 have meant I'd hardly have seen you at all, Helen said.

Later, after the enormous dinner had finally come to an end, and Bob and Zoe were alone for the first time since the wedding, she spoke more candidly. "It was swell of you to speak up the way you did, Zoe. I could see it meant everything to the poor kid. Gosh, she doesn't dare call her soul her own, does she? I wish we could get her away from here—but then I suppose she'd cry her eyes out. Alfredo's still crazy about him, I can see that."

SQUARE TOE SLIPPER CROCHETED FROM SCRAPS



DESIGN NO. 1227
Slippers crocheted from left overs are fun to make. Inexpensive and lovely to wear. Pattern No. 1227 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. 1227
NAME _____
STREET ADDRESS _____
CITY _____

CHOOSE YOUR CHILD'S CEREAL for its GROW ABILITY!

...and You'll Choose Whole Grain Quaker Oats

No other natural cereal is so rich in the vital growth factors—protein—as whole grain oatmeal. Children can't grow without it—and without it adults lose their stamina, resistance to fatigue. Be sure your family gets this growth and energy element every day—by serving delicious hot Quaker Oats.

QUAKER OATS

Dorothy Dix Says— CHILDREN SHOULD BE TAUGHT CONSIDERATION FOR MOTHER

Parent Would Not Be Left To Shift Helplessly If Youth Had Not Been Spoiled

DEAR MISS DIX— I was left a widow with two small boys. I remained at home and devoted my life to them, using the insurance money my husband had left me to educate them, in the fatuous belief that if I took care of them when they were young they would take care of me when I was old.

But as soon as they began earning money they left me and got married and went on the world to shift for myself, as my daughters-in-law told me frankly that they would not tolerate a mother-in-law in their homes. I had never worked outside of my home before, but managed by my own efforts to find work I could find to keep body and soul together.

My sons not only did not help me, but they did not even come to see me when I was sick. Finally, I got a job cleaning an apartment for an elderly man who was also alone and who was very lonely. The optimistic belief that when she had created her children was repaid had treated me. He asked me to marry him, which I did, and to my surprise I found out that he was a rich man.

Well, you never saw such a miracle as this worked. My sons and their wives cannot show me enough attention now. I am dear Miss Dix when they are so devoted, but I am not devoted by their protestations of affection and am mean enough to get a thrill at dressing better than they do and living in a finer house. The optimistic belief that when she had created her children was repaid had treated me. He asked me to marry him, which I did, and to my surprise I found out that he was a rich man.

MILLIONS OF MOTHERS LEFT HELPLESS

ANSWER— I print this letter in full because it is such a brave and pathetic story. It is the story of a mother who has been driven to mothers who give everything to their children and ask nothing from them in return. For the story that this woman tells has its counterpart in the experience of millions of mothers who spend every cent they have on their children, and whose bitter fate it is to have their children turn them out to starve when, like poor old work horses, they are too old and feeble to serve them any more.

The mother who goes shabby so that Johnny may have the latest thing in sweaters; who works her fingers to the bone so that Sally may keep her hands soft and have lacquer finger nails, comforts herself with the optimistic belief that when she has created her children will repay her by cherishing her and giving her the warmest seat of their lives, it rarely happens that way.

Mother has made herself a doormat for them, and it is human nature to kick a doormat around. She reaps as she has sown—she has never taught them to respect her, or to appreciate her or to try to help her, or that they have any responsibility towards her. And they merely live up to their mother's expectations. They should marry something for themselves. And they should hold with a death grip to their pocketbooks.

For between Mother with gifts to bestow and mother who is a dependent, is a great gulf fixed. As is proven by this woman's letter.

DEAR MISS DIX— The girl and boy are in love. Both mature enough to realize what it is all about. She especially, as she has been through two heart-breaking experiences which have materially altered her life, but in making the effort to come back she has fallen in love with this young man. He is devoted to her. But the trouble is he is in the army and does not feel that they should get married until after the duration; while she wants desperately to get married at once, regardless of consequences which might come from the war.

He believes it is wiser to wait. AN INTERESTED FRIEND.

GIRLS FORCE HURRY-UP WEDDINGS

ANSWER— I fully and entirely agree with the man and think he is acting like a man instead of an irresponsible boy. In wanting to put on the marriage until it can be entered into solemnly and soberly and with a fair chance of making it a success. Not even the casualties of battle are going to bring about so many tragedies, and drench the world so in woe, as are the millions of war marriages that impetuous young people have been swept into on the wave of sentimental hysteria that has inundated the country.

And girls have been responsible for most of these hurry-up weddings. The boys have been willing to wait. They wanted to wait. But the girls have put pressure on them until they have driven all but the strong-minded of them to the altar. The boys knew that a soldier, who was soon going to be fighting for his life, had plenty of things to worry over besides wondering if his bride was having dates with other boys, and that even his quiet experience of army life he has been molded into a different sort of person from what he was when he enlisted.

He knew he would be gone a long time, and he wanted to go free, without any strings on him and be able to make his choice of a wife when he got back, without having one whom he might, or might not, want hang on, like an Old Woman of the Sea around his neck.

But the girls have been determined to marry at any cost. Whether it was so romantic to have a husband at the front; or whether they wanted a war marriage because all the other girls were doing it, nobody knows. It is just one of those things, and one that millions of them are going to regret.

In this particular case you are bent on marrying her man, regardless of consequences, is probably motivated by the fact that she has had two unhappy love affairs, and she doesn't want to take any chances on losing out on a third.

No woman should marry a man who isn't more eager about setting the wedding day than she is, for if she does, he will always feel that he has been shanghaied into marriage, and resent any pressure still, he will always throw it up to her in every domestic brawl. There are few jokes that a wife enjoys less than having her husband tell, as his pet dinner party story, how his wife married him against his will.

Girls should only look on the matter realistically, they wouldn't be so determined to marry boys before they went to the front. They would know that the unmarried girl has a much pleasanter time waiting for her sweetheart to come home from the war than she does the temporary war widow, who has to either sit at home with Mams and Paps of an evening, or else get talked about.

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 send them in writing to the Women's Regional Advisory Committee of the War Time Prices and Trade Board.

Q. If I buy five 16 ounce tins of fruit must I surrender ten coupons? A. When you buy five tins of fruit at one time you are only required to surrender eight coupons. However, if you buy one tin you are required to surrender two coupons, as one coupon is only good for 10 fluid ounces of fruit.

Q. My husband bought a pair of pants a month ago and his pants are still in the store. The regulations allowing cuffs permit him to have a tailor put cuffs on these trousers? A. Yes. Under the new regulations, a tailor is permitted to put cuffs on trousers, provided, of course, there is sufficient material on the trousers to make the cuffs. Q. I am moving out of my home and wish to rent it. Must I have the rent fixed? The house has never been rented before. A. Yes. At the time of making the lease or within 30 days after you must apply to the Rentals Appraiser for the district in which the accommodation is situated for a fixation of the rental. The form required is obtainable at any office of the Wartime Prices and Trade Board.

New under-arm Cream Deodorant safely Stops Perspiration

1. Does not rot dresses or men's shirts. Does not irritate skin.
2. No waiting days can be used night after shaving.
3. Instantly stops perspiration for 1 to 3 days. Prevents odor.
4. A pure, white, greaseless, non-staining cream.
5. Awarded Approval Seal of American Institute of Laundering for being harmless to fabric.

Arrid is the largest selling deodorant

39¢ a jar
Also in 15¢ and 59¢ jars

ARRID

Home Service

Curtains Add a Touch to a Room



GAY CURTAINS
What could be more dainty for a young girl's room than these sweet fresh dainty curtains. Not only are they attractive but they are easy to make! The curtains in the above illustration have 15-inch tiered ruffles which are edged with red ball fringes.

You'll be surprised how professional-looking curtains made by yourself will look—not only smart but also individual, because they will reflect your own personality! You can definitely add a touch of individuality to your home by making your own curtains and draperies.

Know what fabrics, colors, and styles to choose for various types of windows.

A graceful swag valance may be just the thing that is needed in one place; a gaily decorated cornice is another.

Our 32-page booklet will help you in the ideas as well as give full instructions for making them. New ideas in window treatments are easy to carry out with step-by-step directions and diagrams.

Send 15c cents in coins for your copy of Self-Instruction in Short-hand 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 _____

Fortify Her Against COUGHS and COLDS!

Help to build up children's resistance with Father John's Medicine—the medicine that provides the vitamins A and D which so many youngsters need. Four generations of Canadian mothers have used Father John's Medicine both in the treatment of colds and as a preventive. Get a bottle from your druggist today.

Made in Canada.

Living & Leisure The Woman's Realm

Lo, soul seat thou not God's purpose from the first? The earth to be spann'd connected by network. The people to become brothers and sisters. The races, neighbors, to marry and be given in marriage. The oceans to be cross'd, the distant lands to be welded together.

KEEP AIR FILTER CLEAN
The dirt that accumulates on filters for forced air heating systems interferes with the circulation of warm air. Filter cannot be cleaned. It should be changed every year.

KEEP WINDOW SHADES DRAWN
Window shades, Venetian blinds, and drapes should be drawn at night and as much as possible during the day. Warm room air collects quickly when it comes in contact with colder window surfaces.

REPAIR LEAKING TAPS
If hot water taps drip, you're wasting coal. New washers are inexpensive and easy to install. Use hot water sparingly.

CLEAN YOUR FURNACE
Before lighting a fire your furnace should be thoroughly cleaned and it should be kept clean. When burning soft coal, clean once a week — for hard coal, clean once every two weeks. A 1 1/2 inch section of soot on the furnace coatlines above the fire bed can waste up to one-third of your coal.

STORM SASH
Research has proved that storm windows are an important aid to fuel saving. All glass in regular and picture windows should be light and the sash and window frames should fit as closely as possible.

MODERN MOTHERS
The modern woman, says Dr. Edith Summerskill, well-known British writer, is a different proposition from her "mother" — she looks upon childbirth as a more important matter than her grandmother. "She feels she has a great responsibility towards her child and will continue to decline until she is adequate accommodation for an expectant mother," Dr. Summerskill told a recent meeting. She emphasized the need for more

facilities for rest for mothers, both before and after their children were born.

SLEEP WITH WINDOWS CLOSED
Close bedroom windows. Much heat is lost when windows are left open all night. People who prefer lower temperatures should conserve fuel by keeping the bedroom windows closed and shutting off the heat supply. This really conserves fuel and after all, if the windows are opened for a few minutes before retiring there will be sufficient fresh air supply with normal infiltration to last through the night.

HINTS ON ETIQUETTE
Someone in an office should take it upon him or herself to see that a newcomer is introduced to all the members of the force, and made to feel welcome and at home.

INSULATE THE CEILING
You can save as much as 20 per cent of your coal by insulating the ceiling. Attics with no floors can be effectively insulated by laying non-flammable rock wool sheet or batt type, between the joists. If you do the work yourself the cost is not excessive.

SEPARATE FUR WITH COAT STYLE DRESS
NEW YORK — Emphasis is on beautifully simple dresses — coat styles, and softer versions in thin wool, exquisitely detailed and worn with small hats and delicate neckties. The importance of black is underscored. Weskit jackets on daytime suits expose striped blouses in crisp taffeta. A new suit type is belted with band of Persian below the waistline. In longer lumber-jacket style, typical of the discreet use of fur in the new suits. In afternoon and dinner suits — the newest one are embroidered to resemble tufted neckties, achieving exquisite color effects reminiscent of the early '20s is a grey velvet with pearl buttons and tiny melon muffs or earrings. For evening, demure short dinner dresses with shoulders exposed are smart, and there's great interest in the new draped (short) are worn with dramatically contrasted satin jackets or overblouses. Most exciting new evolution silhouette is a narrow black sheath tied high at the throat and skirt, worn with a deep-pointed ermine shawl.

Needlecraft For The Home

PRINCESS HOUSEDRESS
So Easy To Make
Perfect to make when you have to make hubby's breakfast in a hurry, this housedress also keeps morale high all day long. When you still look gay, monotony won't still look gay. Princess line is held along princess lines you just have to look at the diagram to see how easy it is to make. Choose a gay print and then trim it with ric rac to match your kitchen scheme.

Style No. 2901 is designed for sizes 12 to 44. Size 36 requires 4-8 yds. 36-in. fabric with 1-1/4 yds. ric rac. Pattern is hand cut to United States Standard Measurements and includes chart with step by step instructions.

Send twenty cents for this Clotilde pattern. Write plainly name, address and style number. Be sure to state your size.

2901
SIZES 12 to 44

BENNY GOODMAN
TO TEACH SCHOOL
NEW YORK, Oct. 24 — It looks like school days again for Benny Goodman and his "hat clarinet." But this time Benny will be teaching the first session of the Institute of Musical Art at the Juillard School has elected the popular band leader to conduct a five-week clarinet course.

The first session is scheduled for November 3rd. And the curriculum is to include both classical and popular music.

And, of course — Swing.

WORRYING ABOUT POOR COMPLEXION?

HELP IMPROVE YOUR SKIN WITH THIS SENSIBLE TREATMENT SO MANY NURSES USE —

POOR COMPLEXION making you miserable? If your skin is rough, dry—marked by unattractive pimples and blemishes, start now with the sensible treatment so many nurses use: Medicated Noxzema Skin Cream.

Nurses were among the first to discover how grand Noxzema is for the complexion. That's because it's not just a cosmetic cream; it's a medicated formula that does 2 very important things: helps smooth and softens rough, dry skin, and helps heal bony-marring pimples and blemishes. It has a mildly astringent action, too.

You can feel how soothing and cooling

Noxzema is to the skin the very first time you use it. And in just a short time you'll be delighted to see how much it helps!

Just do this: at night, wash your face thoroughly with a mild soap. Then apply Noxzema and leave on overnight. Use a little Noxzema next day, too, as a protective powder base. Do this for just 10 days, and then see if your skin isn't already beginning to look softer, smoother, more naturally lovely!

Don't put it off! Get Noxzema at any drug or department store and start using it today. Inexpensive trial jar — also 39¢, 59¢.

RED ROSE
TEA & COFFEE

QUALITY IN TEA and COFFEE gives you greater QUANTITY IN CUPS