

Woman's Realm Social and Personal Fashions Literature

R. C. N. BABY CLINIC



In the Royal Canadian Naval Hospital at a Newfoundland port, medical officers and nursing sisters, financed by naval canteen funds, are operating a clinic for the benefit of the children of R. C. N. personnel. The chief work is immunization against communicable diseases and expert advice on feeding.

Eleven-month-old Louise, daughter of Lieut. (SB) Harry Paul Demers, RCNVR, and Mrs. Demers, of Montreal, is the sprightly and humored child of the clinic staff. Louise sits quietly while Surgeon Commander A. A. Giffin, RCNVR principal medical officer, examines one of her ears.

A Job Only You Can Do

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 and answers on Price to ask no price control are invited to send them in writing to the office of the War Times Prices and Trade Board, 100 Water Street, Charlottetown, P. E. I.

Q. Does the temporary production in the butter ration after the value of the butter coupon?

A. No. It is still worth one-half pound of butter. The reduction is affected by postponing the date of coupons 54 and 55.

Q. Can you tell me if there is a change in imported Brussels?

A. Yes. It is one of the imported vegetables recently brought under ration control.

such control.

Q. In our household we are not able to do much canning but we do consume a fair amount of commercial jams and jellies. Is there any way in which we can increase our purchases at the latter above the value of the preserves coupons?

A. Yes. It has been arranged that each of the F coupons which are to be used for the purchase of jamming sugar this year may be if desired exchanged for one unit of a D coupon through Local Ration Boards. This will enable you to augment your normal purchases of commercially packed jams, jellies, etc.

Q. How many D coupons are issued to buy a gallon of maple syrup?

A. Until May 31, that is, during the production season, one D coupon will be good for 29 fluid ounces, or one quart, and four D coupons will cover the purchase of one gallon. After May 31 the value of the D coupon for maple syrup will be reduced to 24 fluid ounces.

AID MANKIND

Ammonia, first produced in Libya, gets its name from the Egyptian word for "to stink".

Dorothy Dix Says—

FREE LOVE COSTLY DIVERSION

Often Those Who Pay Piper Ones Who Never Danced; Poor Family Suffers Most

DEAR MISS DIX—There is just this much about it. Philandering is a rich husband's game. The rich man can philander without robbing his children of the ordinary decent things of life to which they are entitled, but the average man can't. My little girl needed a tonsil operation and my husband, her father, shopped around so long trying to find out where he could get the surgery done the cheapest that the infection caused sepsis of the heart from which she will suffer the balance of her life.



The money he spent taking young girls to road houses for chicken dinners over the period of ten weeks would have paid for the operation and saved the child's life. One thing I have observed: Free love is never free. Someone always pays for it and, oh so often it is a little child.

ONE WHO KNOWS

ANSWER—You are right. Free love is never free. It is the costliest diversion on earth, and the tragedy of it is that those who have to pay the piper are so often those who have not danced. It is hard enough on the wife who has a rich philanderer for a husband, but for money does not pay her for her hurt heart and bruised vanity, but at least she has the consolation of having physical comforts and being able to give her children security.

But when the poor man philanders it is his family who has to pay for his wrong doing and sometimes, as in this case a little child is invalidated for life because his father was spending the money on illicit pleasures that would have saved him.

But in the end we all reap as we have sown and the time comes when the rake must harvest his crop of wild oats. The unfaithful husband grows old and loses his charm for women. Often he has spent his money in riotous living and has private tag on them. He has lost the love of his wife. His children look upon him with contempt and resentment. He is the poorest of all poor men. And with bitter regrets and the knowledge that he has been a fool he pines for what, in mockery, is called free love.

DEAR MISS DIX—I am a girl 20 years old and have been receiving quite a lot of criticism because I am not going steady with any boy, or engaged, or married. People ask me what is the matter with me and seem to think I am a freak.

There is no blighted romance in my life to make me this way. I just think there is plenty of time after the war to get married. Many of the boys are rushing into war marriages are going to wish that they had followed your example and stayed single when they find out that they have fallen out of love with the men they married on the impulse of the moment because they looked good in brass buttons, or because all the other girls were getting married.

WISE GIRL WAITS FOR RIGHT MAN

ANSWER—I think you are doing exactly right and that you are acting very wisely to wait until after the war to get married. Many of the girls who are rushing into war marriages are going to wish that they had followed your example and stayed single when they find out that they have fallen out of love with the men they married on the impulse of the moment because they looked good in brass buttons, or because all the other girls were getting married.

Evidently Mr. Right has not come down your street yet. When he does, you will find out that his company is more exciting than that of the crowd of girls you go about with. But don't let anybody panic you into taking a man who bores you for a lifetime. There is no more heroic way of committing suicide than by marrying yourself to death. The first thing a girl should consider in picking out a husband is what sort of a fireside companion he will make for the next forty or fifty years.

You say your friends criticize you for not being engaged or even having a steady boy friend? Why do you bother about what they say? If you try to run your life by other people's advice, you will make a mess of it. You can't please everybody, so please yourself.

DEAR MISS DIX—My mother-in-law, who is 43 years old, has no other grandchildren except my baby. She insists that this child shall not call her Grandmother, but Mama. She and I have quite a bit of trouble over this as I want the child to call her Grandmother. This means a lot to me. What shall I do?

ANSWER—What your baby calls her grandmother is not worth a family squabble so give in to your silly mother-in-law's idea. She probably doesn't realize that it is better for everyone to exclaim: "What a young Grandmother!" than for them to remark: "Doesn't she look old to be a mother?"

LONDON (CP)—The late Mrs. William Heelis—Beatrice Pottle—author of the "Peter Rabbit" and other nursery animal characters, bequeathed nearly 4,000 shares in Britain's Lake District to the National Trust increasing government holding in the area to more than 18,000 acres.

THE COOK'S CORNER

CRANBERRY CAKE

Cranberry cake makes a delicious dessert, festive in appearance yet economical and easy to make.

Topping — Three-quarter cup sweetened cranberry sauce, 1 teaspoon lemon juice, 1 teaspoon cinnamon, 1/2 teaspoon nutmeg.

Mix lemon rind, cinnamon and nutmeg with cranberry sauce.

Cake — Three tablespoons milk-flavored fat, 1/2 cup sugar, 1 egg, unbleached, 1 teaspoon vanilla, 1/2 cups sifted, all-purpose flour, 2 teaspoons salt, 1/2 cup milk.

Cream fat and sugar until light and fluffy; add the egg and vanilla and beat thoroughly. Mix and sift flour, baking powder and salt and add alternately with the milk, beating well. Pour the batter into a deep well greased with fat or an 8 x 8-inch cake pan. Spread cranberry topping over the batter.

Bake in moderate oven at 350 degrees Fahrenheit for 45 minutes. Serves six.

HINTS ON ETIQUETTE

"Always behave as if nothing had happened no matter what has happened," said Lord Bennett, and it is a good rule of etiquette today.



AGAIN AT YOUR GROCER'S IN LIMITED SUPPLY

THE PERFECT ONE-DISH MEAL

Quick-to-fix, high in food value, Heinz Oven-Baked Beans are especially good for wartime menus.

Heinz OVEN-BAKED Beans



Living & Leisure The Woman's Realm

CERTAINTY
Times.
The world wheels round in spite of smoke and war. The earth endures though battles stain the sod. The sun and moon and stars shine as before. And they shall bring us back to our lost God. Charles James Towne in New York.

EMERGENCY KIT
Always keep an emergency kit in the home in case of fire. Children in the home in use of these things in case they are needed at a time when you are not there. Many serious complications can be avoided if the hurt is taken care of immediately and any child can be taught how to handle a cut or a sprain with some whether mother is on hand or not.

REJUVENATING FURNITURE
The old wooden table may be rejuvenated with a simple process by cementing to its top a piece of white surface material. This means a new surface, varnished with a clear, waterproof varnish and the top is as good as new. The same process can be used on chairs, benches, desks, etc. and many other pieces of furniture. It is a sure way to change its appearance.

PUFF PASTER
Powder pulls last longer than you think. It is a sure way to keep your puff pastries from becoming soggy. It is a sure way to keep your puff pastries from becoming soggy. It is a sure way to keep your puff pastries from becoming soggy.

VICUNA FIBRE
The softest of all known animal fibres is produced by a small Peruvian animal called the vicuña. About two feet high at the shoulder they live 14-16,000 feet above sea level in the high mountains, and are related to the camel family.

MARRIAGE OBSTACLES
The ban on married couples living in the same household when Italy entered the war, may soon be lifted, if negotiations now under way in London are completed. Under present regulations, as soon as romance blossoms into marriage, the husband or wife must leave the fortress. The rule was maintained rigidly. Recently when an army dentist surgeon married a woman, the officer was transferred two days later, and although his transport vessel stayed in the harbor, the wife was not allowed to go ashore and his wife could only about at him from a small boat alongside. Evacuated wives must go at least 60 miles away and many live at Malaga, Spain, just outside the forbidden zone. Only British women on Gibraltar are Wrens and army nurses.

PARSLEY GOES "ACTIVE"
There's no charge or priority demanded for the extra ration of iron in tangy flavored parsley. Its fresh dark green color has become a utility foodstuff. Parsley is used when it goes "active" it adds iron and vitamins A and C to our diet. Chop it up fine and put it on soup, at the last minute, of course. Or use it on vegetables in raw salads, fish dishes.

A Morning Smile
Officer (to man pacing sidewalk at 3 o'clock in the morning): "What are you doing here?"
Gentleman: "I forgot my key, officer, and I'm waiting for my children to come home and let me in."

An old negro was taking a civ service examination for the position of rural mail carrier. One of the questions asked was: "How far is it from the earth to the sun?" The old darky looked frightened and exclaimed: "If you ask is swinging put me on that route, Ie re-rainin' before I begins."

ABOUT RUGS
In spite of ample wool stocks, the prospects for wool rugs are not too bright. No wool on carpet weight is produced in the United States. Most carpet wool formerly came from China and India. Manufacturers now are considering south American wools, but snipping curlicues will limit the amounts.

SCISSORS
Shortage of scissors is not keeping people up nights, but it was given a high hardship rating. There is little hope of relief at present. Scissors manufacturers say they could not use more material if available. They are producing at top speed for military uses in paper boats, parachutes, first-aid kits, and surgical instruments.

HOUSEWIVES CHART-MINDED
Meat chart-minded housewives are curious when choosing cuts of beef, lamb and veal not to pay more than the legal ceiling set forth on the charts. When charts are not in full view, the shopper can always ask to have them put where she can see them.

LIGHTEN LOAD
The use of plastic has reduced by seven the weight of magnetic compasses in Army tanks.

A LOVELY CROCHETED RUG HAS MANY USES
An attractive personalized rug is created with crocheted squares set together. Pattern No. 980 contains complete instructions.

To order pattern: Write or send above picture with your name and address with 2 cents in coin to Stamps to Needlework Bureau, Charlottetown, P. E. I.

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Needlecraft For The Home

SOFT SHIRTWAISTER
A flattering shoulder yoke and a slenderizing front panel practically guarantee you this season's smart slim silhouette.

No 2073 in size 36 requires 4 1/2 yards 36-inch fabric.

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.

Address: Pattern Department, The Charlottetown Guardian.

Name _____
Street Address _____
City _____ Province _____

Female Weakness
If you suffer from cramps, backache, headache, "irregularities," periods of the blues—due to functional monthly disturbances—start at once—take Lydia E. Pinkham's Vegetable Compound. It not only helps relieve monthly pain but also tired, weak, nervous feelings. This is due to its soothing effect on one of woman's most important organs.

BLACKHEADS
Blackheads go quickly by a simple method that dissolves them. Get two ounces of peroxide powder from your druggist, apply with a hot, wet cloth gently over the blackheads—and you will wonder where they have gone.

YOUR SKIN WILL LOVE...

Barbara Gould TISSUE CREAM

Look! See how dry, tired skin begins to wake up and regain its freshness and bloom as soon as BARBARA GOULD TISSUE CREAM comes soothingly to its aid. Look again! Now your skin is peal-smooth, radiant, tempting... ready to help you attain dramatic perfection!

Tissue Cream... created for skin's quick relief. Prices \$2.75 and \$1.50.

Complete range of Barbara Gould preparations available in Prince Edward Island at

REDDIN BROTHERS CHARLOTTETOWN

Step out of the Barrier
—THAT KEEPS YOU FROM HAPPINESS

HOW tragic that so many people are shut out from the good things of life by the invisible barrier of "B.O." It comes between them and popularity. Yet they are never conscious of offending.

So play safe! Bathe daily with Lifebuoy. Its special purifying ingredient stops "B.O."—gives you lasting all-over protection. And the new Vanishing Scent disappears before you're even dressed!

Lifebuoy is a grand complexion soap, too. Tests prove Lifebuoy milder than many so-called beauty soaps!

FROM HEAD TO TOE—IT STOPS "B.O."

LIFEBUOY HEALTH SOAP

NEW ADDED INGREDIENT
NEW VANISHING SCENT
SAME PROTECTIVE LATHER

Chest Colds To Relieve Misery VICKS VAPORUB
Rub on Tested