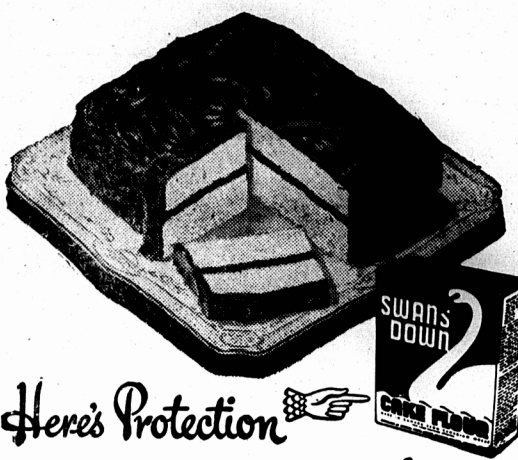


Woman's Realm Social and Personal Fashions Literature



Here's Protection FOR WARTIME CAKES!

WARTIME menus can be helped by the variety and wholesome nourishment that cakes provide. But with today's shortage of butter, sugar, etc., you need the baking insurance that Swans Down Cake Flour gives, if you are to be sure your cakes will be light, tender, digestible.

Swans Down is unvarying in its high quality... assures you of consistently good results. Sifted again and again through silk; until 27 times as fine as ordinary flour. Yet costs only a few cents per baking! Try Swans Down for your next cake!

* If a cake is worth making It's worth making with

SWANS DOWN CAKE FLOUR

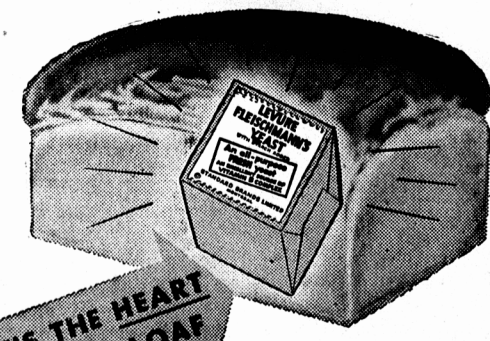
Modern Etiquette
By Roberta Lee

Q. Is it proper to drink something from a cup or to use a spoon?
A. It is proper to use a spoon for the first few mouthfuls of something. One may continue to use a spoon or may lift the cup and sip its contents.
Q. Upon which finger does a man wear a wedding ring, when the double ring ceremony is used?
A. A man wears a wedding ring on the ring finger of the left hand.
Q. It is proper to smoke in the room of a convalescent?
A. No, unless the convalescent himself is smoking.

How Can I!!
By Anne Ashley

Q. How can I keep yeast for two or three weeks, without any odor in the refrigerator?
A. Place an inch of salt in a half pint jar, then a cake of yeast wrapped in tin-foil, another half inch of salt, another cake of yeast, until jar is filled. The top layer should be an inch of salt. Screw on the cover and place in icebox.
Q. How can I rid the house of red ants?
A. Try smearing a plate thickly with lard and leave it overnight where the ants congregate. By morning, the plate will be covered with ants, which can then be destroyed by pouring boiling water over them.
Q. How can I remove old spots from rugs?
A. When oil is spilled on a rug or furniture the stain may be entirely removed by applying lime water.

BREAD SECRET!



IT'S THE HEART OF THE LOAF

Fleischmann's fresh Yeast is always ready to give you extra good bread that's sweet-tasting and even-textured! That's why it has been the favorite fresh yeast of Canadian housewives for 4 generations. If you bake bread at home don't run risk of a failure—use dependable Fleischmann's fresh Yeast. At your grocer's Order it today!

GET MORE VITAMINS—MORE PIP! Eat 2 cakes of FLEISCHMANN'S fresh Yeast every day. This Yeast is an excellent natural source of the B-Complex group of vitamins! MADE IN CANADA

Ehen's Diary

This was a delightful morning, very lovely as dawn broke to reveal mist above the stream both above and below the old mill. This as a mother calling her children, the sun lifted the veil to reveal the blue morning of farmsteads in the surrounding countryside. It was with regret I left the prospect for these misty days along the river and stream are always my river to me. But there were "in-between" moments when I was satisfied with more substantial food than spread panoramas, but they ever so beautiful. I began to lay the breakfast-cloth and assemble the members of the household before going to join the other members of the family at the earliest morning hours.

The war-news was good this morning. "Allied armies enter Holland." We listen attentively to the news of the day because of a lack of yesterday's paper we are more concerned. And I thought woman-like of the Dutch and their good Queen. It may not be too long before she will return to her throne. She will always have a tie with Canada, and her youngest grandchild is almost a Canadian. And nearer home we hear about the terrible flood-waters in Evangeline's land. "Dikes that the hands of the farmers had raised with sweat and tears" are "shut out the turbulent tides" are of no avail at present.

This was wash-day in one of the houses at Alderlea. Not at Jeanie's for she washed yesterday. She had assistance for yesterday Jeanie had a visitor. Someone from the city, beginning her holiday, spent the day at the house across the lane. Mine was not a great long line of clothes but then as I think of it there were plenty pieces when they were ready to be ironed. I stopped a minute when I was spreading them across the line, and I turned my mouth to listen to the hum of the old mill below. It came clear today as I was there. I went down the river getting out-of-chop" I said. "The water sparkled like a great gem of many facets and I was forced to turn my eyes from its sheen. The small breeze barely stirred the water, and the poplars danced a continuous polka. I recalled that, in a legend had read it was, that the Cross was built of poplar-wood. A plane athwart the sun, threw its shadow to the lawn nearby before piercing a fleecy-cloud to come out on the farther side.

The men went to Rob's to continue the threshing there but the temperamental engine refused to give assistance for yesterday necessitating a trip on the trailer to the garage for repairs. "James" wanted to "take a spin" with me and to say: "Perhaps it is just as well." The grain is hardly fit to thresh.

The afternoon fairly skipped away as the peace of the day when there congenial company about. My company fidgeted a little, because of being temporarily away from the subject of the day. I would never be able to "keep" a walk-out, a sit-down or any kind of a strike. He would be able to get back to work. It is a blessing he lives on the Island where as yet the strike is unknown. Even as he sat to rest a few minutes he wondered if "that gear" would be able to get into the evening, when we heard Rob's car go in the Alderlea road. There was no "threshing" today. It will likely be taken up again early in the morning for as James says: "It's getting late for the harvest." And I think of the window, I see the stars, dim tonight in the infinite canopy, the harvest-moon the subject of the day and song is over for this year. There I bread to be mixed this night. I hoped I would be able to supply at week-end with biscuits and a small amount of jam. I shall not dare to bake biscuits for weeks! Now, where did I get that "down" cake? Keep it cool! Down cellar! Ugh!

Until tomorrow—Diary—good-night.

The Cooks Corner

PLUM HOLY-POLY

The experienced cook will realize that the steamer might be used here instead of the oven. The holy-poly might be placed on a platter larger than the pudding, but smaller than the base of the steamer, to allow the steam to rise evenly. Or still better, we wrap such puddings loosely in cooking parchment, which is three times as hot as cold water.
3 cups once-sifted pastry flour or 2 1/2 cups once-sifted bread flour
3 tablespoons baking powder
3/4 teaspoon salt
1-3 cup chilled shortening
3-4 cup milk (about 1/2 pint)
4 cups cup-pitted fresh plums
1-2 cup granulated sugar
3 tablespoons cornstarch
Measure and sift together the flour, baking powder and salt. Add shortening and cut in finely. Gradually stir in sufficient milk to make a dough that is soft but not sticky.
Turn out on a lightly floured canvas or baking board and knead lightly for a few seconds; roll out into a rectangle about 1-2 inch thick.
Mix the plums with the granulated sugar and cornstarch, which have been "plummed" and spread on the biscuit dough.
Roll up like a jelly roll, dampening the edges and ends to seal.
Place in a greased loaf pan.
Bake in a hot oven, 425 degrees, 50 to 60 minutes.
For serving, slice the holy-poly and serve with nutmeg sauce or pouring cream.

CLOTHS FOR CLEANING

Many women use old stockings for dusting purposes and what woman at house-cleaning time does not rejoice in a discarded suit of hubby's undies, for her paint cleaning and furniture polishing? A drawer or bag should be in every household to hold these treasured soft cloths.

KING COLE Distinctive TEA

Rare Flavor and Bouquet

Dorothy Dix Says—

WE NEVER KNOW OURSELVES

Admitting Some Faults, We think Nobody Could Find Our Peculiarities Objectionable

One of the curious contradictions of human nature is that while we are all egotists who spend our entire lives thinking about ourselves, we never really get to know ourselves and what manner of men and women we are. We remain strangers until we have a howling acquaintance with the individuals under our skins, and if we should meet ourselves coming down the street we would probably say: "Dear me, I wonder who that sloppy woman is and where she gets those do-funny hats." Or: "Gosh, I'd hate to look like that pompous ass who struts around Heaven. Thank God, I'm not like that!"

And, although our houses are lined with mirrors and every shop window gives us a close-up of ourselves, we haven't the slightest idea of how we look. We can see that our contemporaries have gotten old and round-shouldered and bent and broken, but we are complacently sure that WE do not look our age.

Of course, we admit in a general way to having a few faults, but no one except ourselves could find our little peculiarities objectionable. They are just manifestations of personality, the things that make us interesting, if you come to that.

FOLKS LITTLE KNOW THEMSELVES

And perhaps nothing else shows how little we know ourselves as the fact that we condemn in others the very things that we do ourselves. We avoid bores, for instance, as we would the plague and dive for cover when some endless talker buttonholes us and starts on his reminiscences, but we think we are being perfectly fascinating and that everyone is hanging on our words when we tell the story of our lives and the cute thing the cat did.

We laugh at the elderly women who make figures of fun of themselves trying to look like glamour girls, and then we go out and spend our money at the beauty shops and buy clothes that are only suitable for a skinny woman. No woman ever sees herself as a fat woman.

We not only don't know ourselves, we don't know our own and there is practically nothing that the average man and woman will do to avoid spending even an hour alone with themselves.

We will leave comfortable homes and herd in crowds with dull and uninteresting people we never saw before and hope never to see again; we will spend hours looking at movies that bore us to tears, or listening to tiresome lectures, or going to concerts that make us want to scream, doing anything just not to have to try to entertain ourselves. Thousands even live with husbands and wives and relatives they hate just not to have to be thrown upon themselves for company.

We love ourselves the best and admire ourselves the most, yet there is no other human being we take so much trouble to avoid. Funny, isn't it?

Living & Leisure The Woman's Realm

FOR SMALL SIZES

Small sizes will love the classic, notched-revers suit with topcoat, match, or the fitted dressmaker coat with tiny waistline and broad shoulders. We don't want to know our colors. West jacket suits, or dresses with their own oriel waistline, length jackets, come in small sizes. But the darling of all the suits in this range is the little suit with nipped-length jacket and skirt with trouser pleats pressed in to give a taller line.

PARSLEY PLANTS

Don't forget to transplant some of your parsley bed to decorative pots for your kitchen. Parsley plants are easy to grow and they are so handy to the kitchen, but many a person forgets to transplant some of them.

It's disappointing isn't it, to find a piece of cheese at the back of the cupboard, hard, mouldy, and unattractive. Of course the mould can be cut off and the rest grated, but it isn't entirely wasted. Here are some tips on how to make sure that all the next piece of cheese you buy stays fresh. To prevent moulding or drying wrap tightly in wax paper cheddar cheese. If you have linens, wrap in cloth and keep in airtight jars.

Here Again...Gone Again Tony

How Mrs. V Helped - Cut School Absences

1. Swift, except, sore throat—always something! "Sound to happen at school," thought Mrs. V—ill her doctor told her how much sickness is passed around right at home.

2. "You shouldn't be in a classroom with Lysol. Why not light germs that way in daily cleaning?" he said. So Mrs. V does. And Tony doesn't seem to pick up so many "bugs".

DISCOVERED

MAKES THIS TEST: Add 1/2 tablespoon of Lysol to each gallon of water. See how much less "elbow grease" cleaning takes! Try it on: Sinks • Tables • Floors • The Linoleum • Washroom • Bathing Tub

DISCOVERED

"Tom, do you want some nice plum jam?"
"Yes, mother."
"I was going to give you some to eat on your bread, but I've lost it."

Lysol

DISCOVERED

"Tom, do you want some nice plum jam?"
"Yes, mother."
"I was going to give you some to eat on your bread, but I've lost it."

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 which have been received by 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 ask on price control are invited to send them in writing to the Women's Regional Advisory Committee of the War Time Prices and Trade Board.

Q. Is there any ceiling price on soft drinks such as Ginger Ale, Cold Beverages, etc.?
A. Yes, these prices are controlled. Retail stores are not permitted to charge more than 7c per bottle for soft drinks, however, restaurants which charge more than this in the basic period Sept. 15 to Oct. 11, 1941, are permitted to do so now, provided the total is not more than 12c per bottle.

Q. In shopping for a new fur coat I was offered one labelled simply "Genet." The clerk was vague as to what type of fur it was, but thought it was wild cat. Can you tell me what it actually is?
A. "Genet" is the commercial trade name for dyed natural cast. It is illegal for a furrier to offer fur coats for sale unless they bear showing both trade name and correct name of the fur used. Since you give us the name of the store it will be investigated.

Q. Recently I paid 16c for a pound bunch of bananas. Was I overcharged?
A. The ruling price for bananas is 15c a pound in this region. They must be sold by the pound and not by the bunch. It is difficult to weigh out an exact pound without cutting the banana so it is quite possible that the bunch you bought weighed a little more than the pound.

SWIFT'S WEEKLY FOOD 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.



Kidney Stew

This week's recipe for a family of six is really something. Try it soon!

2 beef kidneys
Flour
4 tablespoons lard
1 onion, sliced
2 to 3 cups diced carrots
2 cups tomatoes
1 to 2 cups diced potatoes
1 teaspoon Worcestershire sauce

Soak kidneys in salted cold water 1/2 hour, then drain and pour boiling water over them. Cut in 1/2 inch slices crosswise, removing tubes and membranes. Dredge slices in seasoned flour. Melt lard in heavy pan and brown kidneys, sliced onion in it. Add tomatoes, carrots and seasoning. Simmer 1/2 hour. Add potatoes and continue cooking 1/2 hour. Taste and season as required.

EAT THESE FOODS!
MEAT—One serving a day of meat, fish, poultry, or alternates, liver, heart or kidney once a week. Eggs: at least three or four servings of other vegetables, preferably leafy greens or yellow. Frequently raw.
BREAD AND CEREALS—One serving of whole grain cereal. Four to six slices of Canada Approved bread, brown or white.

SWIFT CANADIAN CO. LIMITED

Makers of Premium Ham and Bacon; Silverleaf Lard; Jewel Shortening; Brookfield Butter, Eggs and Cheese

Needlecraft For The Home

BASQUE DIRNLE
No wonder this pretty little frock is in great demand, it feels ever so smooth and all over the waist and has the draped skirt style score.

No. 3791 in size 8 requires 2 1-4 yds. 36-in. fabric.
Send 20 cents for PATTERN. 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 _____

the key to the pantry."
"You don't need the key, mother. I can reach down through the window and open the door from the inside."
"That's what I wanted to know. How long will it wait till your father comes home?"
"Which would you prefer in your future husband—wealth, ability or appearance?" asked the pretty girl.
"Appearance," replied the stunner, "but he's not to appear pretty soon."

FLYING FORECAST
It is estimated that American airlines will fly 87,000,000 ton miles in mail, passenger and cargo by 1960.

NERVOUS, RESTLESS IRRITABLE, HIGH-STRUNG

On "CERTAIN DAYS" Of The Month?

Do functional periodic disturbances make you feel nervous, edgy, irritable, tired, and a bit blue—at such times?
Then start at once—try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. Pinkham's Compound is made especially for women. Thousands upon thousands of women and girls have reported benefits!

A grand thing about Pinkham's Compound is that it is made from effective roots and herbs (plus Vitamin B). Here's a product that helps Nature and that's the kind to buy! Take a tablespoonful before each meal and at bedtime. Just see if you're not delighted with results! Follow label directions.

Lydia E. Pinkham's VEGETABLE COMPOUND