

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

Living & Leisure The Woman's Realm

A RESOLVE
to stand by one's friend to the utmost end. And fight a fair fight with one's foe.
Never to quit and never to twist, and never to peddle one's wares.
—George Brinton Chandler

Bright times after dark call for modes such as a streelength frock of black lace made with a rippling collar and two big pink roses thrust through the belt.

THE HOUSEHOLD
Scratches on dark furniture often will not show if they are coated with iodine and then dry rubbed with a good furniture polish.
Never leave egg white after it has been beaten stiff. If allowed to stand, it will become flattened and not beat up again.

Mild, rich suds of packaged soap make dishwashing easy and leave the hands soft and smooth.
Don't destroy the valuable Vitamin C in cabbage by overcooking ten minutes in quickly boiling water is enough.

Warm gingerbread and tart lemon sauce (served hot or cold), are a fine pair for dessert.
Orange marmalade in equal proportions with thick cranberry sauce makes a delicious topper for toast.

To give extra crunch to green vegetable salad, mix in chopped or shredded peanuts with the other ingredients.
Avoid thick peelings when preparing fruits or vegetables.

Step up nutrition by stirring a beaten egg into hot soup just before it goes to the table.
Before putting on new kid gloves lay them in the fold of a damp towel to prevent cracking.

If cheese has become stale try wrapping it in a cloth steeped in vinegar for a couple of hours. It then will be more palatable.

SWEATERS TAKE RIGHT TURN TO SMARTNESS
Now more than ever it is important to look your loveliest every minute. A smart, trim feminine figure can do as much for morale as headlines on increased defence production. And that's why the news from the sweater front is so exciting for spring!

Leading sweater designers have really gone all out to see that the new season styles do their part. Simplicity is the keynote to keep you trim and proper whether you're off careering or busy as the proverbial bee with your manifold duties of first-aid courses, and what-alls. This spring, stores are featuring sweater fashions that soft-pedal the excessive frills and furrows. Their clean fresh lines will match up beautifully with suits and slacks.

But (and here's that morale builder again!) the designers have used their nimble knit-wits to provide deft feminine flattering touches to make your head turn—and to turn the heads of others.

One of America's leading sweater stylists has conjured up such an assortment of new sweater creations. She has designed a host of trim action-loving sweaters and epiced them up with delightful tailored touches there are sly shirring treatments at waist and yoke, wing-tip pockets, jeweler's buttons,

and exciting new knits. Burly knits are so beautifully tailored it would take a super-snooper to guess they weren't hand-made. Important, too, are butter-slip-ons in luscious pastels and sunviving shades.

NIGHT COUGHS
due to colds... eased without "dosing".
Rub **VICKS** on **VAPOR**
APPROVED BY 2 GENERATIONS

CHAPTER VIII
CURES FOR BALDNESS
"Very bald, you say?" Major Mosson observed thoughtfully. "The sort of baldness you might get from thoroughly shaving the scalp?"
"Oh? Who the deuce wants to do that sort of thing?"
"A ringworm patient for one. Re-

CROCHETED PILLBOX AND BEANIE
Wear a pillbox or a beanie with your pompadour. Both are easy to crochet and may be made in a jiffy. Pattern No. 1040 contains list of materials needed, illustration of stitches and 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.

To Charlottetown Guardian Needlework Department
Design No. 1040

NAME _____
STREET ADDRESS _____
CITY _____ PROVINCE _____

Wear a pillbox or a beanie with your pompadour. Both are easy to crochet and may be made in a jiffy. Pattern No. 1040 contains list of materials needed, illustration of stitches and complete instructions.

Send 20c in coin for your copy of "Self-Instruction in Shorthand" to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

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THE WIDE KIDNAP CASE
By Leslie Cargill
TO GHOST ISLAND
"Went over according to plan," he reported. "Maybe somebody'll find the wreckage one day—if they come to this hole looking in the sea for motors, which don't seem probable. Gr-r-r! Curse this wobbling."

"I'll be worse outside," Jones said. "Wade made an appeal for caution. Why not wait until the storm abated somewhat?"

"Too risky," "Good heavens, man, surely there is more danger in taking this cockle-shell into the teeth of a gale than in the remote contingency of this place being discovered?"

"We're going where nobody can find us, so shut up."
"Please listen to reason. My niece and I are going to the cabin. We're sailing immediately."

The craft had two cosy cabins. In one of these Wade hid himself to await the return of the other. He was on an oilskin coat, serviceable but of a size too large. Felicie found a pea jacket to replace her lost garment. Thus arrayed they warmed up pleasantly.

Finding it too stuffy below they went on deck. Heavy seas were running, and the wind lashed the salt spray into their faces, but they were making good headway, the sturdy vessel breasting the waves in a manner that did credit to her builders.

To his secret pride Sir Timothy's sea the others remained in check. He even found himself enjoying the experience.

Skirting several rugged islets the motor boat churned its way out to sea threaded a cautious way around an outlying archipelago, and finally hove-to on the lee-side of a barren shore.

"Apparently we've arrived," Felicie remarked, shouting to make herself heard above the roaring wind. "Welcome to Ghost Island," yelled Mr. Jones, rehearsing the words. "Ghost Island—ghost island." Was it an echo tossed back by the gale?

"Ghost Island, ghost island." She faltered touches there are sly shirring treatments at waist and yoke, wing-tip pockets, jeweler's buttons,

and epiced them up with delightful tailored touches there are sly shirring treatments at waist and yoke, wing-tip pockets, jeweler's buttons,

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DAILY MENUS
Sugar-Saving
(FOR MONDAY, APRIL 6)
(Suggested by Ethel Chapman of The Farmers' Magazine)

We can do a great deal to conserve sugar by planning meals that do not require a great deal of it, and that are both balanced and satisfying—meals that the family would like to have repeated again and again. Here are some suggestions:

BREAKFAST
Orange
Whole Wheat Porridge
Whole Milk Scrambled Eggs on Toast
Tea or Coffee, Milk for Children

LUNCH OR SUPPER
Tuna Fish Pie
Shredded Carrot Salad
Bread and Butter
*Baked Apples
Oatmeal Cookies
Tea or Coffee, Milk for Children

DINNER
Tomato Juice Cocktail
Roast Beef
Horseshoe Potatoes
Browned Potatoes
Buttered Turnips
*Gingerbread
With Mint Marshmallow Sauce
Here are recipes for some of the sugar-saving foods in the menus:

BAKED APPLES
Core apples. In the cavity of each put a few raisins a teaspoonful of corn syrup and a dot of butter. Or omit the raisins and add a very little cinnamon or nutmeg. Serve warm with cream.

MINT MARSHMALLOW GINGERBREAD
2-1/2 tablespoons butter
1-2 cup dark molasses
1-4 cup boiling water
1 cup flour
1-4 teaspoon salt
3-4 teaspoon ginger
1-4 teaspoon cinnamon
1-2 teaspoon soda
Mix butter molasses and water; add dry ingredients sifted together and beat well. Pour into a shallow greased cake pan and bake in a moderate oven for about 25 minutes.

Make a Mint Marshmallow Sauce as follows:
4 tablespoons granulated sugar
2-1/2 tablespoons boiling water
10 marshmallows
1 egg white
1 drop oil of peppermint
Boil sugar and water 2 minutes. Press marshmallows into the syrup until melted but do not stir. Beat egg white until stiff; add marshmallow mixture; beat until smooth. Add oil of peppermint.

Gingerbread: Very nice served with whipped cream. Or spread with marmalade and top with whipped cream.

member what I told you about simple disguises. Like removing a moustache or simulating baldness. I had no suspicion that one of the gals had remained close at hand to look after the local end of the business. For a further guess I will hazard him to be the chap who will off with your car near Reigate."

"He was fair complexioned."
"And your clergyman was dark?"
"Natural blond, the essential alteration Sunburn lotion, shaven poll, dyed eyebrows and so on."

"What about difference in age?"
"My person companion looked older, more sunken in the cheek."
"I was just thinking that if he normally wore a dental plate a nice touch of such would be provided by taking it out."
"Guesswork."
"Not entirely. We are fairly sure that only four men are involved. The Chief is a six-footer, the chauffeur has a thin face and prominent nose, and the driver who was with you in the small saloon was too distinguished to make a mistake and mild clergyman, which leaves a minority of one. You admit some feeling of familiarity, but couldn't place him."

"Most of the time his nose was stuck in his paper, and I didn't stare, naturally."
"Ah, the inherent politeness of the travelling Englishman! Which also accounts for your not having noticed the message at once! Don't apologize. Nine times out of ten, a plain in every thousand would have done the same."

Broomie breathed deeply. It was too bad being made a scapegoat again. Apparently he was expected to be alert for every emergency. Seeing his name on the envelope left behind by the clergyman had so taken the wind out of his sails that the train was in motion against before he could take action. At the next stop, however, he had sought out Major Mosson, "would you mind acting in any other way?" he demanded.

"No, no, I don't suppose I should." On mature consideration he saw there was no other course open, except, perhaps, an instinctive spurt after the bald-headed one. And that would merely have been foolish. They wanted the other side to think the instructions were being carried out to the letter. Communication had been made with Broomie in such a secretive manner as part of the general scheme to circumvent police interference. Arriving at London he was to put up for the night at the New Holland Commercial Hotel, registering in the name of Samuel Dirksen.

"Why all this confounded beating about the bush?" he questioned.
"For a similar reason a man being followed dodges in and out of shops and alleys. Only in your case it is to prevent the follower being tail-

"Surely the money could be collected without all this bother?"
"They don't think so. While it remains in your possession no warning tap on the shoulder from a pouncing policeman is to be anticipated and setting you running round in circles they expect to relieve you of the burden at the psychological moment."

"What psychological moment?"
"When you least expect it and when they feel absolutely certain the coast is clear—by a simple exchange of bags in a railway compartment, or by setting you running round in a crowded booking hall or after you've kept an appointment on some lonely country road. We know there have been plenty of suitable

opportunities already, but they're not risking anything."
Mosson believed this was an intelligent summing up of the enemy's strategy. His part was by no means clear. Captain Caythers had now left him to his own devices. If necessary, police aid was available anywhere at short notice. That night they actual remained within the effective area of Scotland Yard, yet he dared not call in help for fear of upsetting things again.

Apprehending the single representative of the kidnappers could be arranged, only it would have little effect on bringing about the release of Wade and his niece. With Broomie he felt that this was all important. No doubt a more experienced

police officer would prefer to pick out one criminal, expecting this to prelude a general round-up. Most of his hope was to be led by easy stages to the hiding place. Or even to conclude the ransom transaction, so that when the victims were free the police could measure the reward to be taken to bring the criminals to book without involving the innocent parties.

Broomie went alone to the New Holland Commercial Hotel, leaving the major to keep out of the way at a neighbouring establishment. They kept in close touch by telephone, an expedient that was as reliably secure against eavesdropping as anything.

(To be Continued)

(To be Continued)

Dorothy Dix Says— WHY NOT INTRODUCE SOME DEMOCRACY IN THE HOME Teamwork Instead Of Bossism Or Dictatorship Will Bring More Happiness

While we are all so steamed up and ready to fight, bleed and die to establish democracy in the world, what's the matter with introducing a little democracy in the home? Nobody seems to have thought of that; or, if they did, they realized that it would precipitate such a civil war that they lacked the nerve to tackle it. Yet, when all is said, domestic freedom is just as necessary to our happiness and wellbeing as is political freedom. As it now exists, the average home is an autocracy, established much along the lines that Hitler used in setting up his alleged benevolent despotisms over the countries he conquered, and it is ruled with an iron-handed tyranny that even the fuhrer has never surpassed. Although it is not romantic to speak of it, it is true that the beginning of virtually every marriage is a struggle between a husband and wife for supremacy, and to this may be attributed most of the discord in families. For the conquered seldom give in gracefully and accept the theory that they are being ruled for their own good. They grow sullen and peevish in their slavery, and if their spirits have not been entirely crushed they are likely to make a break for freedom that lands them in the divorce court.



Sometimes in this fight over who shall rule the roost, the husband wins out and succeeds in reducing his wife to a state of abject peevishness. She may be a more intelligent and better educated than he is, but she is not permitted to express an opinion or hardly to breathe without asking his permission.

TIGHT FISTED WITH MONEY
She cannot join a club, or go to a bridge party, or visit her mother without first humbly asking his consent. She may do the work of a half dozen servants in the household, but she never allows her husband to be late for dinner, or to spend an evening downtown with an old friend.

Sometimes it is the wife who usurps the throne and constitutes herself She-who-must-be-obeyed. She turns her husband into nothing but a serf who labors to supply her and her children with luxuries. She monopolizes the home and fills it with her family and friends and refuses to let the relatives and pals of the man who supports it have even a peep. She decides where they shall live, where they shall go when they travel, whether they shall spend or save, and all matters pertaining to the upbringing of the children.

She buys her husband's clothes; she makes him eat the kind of food she likes herself; she supervises his religion and politics; she walks before him when they go out together, and tells him where to sit at a lecture. She says "my house, my car, my children, and basis for her very own. He carries the purse and does out to her the grocery money and makes her give an account of how she spent it.

CHILDREN OFTEN TYRANTS
Often the rulers of the home are the children who, being young and strong, give an exhibition of tyranny that must make Nero turn over in his grave in envy. All of us have seen babies in the cradle who had their parents so enslaved that they dared not cross their slightest wish and it is a matter of common knowledge that half of the fathers and mothers in this country humbly obey their adolescent sons and daughters and would not dream of disputing Johnny's or Mary's authority. Johnny and Mary simply tell the old people where they get off. And they do.

That this state of affairs is responsible for the philandering husbands, the peevish wives, the hoodlum children and so many of the screws under which we groan, cannot be denied, for domestic slavery is the worst and most degrading of all slaveries because there is more of it and it gets closer to where we live.

So why not break it up? Why not, when we are fighting to give democracy to the world, save a little of it for home consumption? Why not depose our despotic rulers who have trampled over us so long, and set up homes in which husbands and wives and children will do teamwork and concede to each other the liberty they desire for themselves to endure things which they would do more than anything else to do for the sum of human happiness.

A REFUGEE'S LOVE PROBLEM
DEAR MISS DIX—I am an English refugee 19 years of age and am greatly attracted to the American girls, especially in one who is very pretty and lively. But she is very self-centered and when I go out with her she makes me feel conspicuous. Besides, I left behind me one of the most lovely and courageous girls of all England who would be an ideal wife for me. I will soon be returning to England, but I don't see how it will be possible to live without this American girl. What shall I do?
BEN M.

ANSWER—Stick to your English girl. She is the right one for you because you have the same background and the same habits and customs and viewpoints that bind you together. One of our poets says: "Like the fire upon the firestone is a neighbor's home, daughter, wife, like the effect. At any rate, they are a good tip to take.

I am not surprised that you are attracted by the gay and dashing American girl. She is a nice playmate, but she seldom makes a go wife for any but her own countrymen who are used to her and her ways and know how to get along with her.
DOROTHY DIX.

ed police officer would prefer to pick out one criminal, expecting this to prelude a general round-up. Most of his hope was to be led by easy stages to the hiding place. Or even to conclude the ransom transaction, so that when the victims were free the police could measure the reward to be taken to bring the criminals to book without involving the innocent parties.

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(To be Continued)

IT'S GREAT FOR SWEETENING CEREALS

Whether on prepared cereals or on porridge, BEMA Molasses as a sweetener gives delicious, zestful flavor, appealing to grown-ups as well as the children.

BEMA Molasses, is the pure juice of the sugar cane. It is, therefore, not only an ideal sweetener but is also rich in iron and other body building elements.

Use BEMA as a spread on bread, pancakes or waffles. Use it also for baking cakes, cookies, pies.
Good all ways!



"THE ORIGINAL PRODUCT—NOT A BLEND"

THE COOK'S CORNER

FISH CROQUETTES
2 tablespoons shortening
2 tablespoons flour
1-2 teaspoon salt
1-2 cup milk
2 eggs
1 cup flaked cooked or canned fish
1 cup bread crumbs
1-3 cup fine cracker crumbs
Fat or oil for frying
Method—Melt the shortening and blend in the flour and salt to a smooth paste. Add the milk gradually, stirring constantly, until the sauce is thick and smooth. Add the flaked fish and 1 egg which has been well-beaten, and the bread crumbs. Mix thoroughly. Then shape the mixture into croquettes. Beat the other egg with one tablespoon water. Dip the croquettes in this and then in the cracker crumbs. Heat fat or oil for deep fat frying to 375 deg. F. or until a day old cube of bread will brown in 30 seconds. Drop in the croquettes and fry to a golden brown. Drain on absorbent paper and serve hot. A crisp salad is good with these.

MOCK DUCK
6 cubed steaks
1-2 cup diced celery
2 tablespoons minced onion
5 tablespoons butter
4 cups bread cubes
1 teaspoon powdered sage
1-4 teaspoon salt
Dash of pepper
3 to 4 tablespoons shortening
1-2 teaspoon salt
2 cups canned tomatoes
1 teaspoon Worcestershire sauce
Method—Boil the celery in 1 cup of water until tender. Drain, reserving 1-4 cup of the liquid in which it was cooked. Cook onion in butter until straw colored. Combine the bread cubes, sage, 3-4 teaspoon salt and dash of pepper. Add the celery, celery liquid, onion mixture, and mix well.

Spread each steak with some of the stuffing. Roll up and secure with tooth-picks.
Brown these rolls well in the melted shortening. Add the 1-2 teaspoon salt and the canned tomatoes. Cover and simmer over low heat for 1 hour, or until the meat is tender. The sauce may be thickened by adding about 2 tablespoons flour moistened to a paste with a little cold water. Add the Worcestershire sauce and serve hot.

When you want to make dainties for tea quickly you might like to try these.

PEPPERMINT DAINTIES
Melt chocolate peppermint candies over hot water. If too thick to spread, add hot water. Cut with a small-size cookie cutter. Spread chocolate peppermint on each round and top with chopped nut meats.

FLOUR PRODUCTION
Flour production in Canada during 1941 amounted to 18,894,178 barrels compared with 16,254,921 barrels in 1940.

Shorthand Can Be Studied at Home
Such telling touches as the so-called torso line, the shallow collar and four leaf clover beau knot (for good luck) total up to a lucky twosome.

Style No. 3244 is designed for sizes 14, 16, 36, 38, 40, and 42. Size 36 requires 2 yards of 39-inch fabric for blouse; 2 yards for contrasting skirt.

Send twenty cents (20) coin preferred for pattern. Write plainly your Name, Address and style number. Be sure to state size you wish.
Style No. 3244 Size _____
Name _____
Street Address _____
City _____ Province _____

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THINK before you use so much SUGAR

THINK before you use two or three spoonfuls or jumps in your coffee or tea. Use less and stir thoroughly.

THINK before you make or ask for over-sweetened pies and puddings, frosted cakes and rich confections.

THINK before you use sugar extravagantly with tart fruits or cereals. A pinch of salt will save much sweetening.

THINK before you make sauces and icings. Use condensed milk, honey, syrup, or canned fruit juices to do part of the sweetening job.

The lawful allowance of sugar is 1/2 pound per person per week. No one is allowed to have more than two weeks' supply on hand at any time, except in remote areas.

Retailers have the right to refuse to sell or to limit sales to any person they believe is attempting to disobey the law.

Penalties provided for breaking the sugar ration law are imprisonment for as long as two years and a fine up to \$5,000.00.

YOU MUST OBEY THE LAW
THE WARTIME PRICES AND TRADE BOARD, OTTAWA

A Morning Smile
Albert Longaphie; 3. Hudson Longaphie.
Grade III (a): 1. Ruby Ching and Roma Ching (equal).
Grade III (b): 1. Daniel Jarvis; 2. Walston Jarvis; 3. Daniel Gregory.
Grade II: 1. Helen Macdonald; 2. Edgar Longaphie.
Grade II (a): 1. Kathleen Ching; 2. Ann Hennessey; 3. Kenneth Gregory and Aidin Jarvis (equal).
Grade I (b): 1. Eileen Macdonald; 2. Reggie Gregory.
Grade I (c): 1. Bernard Hennessey.
Highest average, 92 percent, Nellie Foley.
Perfect attendance: Gertrude Macdonald, Eugene Hennessey.
M. Eileen Macdonald, teacher.

Relieves MONTHLY FEMALE PAIN
Women who suffer pain of irregular periods with cranky nervousness—due to monthly functional disturbances—should find Lydia E. Pinkham's Vegetable Compound Tablets (with added iron) very effective to relieve such distress. Pinkham's Tablets made especially for women help build up resistance against such annoying symptoms. Follow label directions. Made in Canada.

Needlecrafts For The Home
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