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

CLEVER WIVES KNOW ITS WORTH

Yes, with coffee so precious, clever wives know the wisdom of serving Maxwell House. For this famous coffee blend means the utmost satisfaction in every cup. And here are the reasons why:

1. Maxwell House is blended from rare, extra-flavor coffees . . . the very finest obtainable.

2. Roasted by a special process that captures all the mellow smoothness and fuller body of this particularly fine blend.

You'll get fullest value for your coffee coupons in Maxwell House.

For wartime reasons, Maxwell House is now packed in bags—in an All Purpose Grind and at a lower cost to you.

This new grind is suitable for *all* ways of making coffee—coffee pot, percolator or glass coffee maker. If using a glass coffee maker, you may prefer to brew the coffee a little longer.

Maxwell House COFFEE

MH223

A Product of General Foods

Living & Leisure

The Woman's Realm

FRIENDS

If nobody smiled and nobody cheered
And nobody helped us along,
If each every minute looked after himself,
And good things all went to the strong;
If nobody cared just a little for you
And nobody thought about me,
And we all stood alone in the battle of life—
What a dreary old world this would be.

Life is sweet just because of the friends we have made
And the things which in common we share;
We want to live on, not because of ourselves,
But because of the people who care.
It's giving and doing for somebody else—
On that all Life's splendor depends,
And the joy of this world when it's all added up,
Is found in the making of friends.
(Selected)

VARIOUS METALS

Keeping brass and copper shining is no trick if you rub them with a hot solution of vinegar and salt, or lemon and salt, wash in hot soapy water, rinse with hot clear water and dry thoroughly. If you want a high polish, shine with fine chalk powder, made into a paste with water.

Powdered chalk sells at the drug store under the name of whiteing and is one of the safest scouring powders because it doesn't scratch. After polishing, wash rinse and dry brass or copper.

Aluminum used in decorative trays and bowls is another metal you can brighten with a mild acid, like vinegar. But instead of scouring powder, use very fine steel wool for polishing

Pewter should be scoured with whiting paste only, because it is such a soft metal that it scratches and dents easily. After rubbing with a paste, wash, rinse, and dry. Or a fine silver polish will keep it bright if it's used regularly

Nickel stainless steels, nickel copper alloy, and chomium need only soap and water to keep them shining. Abrasives shouldn't be used, except with nickel when it's absolutely necessary. Then use a very fine one. All these are thin platings; harsh abrasives will wear them off. Some metal polishes will damage [illegible] copper alloy so none should be used on them.

BREATHE RIGHT FOR VITALITY

Don't think you breathe properly just because you've been breathing all your life. In order to have the beautiful carriage and charming vigour of the woman who breathes correctly, you may have to stop and figure and practise awhile.

Try exhaling correctly first. Put your hands on your ribs —at the sides, not in front —and push, hard. Your chest should contract from the sides as the air leaves your lungs, and you should be able to feel this. Now, inhale and let your chest expand, sideways this time also, and again you will feel it. When you've learned this simple test,, practice breathing deeply.

You might also like a breathing exercise which one of the famous U. S. beauty salons calls "the air conditioner." It puts vitality into your breathing, and that improves your appearance in walkin, sitting, all activity. It adds to your poise.

Stand erect before an open window. Tuck your hips under and pull your abdomen in, and keep your back straight. Inhale deeply for eight counts while you raise your arms overhead and stretch them up. Hold this position and hold your breath, up to 10 counts if you can. Exhale through the mouth while you lower your arms and bend your body forward until you are entirely relaxed and your fingers almost touch the floor. Now inhale again and raise body and arms to full stretch Repeat five times.

MATCHING RINGS

Yellow gold wedding rings ornamented with carved wreaths of palladium petals, two-tone applique effect, or an engagement ring with single diamond and a wedding band to match carved with lilacs are new.

GLITTERING CRYSTAL

A half teaspoon of borax, dissolved in very hot water and added to water in which glasses are washed, will make them sparkle.

SOILED CLOTHESPINS

Pick up the clothespins that have fallen to the ground and, when you have a number of them, put them in suday water in the washing machine. Run the machine a few minutes, then set the pins out in the sun to dry. They will be as good as new.

Super Bomber

WASHINGTON, May 24 —(AP)— A new "super bomber" is scheduled for production in the United States, Charles E. Wilson, executive vice chairman of the War Production Board, said today.

Aside from the barest reference to the craft in a statement on aircraft production made at a press conference, Wilson shied away from giving any details on the new aircraft or when it will be in action. When pressed by questions, he replied: "Well, bombers are getting bigger and heavier, and so on."

Recommend Air Service

HALIFAX, May 21 —(CP)— City Council at a special meeting today unanimously passed a resolution approving the establishment of a direct air service between Saint John and this city by Canadian Pacific Airways.

It was also recommended that Mayor J. E. Lloyd be authorized "to take such steps as necessary to bring about such a service."

Deputy Mayor J. E. Ahern proposed the extension of the old municipal airport. Mayor Lloyd said he had instructed the city engineer to prepare plans along this line.

FLATTERING MIRROR

There is such a difference in mirrors, some so flattering and others that seem to bring out all our bad points. It is good for the morale of the person if she will look at herself in the flattering one before going out. It will give her poise, make her happy, and make her feel she is well dressed. Avoid that other mirror that adds pounds and wrinkles.

WHY Do Certain People Have So Much PEP?

Doesn't it feel swell to wake up in the morning clear-eyed, refreshed, just rarin' to go? Yet so many people, especially over 40, get up tired all over, never really feel their best. Why is this?

The reason can often be traced to a very common cause—a sluggish system clogged with poisonous food waste. If you are like most people, you need help every so often to clean out your system, get back pep and sparkle that is rightfully yours. You can do this simply and so gently with the aid of the 4-way vegetable action of Bile Beans, the small, purely vegetable laxative pills that work on stomach, liver bile, upper and lower bowel.

For a peppier, brighter tomorrow, try Bile Beans tonight and prove for yourself their amazingly gently action. Made in England—over 7 million boxes sold yearly, proof of sensational popularity. Only 50c at druggists. 1

A Morning Smile

"Absent from parade — anything to say?" asked the commanding officer.

"Yes, sir, one of my mules kicked the quartermaster, an' I 'ad to fix it, sir."

"Fix it?"

"Yes, sir —the mules 'oof, sir "

GO THE LIMIT

"How do you spell 'graphic'?" asked the young man. "With one 'f' or two?"

The older man sighed. "Well," he said at last, "if you are going to use any, you might as well go the limit."

HINTS ON ETIQUETE

Entertainment should be as simple as practical nowadays. Even parties should be as informal as possible. Dinner clothes for both men and women —the women wearing a long skirted dinner dress, the man a dinner jacket, should take care of cressy evening affairs.

Home Service

Make Your Speech Effective With Bright Phrases

DESCRIPTIVE VIEW

A striking scene—these dog-watching the waves dash against the rocks—you feel as though you'd like to put the picture in words. Unfortunately, your limited vocabulary hinders you.

No need to be stumped for an effective phrase. You envy those who always seem to have the right expression right on their tongue-tip. You don't realize that they undoubtedly made a definite effort to acquire a picturesque speech and are continually practising for that effect.

What is a phrase? In its broadest sense it is any "short, pithy expression." Grammatically, it is a combination of two or more words which has the force of a single part of speech, or which expresses a thought fragmentarily. Many a phrase is synonymous to a single word, for example, for the word "transparent" we might say "clear as crystal" and how much more clear it appears!

Our 32-page booklet is full of examples showing how words can be combined into phrases which are appropriate and effective.

of Effective Phrases 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

Dorothy Dix Says—

DOUBLE-DYED VILLAIN BETRAYS WIFE, GIRL IN WEEKEND IDEA

Women Would Give Souls To Present Clean Record When Good Men Offer Marriage

DEAR MISS DIX—I am a girl of 18, very much in love with a married man. He is leaving for the army soon, but before he goes he wants me to spend a week-end with him. He will tell his wife he has gone on a business trip. I live in an apartment with a girl, and I will tell her I am going home over the week-end, so no one will ever be the wiser.

I know this is fundamentally wrong, but cannot the bonds of propriety be dispensed with this once? It would mean so much to both of us. Please help me, as your answer will govern my decision.

BEWILDERED.

PLAYS ON GIRL'S IGNORANCE

ANSWER—There in something much more than the bonds of propriety to be considered in a case like yours. There is the breaking of one of the Ten Commandments that God Himself laid down for the regulation of our conduct. Believe me, my child, no woman does that without paying the penalty.

It is not just an ordinary week-end that you are contemplating taking. It is doing something that will affect your whole life and that you cannot undo, no matter how bitterly you repent it. It is not breaking a convention that matters; it is losing your self-respect. It is not the gossip around your office that you need fear; it is facing your own conscience in the dead of night. It is doing something that you will live in fear of your mother finding out. Is any passing pleasure worth that price?

If you were not so young and unsophisticated, you would know that any married man who tries to persuade an 18-year-old girl, living away from her family and with no mother to watch over her, to guide her, no father to protect her, into spending a week-end with him is such an unspeakable cad that he would be cast out of decent society if it were known. He is a double-dyed villain because he is betraying his wife as well as intending to betray you.

He isn't making even the poor pretense that most married Lotharios do, of promising to divorce his wife and marry you. He is just taking it for granted that you are so idiotically in love with him that you won't count the cost at all, which indicates that he thinks you are a poor little simp who doesn't know her way around in a wicked world.

As he won't, let me warn you of a few of the dangers that you will run. The first is that you can't count on no one finding out about your little escapade. The chances are that such a bounder as he is, will brag about it to other men to show what a devil he is among the ladies. The second is that almost surely you will run across somebody who knows one or the other, or both, of you. And there are always hotel servants who have eyes even in the backs of their heads and plenty of tongue.

Then, consider this, long and prayerfully. When this married man leaves you, your little romance is finished, and when you are no longer exposed to his personal fascinations you will begin to get a true perspective on him, and you will not only cease to love him, but to be ashamed of yourself that you ever could have loved so poor a creature. You will have a good crying spell or two and the whole business will be washed up, literally and figuratively.

You will meet a lot of nice boys, and you will fall in love with some worth while lad and he will ask you to marry him. Suppose, then, you have that week-end to remember. He is a clean young chap with high ideals. Do you think he is going to want to marry you when you tell him about it? And if you don't tell about it, don't you think you are going to live in perpetual fear of his finding out?

A lot of girls who have gone on romantic week-ends write me that they would give their very souls to be able to go with clean skirts to their husbands. Be one of them. Don't go on the petting party.

DEAR MISS DIX—My husband is subject to be called into the army any day now. But he says before he goes he is going to sell our furniture and get rid of our home. He says he is going to be a free man again. Don't you think that as long as he feels this way about it, it would be best for us to break up now before he goes away? We have two children. What of them?

J. J.

MOTHERS SHOULD KEEP HOME FIRES BURNING

ANSWER—Your husband is like a lot of other men who are fed up, for the time being, with domesticity. He thinks he is going to have a grand fling in the army, but he is due to get a lot of disillusionment about that. When he finds that he is subject to a discipline that he never even imagined, he is going to wish that he was back home with you and the children.

My earnest advice to you is just to stay put. He can't sell your home unless you sign the deed. Refuse to do it. Tell him you are going to live in it and keep it a going concern until he can come back. The government will pay you your allotment of his salary, so you will have that much to help feed the children, anyway, whereas you would have nothing if you agreed to a divorce before he goes.

Many husbands, and wives, too, get tired of the monotony of marriage and think they want to be free and rush into the divorce courts, but after they have been parted for a while they find that their freedom is not what they thought it would be; that they miss each other and that they love each other in spite of their disagreements.

I think that is the case with you and your husband. So just let matters rock along for the duration. With your own home and your allotment and perhaps doing a little work on the outside you can get along, but you would be stranded if you let him sell the house and the furniture and left you with nowhere to go and nothing to live on.

DEAR MISS DIX—I am 18 years old and have been going steady with a young man in the navy for about four months. Two months ago he was sent across and his letters have not only been few and far apart, but not love letters. Read like they were written to an aged aunt. Now I find that I am in love with another young man who is in the army, and I don't know how to go about telling my navy friend about this. How shall I do it?

SANDRA.

ANSWER—Just state the simple facts. As his letters are so cold and unloved-like, the chances are that he has found out since he parted from you that he guessed wrong as you did, about his heart-throbs, and that he will welcome a letter setting him free.

Growth Backward In Prairie Provinces

WINNIPEG, Man., May 20—Good progress has been made with seeding but growth is backward and warmer weather is needed to speed germination according to the weekly crop report of the department of agriculture of the Canadian National Railways. Nights have been frosty and cool but weather is now warming up. From 75 per cent to 95 per cent of wheat seeding is completed and the next few days should see the last of the wheat in ground. There is a great variation in the amount of coarse grain seeded. Some districts report 25 per cent and others up to 80 percent moisture conditions are good and no soil drifting is reported. Threshing of last years crop is practically completed with sample badly bleached in most areas. The coolness of the spring prevented general sprouting of unthreshed grain. Pasture lands are backward and a good warm rain would be beneficial.

In Spite of Problems The Quality Remains Unchanged

NONE of the circumstances of today have been allowed to interfere with the quality of Jell-O and Jell-O Puddings.

War's necessities *have* limited the *supply* of Jell-O and Jell-O Puddings—so, if there are times when your grocer is out of stock, we are sorry, and hope that you will be patient till a further supply is available.

JP43

Products of General Foods

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 who have intelligent question to ask on price control are invited to send them in writing to the Women's

Q I rent two furnished rooms weekly but pay the landlord two weeks in advance. How much notice would the landlord have to give me to vacate? Would it have to be in writing telling the reason?

A One week's notice in writing. For a weekly tenant no reason needs to be stated by the landlord.

Q. Is there a ceiling price on cord wood?

A.. Yes. Maximum delivered prices have been set for different localities. If you will send us details about the length and kind of cord wood, we can answer your question specifically.

THE COOK'S CORNER

FOUR-FRUIT ROLLS

1 cup dates.
1 cup figs.
1 cup seeded raisins.
1 cup prunes.
1 tablespoon brown sugar.
1 tablespoon orange juice.
1-2 cup chopped nuts meats.

Steam the fruits for about ten minutes, or until they are soft and tender then put them through a food chopper. Add sugar, orange juice and nut meats and mix thoroughly. Dust a board or marble slab with powdered sugar and roll the paste into a long roll. Cut in 1 1-4 inch slices, roll in finely chopped nut meats and wrap in faxed paper. This mixture may be molded into little balls instead of a roll.

MAPLE OPERA FUDGE

1 3-4 pounds maple sugar
1 pint cream
1-8 teaspoon salt.

Bol the above until a soft ball forms when dropped in cold water. Pour into a cold, damp platter or marble slab and beat with a fork until creamy. When perfectly smooth, press into a square, buttered pan and cut into squares.

INDIAN PUDDING

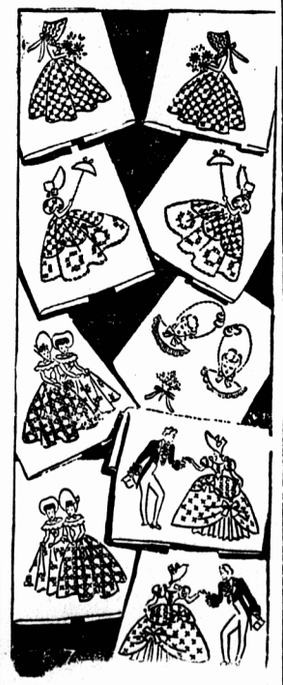
1-3 cup cornmeal
4 cups milk.
1 tsp. sugar
1 tsp. salt
1-2 tsp. cinnamon
1-2 cup molasses

Heat milk in double boiler. Whisk in cornmeal with a fork; and cook for 20 minutes, stirring until mixture thickens. Add molasses, salt, and spice. Pour into buttered baking dish. Place in pan of hot water and bake in mocerate oven about one hour, or until set.

HITLER IN TORMENT

LONDON (CP) — Describing a scene at the Fuehrer's headquarters on the Russian front, Col. Walter Schwerff of the German general staff wrote in Das Roich: "Hitler was by no means cool and calm. His creative brain was too tormented by the thought of how to find ways out."

OLD FASHIONED FIGURES ARE EASY STITCHERY



DESIGN NO. 567

Old fashioned embroidery motifs for wall pitures, dresser sets or towels utilize the odd bits of floss in the sewing bag. Hot iron transfer pattern No. 567 contains nine motifs measuring from 1 by 1½ to 3½ by 4 inches each with 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.

Charlottetown Guardian
Needlework Department,

Design No. 567

NAME - - - - - - - - - - -
STREET ADDRESS - - - - -
CITY - - - - - - - - - - -

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

Chicken en Casserole

Stewing fowl makes a tasty, economical dish done this way

In times of peace, chicken—especially a fine roast capon or a broiler, fried southern style—is a dish for special occasions. But now, in wartime, stewing fowl can often provide a useful alternative when other meats are scarce. And done "En Casserole," it makes a delicious dish for a family meal or a party.

First, disjoint the bird, dividing the breast into four portions (or five, if you count the wish bone). The legs will, of course, be two portions each, but the wings are generally left whole. Dredge in flour, then brown in hot fat. Slice two onions fine and cover the bottom of a glass or earthenware casserole or covered stew pan with them. Arrange a layer of the browned chicken on the onion slices. Next a layer of peeled, sliced potatoes. Another layer of chicken. If you have meat stock, fill up the casserole, cover and simmer for two hours in a slow oven. If you have no meat stock on hand stew the carcase and giblets of the chicken for an hour or so and use the liquor. A cup of cooked peas, diced carrots, or ½ lb. of peeled mushrooms can be added with advantage to this dish.

• • •

EAT THESE FOODS EACH DAY

MEAT, FISH or POULTRY and 3 or 4 eggs a week.

TOMATOES or Citrus fruits or their juices and one other fruit.

VEGETABLES—stress leafy green or yellow, frequently raw, besides potatoes.

BREAD—4-6 slices Canada Approved and one serving whole grain cereal.

MILK—Adults ½ pint. Children more than one pint. Cheese if available.

Fifty-four pages packed with recipes, meal-planning and marketing tips, nutrition advice, cooking time index and other exclusive features ; ; ; that is "Meat Complete," Martha Logan's fascinating new meat cookbook. Yours for only 10¢. Write to Swift Canadian Co. Limited, Dept. MH19 Toronto.

SWIFT CANADIAN CO. LIMITED

Makers of Premium Quality Products; Brookfield Butter, Eggs and Cheese; Jewel Shortening and Silverleaf Lard.

Black Sheep Back In Cub's Fold

CHICAGO, May 24 —(AP) —Baseball's black sheep, jaunty Lou Novikoff, carries the brand of a 61-day holdout back to the Cubs' fold.

How Chicago fans will accept him remains a gamble shared equally by the team and Novikoff. Will there be boos or cheers when he steps to the plate with that supreme confidence and waggles his bat as if it were a toothpick?

The only thing fairly certain is that fans will flock to see him play —at first, anyway. He is expected to boost gate receipts, come boos or cheers.

WASHINGTON, May 21 —(AP) — Lew Hanbury, 19-year-old graduate of the Washington Golden Gloves amateur ranks, took a 10-round decision over Jackie Callura of Hamilton, Ont., National Boxing Association featherweight titleholder, in a non-title bout here tonight.

Needlecraft For The Home

SPRING TONIC

The Ever-Smart Bolere Style

Because it gives the smooth, trim unhampered silhouette, because it's a costume complete that can and does go everywhere, the dress with its own bolero is riding this spring on the crest of the fashion wave Here is a pattern for a delightful bolera ensemble that you can treat in two ways: Make the dress with a contrasting top and the jacket to match its skirt section; or make yourself a print frock with a plain colored bolero. Either way, it's a charmer.

Style No. 2042 is designed for sizes, 10. 12, 14, 16, 18 and 20. Size 16 requires 3 1-8 yards of the carker fabric in 39-inch width; and 2 yards of the lighter.

Send twenty cents for pattern. Write your name, address and style number. Be sure to state size you wish.

Name

Street Address

City Province

ENGLISHMAN RESPONSIBLE

The concertina was invented by an Englishman in 1829.

MARTINIQUE AREA

Martinique has an area of 385 square miles.

RED, ROUGH HANDS

Enjoy soothing comfort, prompt relief with world-known, gentle, medicinal, emollient

CUTICURA OINTMENT