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

CRACKER-CRISP Quaker Corn Flakes ... the zesty kind are malted and DEEP-toasted for a flavour that'll bring you back for more! Sold in specially-designed packages that keep them *oven-fresh* 'til the last delicious, crunchy mouthful. Order Quaker Corn Flakes from your grocer today!

The Quaker Oats Company of Canada Limited

LOOK FOR THE BIG BLUE AND YELLOW PACKAGE

Needlecraft For The Home

THE COOK'S CORNER

COTTAGE CHEESE AMBROSIA

One cup cottage cheese, 1 cup cream or rich top milk, 4 eggs, ½ to 1 teaspoon salt, ⅛ teaspoon white pepper. Separate the yolks very well. Add the cottage cheese and cream to them and the salt and pepper. Fold in stiffly beaten whites and pour into buttered or oiled mold and stand in hot water and bake in slow oven of 325 degrees Fahrenheit until when tried with silver knife it comes out clean. It requires about 45 to 50 minutes baking. Serve at once. Garnished with tomatoes and served with peas this makes a delicious company luncheon, too.

Cottage cheese is being used much more widely in cookery than ever. It is delicious added to a sweet fruit salad and dressing and used on pears, apples, oranges, or pineapple.

SPICED APPLE PUDDING

2 cups once-sifted pastry flour
Or 1¾ cups once-sifted bread flour
4 teaspoons baking powder
¼ teaspoon salt
3 tablespoons granulated sugar
1½ teaspoons ground cinnamon.
3 tablespoons shortening
½ cup milk
2-3 cup brown sugar, firmly packed
¼ cup soft bread crumbs
1 teaspoon grated lemon rind
2 tablespoons melted butter
3 cups sliced peeled apples

Mix and sift together the flour, baking powder, salt, granulated sugar and 1 teaspoon of the ground cinnamon. Cut in shortening finely and mix in milk. Turn dough into a greased 8-inch square cake pan, spread evenly.

Mix brown sugar, bread crumbs, remaining ½ teaspoon cinnamon, lemon rind and butter; sprinkle half of this mixture over dough in pan, then spread with the sliced apples. Cover with remaining mixture.

Bake in a hot oven, 400 degrees, about 45 minutes. Serve hot, with pouring cream or custard sauce.

GAY WASHABLE

Your young daughter will tell you that this crisp little frock that boasts convenient chin-to-hem buttons and a tricky pair of pockets is strictly on the beam for summer.

No. 3566 in size 8 requires 2¼ yards 35-inch 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

NERVOUS, RESTLESS IRRITABLE, HIGH-STRUNG

On "CERTAIN DAYS" Of The Month?

Do functional periodic disturbances make you feel nervous, fidgety, 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 B1). 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

Ellen's Diary

By An Island Farmer's Wife

James predictions as to the weather, when I told him of the reflections on the stream last evening, came true—but barely. Sometime during the night, I heard the patter of rain on the roof. A few minutes it seemed, and then it ceased. This morning broke clear and lovely. The ground was only slightly dampened and in the shortest time, this disappeared before the sun and once again the work of hay-making was in full swing

• • •

This was one of the busiest mornings at Alderlea both outdoors and in. James went with the mowing-machine that had been repaired to lay the very last of the new meadow, "back of the barn" low. I believe I was a bit sorry to see it cut. But then like everything earthly, it could never stay as it was, in all its beauty of rich red clover. It had to die, I remarked to James, when at breakfast, he spoke of cutting it: "If I live to be a hundred, I'm sure I shall never see a better field of clover." James agreed—about the latter.

• • •

He was as Aunt Kitty Mahoney used to say "right in the middle of it," cutting round after round, getting assistance from the other men in "keeping it away from the knife" when the Government Inspector came to examine the fields of seed potatoes. This is one excursion James likes, this accompanying these men to the fields. For naturally one cares to, there is much to be learned from them, concerning the various and varied miseries with which these popular vegetables can be afflicted.

• • •

It takes stout hearts, strong arms and backs and willing hands to cope with this form of husbandry. For it does seem that seed-potatoes take one awful delight in harboring plant diseases and pests. If the leaves or stalk of the growing plant are not affected by one or more of the former then it is the tuber skulking underground. It may afflict the stem-end; it may be the surface; it may be right to the heart. If one season the male aphis does his dastardly work with the plant, then the chances are, the female will be following his example the next year! Beetles walk, swim, or hitch-hike to reach a promising potato-field. But all in all, like solving a cross-word puzzle it keeps one alert and interested. James is much taken up with this particular branch of agriculture. When he gave over the hay-cutting to Rob this morning and came to the kitchen for a drink before joining the Inspectors on their official visit to the fields I said: "They will pass this first inspection." I was almost certain of it for Jeanie and I, with James at the opening and closing ceremonies, put in so much time cutting seed last Spring and expended so much energy at the task, well, if there is to be any reward for our labors, it should begin this very day. It did!

• • •

Then, James with the assistance of Mr. Evret went to the trying work of repairing the second mowing-machine. I can not say whether or not they were successful. Judging by the kitchen-towels, the sink and the smudges of grease on James' new and clean work-shirt, I have a notion their mechanical abilities were put to a severe test. I hope they did get it together, for if all that came from taking it apart and there is to be another tryst with it, I'm afraid I shall have very little time to loiter on wash-day.

• • •

As yet unpromoted—or unrewarded!—I went a-raking the hay that fell to Saturday's outting and all of it was taken to the barn. There is now no vacant mow. From where I worked, I could clearly see through the door in the gable-end of the hay-barn, the huge forkfuls drop and the men spread them in place. James said at supper: "It won't hold much more." My work today on the field was uneventful but never uninteresting. Pard was there too, following up and down or straying to chase the birds. Nearby, there were fishermen creel-laden and "booted" trying their luck below the old mill.

• • •

In the evening there was a trip by car to the neighboring Spruce Grove Road. We went to the highway at Braeside and then turning at an acute angle drove almost directly into the setting sun. It is some time since I travelled this road and consequently, there was much to interest me. It is a very cozy road with pretty and comfortable farm-homes nestling beside it. There was one most attractive with a yard I always admire, prettied-up with flowers and shrubs and from it one commands a really lovely view of the surrounding country. Another, an older farmstead most hospitable too is a real Canadian one, with its protecting, handsome grove of maples in the rear of the buildings. James of course saw the grandest field of clover nearby, even in the now fading light. One there was, almost hidden among the trees. After many years, I can still recall pelasant visits here, when evenings were long and folks were young. Jeanie and I spoke, a little wistfully of the splendid orchard, now becoming rarer in our community. Then we were down a steep hill after I had warned Jock to "put her in low" over a streams, that does seem to me to flow backwards. I look for it to flow toward the Straits. It does reach there eventually. But first it sidesaway through grassy banks and wooded groves to become what we call "up the creek" finally mingling its waters with the Alderlea stream and going on to turn the mill-wheel. Then we were up the red road, tree lined, to another house of pleasant memories where our men on business bent purchased younger animals to replace those that "went to market" yesterday morning.

• • •

It was here we first heard that someone from the Alderlea road, whom we had learned to respect and esteem for her quiet kindly ways, had rather unexpectedly folded tired hands and gone to sleep — her last long sleep. She had been drawing "nearer Jordan" for a few days and still when one is young, to loved ones, there is always the hope of recovery, while life lasts. There was much to live for, to see precious hopes fulfilled. There was need for her now perhaps more than ever before: her boys nearing man-hood needed a mother's care, her counsel and guidance and love. There are so many things in this old world "past understanding." We returned home, sad at heart, sympathizing with those that mourn. Sorrow comes frequently now, not only to those on our road, but up and down the earth wherever man-kind dwell.

Until tomorrow — Diary — Good night.

Living & Leisure
The Woman's Realm

FURLOUGH

(By a Dog)

Oh, when I hear that whistle and you see
A streak of dog in frenzied happiness—
You'll understand! He'll pat my head and say:
"Hello, Old Scout, you missed me some, I guess!"
I leap to kiss his hand, and then
Oh, Boy,
I wonder if a dog can die of joy?

—Laura Simmons.

SUBSTITUTE

Scene, landing stage. Business gentleman, in a hurry, to dock loafer: "See here, my man, do you want to earn a half-a-crown?" Loafer: "Don't I just, sir?" "Very well, stand on this pot for half an hour and wave this handkerchief as hard as ever you can. My wife is off to America with this steamer, and she'll expect me to stand for that time waving to her. She's a bit short-sighted and she'll never know the difference."

Before cleaning your car upholstery find out whether the cushions are padded with a rubber compound; if they are, too strong a cleaning fluid may destroy them.

BEAUTY AND FASHION PREDICTION

Pink and black will be seen through August. Make up will be on the pink tones.

Long gloves will get longer and more brilliant.

Cotton evening dresses in checks and plaids will take first place. The sophisticated woman will have sequins strewn on their checked ginghams.

Big, black cartwheel hats in straw will yield first place to big, black velvet hats by August.

By Fall pompadours will be completely flattened. Of course I could be wrong about that! Pompadours are, it seems, beloved of all women.

Coats in bright pale shades will be news this Fall.

White gloves are to be seen with long sleeved dresses. They always look very "ladylike!"

More women will be sewing and many of them will make over and make do.

A new shade in brown will sweep the country!

Bertha collars, solidly beaded in colorful sequins, tinsel thread and "jewels" rate as one of the most popular necklines.

A quick way to curl your hair is to wet the curlers and not the hair.

Deep armholes, almost dolman, are used to widen the top of the silhouette in new suits and make the rest more stemlike.

Mandarin type necklines buttoned to one side are good.

JUST A TAP TO HER

A deaf old lady went to live near one of the naval ports. Shortly afterwards a battleship fired a salute of 10 guns. The old lady, who lived alone, got out of her chair, smoothed down her dress, parted her hair, and said sweetly, "Come in."

SOYBEAN OIL

The oil produced from soybeans is used largely for edible purposes. The latest estimate of usage indicates that about 90 per cent of the product goes into foods, including dressings. The oil cake and oil cake meal, by-products of oil production, are high protein feeds for live stock and are greatly in demand.

BRIGHT HATBANDS

Panama hats with bright colored bands are favorites with summer suits and cotton frocks. Guatemalan cotton makes smart bands, and others gain sparkle through sequins or beads.

Francis Scott Key was not identified as the author of the Star Spangled Banner until several months after it appeared.

Wigs adorned numerous Egyptian mummies.

Should she go home with the man who brought her?

It's *Etiquet*

even though you meet the "one and only"—to return to your home with the man who brought you. It's Etiquet too, to keep yourself sweet and dainty. Before your dates, use Etiquet—the new antiseptic deodorant cream. *More effective!

It's *Etiquet* DEODORANT CREAM that stops underarm perspiration 1 to 3 days . . .

*Scientific tests prove Etiquet 24% more effective as deodorant than other deodorant creams tested. Etiquet spreads smoothly . . . not crumbly; pure . . . not irritating to normal skin; works fast . . . no need to rinse.

LOOK FOR THE BLUE PLAID JAR AT TOILET GOODS COUNTERS . . . 39c.

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 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. There is only one restaurant in the town where I live. I have been taking my meals there for a number of years. Recently I have noticed a decided decrease in the size of its servings it is automatic-tells me this is because he is paying more for food than formerly. Is he permitted to make such an adjustment?

A. No. A restaurant must serve the same size portions of food as was his custom during the basic period. If a restaurant reduces the size of it's servings it is automatically increasing the price of it's meals and this is a definite infraction of Wartime Prices and Trade Board regulations. As you have given the name of the restaurant his prices will be investigated.

Q. I have been renting my farm at a figure below its value and would like to raise the rent. Is it permissible to do so or must I first get permission to do so?

A. Real property used solely for agricultural purposes is exempt from the rental regulations.

Q. Is all comb honey rationed? If so, what is the coupon value of such honey?

A. Comb honey is standard wooden sections, 4¼ inches by 4¼ inches or 4 inches by 5 inches was removed from the ration list July 20. All other comb honey is still rationed. One preserves coupon is good for 2 pounds net.

A Morning Smile

The plumber rang the bell and as it happened both the master and mistress of the house came to the door. As they stood in the hall the husband, who was very methodical, said:

"I wish before we go upstairs to acquaint you with the trouble."

"I'm very pleased to meet you ma'am," said the plumber.

ALMOST TOO GOOD

Mother—Maud, were you a good little girl at church today

Maud—Yes, mother. A man offered me a big plate of money, and I said, "No, thank you."

PEOPLE over 40 often slowed down by CONSTIPATION

Your system is like an engine. It must be kept clean, smooth-running or it backfires—makes you feel and look half-sick. A pleasant way to cleanse a system clogged with poisonous food waste and stimulate daily flow of liver bile is with BILE BEANS.

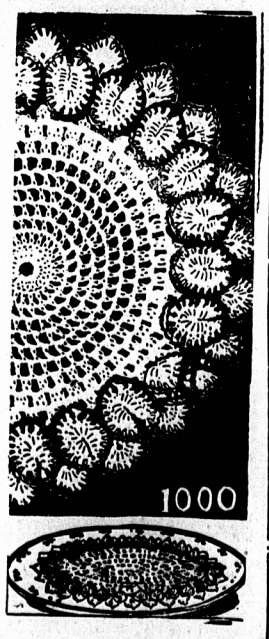
Made from 10 pure vegetable extracts, Bile Beans act so gently, yet effectively, on liver bile, stomach, kidneys they are called "The Medicine That Wakes Up Nature".

For brighter, peppier days, let Bile Beans coax the system into healthy regularity, pleasantly, ever so gently. Try BILE BEANS tonight—they work while you sleep. 41

BILE BEANS

Over 7 Million Boxes Used Last Year

DOILY WITH PETAL EDGE



DESIGN NO. 1000

This lovely doily is easy to crochet. The petal edge trimmed with variegated thread makes it quite colorful. Pattern No. 1000 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. 1000

Name

Street Address

City Province

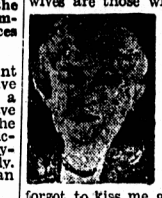
Dorothy Dix Says—

SECRETS OF MARRIAGE SUCCESS

Seven Wives Tell How To Please Husband Live Happily To End Of Chapter

What would you do if you could live your married life over a This was the interesting subject that a GROUP of wives were discu the other day, and one of them said:

"If I had to live my married life over again, I would be a clin vine and let George do all of the dirty work, while I reclined in coming pink negligee on a couch and told him what a great big, wo ful, strong man he was. For I have observed that the petted, sp wives are those who are handier with the salve-spreader than ther with the kitchen stove. Most husbands come to gard help-meet wives, who toil and scrimp to make their fortunes, just as business partners, Baby Face keeps on being a Lady Love to the e the chapter."



LAISSEZ-FAIRE SAVES TEARS

"If I had to live my married life over ag said the second woman, "I wouldn't make so m fuss over trifles as I did when I was a bride. I w let a lot of things slide over which I used to c scenes I wouldn't go into hysterics and reproach husband with having ceased to love me because forgot to kiss me good-bye or failed to notice that I had a new hair Thereby I would save myself barrels of tears."

"I would scrap the anniversary fetish," said the third woman, " if my husband forgot to give me a present on our wedding day, or birthday, I would buy myself something I wanted and tell him it w gift from him. Then we would both laugh over it. I wouldn't h ructions every time he wanted to go off on a fishing trip or stay do town to play poker with the boys, and I wouldn't get green-eyed over e pretty girl he looked at."

"I'd make myself easy to live with," said the fourth woman, "s would know that men get all the fighting they want downtown in t battle with the world and they desire to come home at night to a who is suave, cheerful, pleasant and as soothing as a mush poultice."

WOULD REMAIN ATTRACTIVE TO HUSBAND

"If I had to live my married life over again," said the fifth woman wouldn't throw away the bait with which I hooked my fish as I did. would count my calories and keep myself dolled up so that I would present such an invidious comparison to his spick and span and p manently waved secretary."

"I'd make a life and death fight to keep on being a companion to husband, instead of sinking into being merely the children's mother," the sixth woman. "I wouldn't send him away from home to find woman to talk to who didn't confine her conversation to baby formu And the first time he called me 'Ma' I would throw the coffee pot at head."

"Marriage," said the seventh woman, "is the most difficult and co plicated and highly technical career that any woman can take up. when I think of what little nitwits we were when we entered it, surprised that any of us still has a husband."

Says *Mr. Gold Seal*

"I'M AT MY BEST WHEN THE CHIPS ARE DOWN"

"I'm a much more determined character than I look: You see, I have an inborn sense of responsibility. That's why, in addition to devoting our machine-shop exclusively to armament specialties, I accepted the challenge of wartime shortages and went all-out to maintain the quality of my product, Congoleum Gold Seal Rugs and Congoleum by-the-yard. I reflected that by thus assuring a dependable source of colourful, cheery, work-saving, budget-easing floors, I would in my own quiet way, be doing a real morale job. And thousands of Congoleum fans across Canada, seem to agree with me."

CONGOLEUM GOLD SEAL *Rugs*

HOW TO HELP MR. GOLD SEAL MAKE GOOD

You can get added wear out of your Congoleum floors with very little effort. Brush and mop them regularly and renew the brightness of their surface with an occasional waxing. Make sure too, that the floor underneath is smooth and free from crevices or knobs. If it's a rug, move it every few months to "spread" the traffic. Yes, a little care will pay big dividends.

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