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

"S'say... you're super!" sez he. "You sure are easy on the eyes. What are you doing tonight?"

Yes, Good-Lookin'. You've got him with your come-hither complexion. And easy does it—with daily PALMOLIVE BEAUTY MASSAGE.

Why not start today on your Palmolive way to beauty. *Here's all you do: Each time you wash, massage Palmolive's beauty-rich lather into your skin... like a cream... for a full 60 seconds—then rinse, that's all!*

Remember, because New, Improved Palmolive is made with Olive and Palm Oils—Nature's finest skin-conditioners—it *soothes sensitive skin* as it cleanses and beautifies.

YOU'LL WIN HIS AFFECTION with a PALMOLIVE COMPLEXION

THE COOK'S CORNER

SWEET POTATO PONE

Old Fashioned Sweet Potato Pone is back in circulation again as a new fashion to assist our rationed menus. Try it and the family will ask for it often. Just mix together 4 cups grated sweet potato, 1 1-2 cups sugar, cup molasses, 2 cups sweet milk, teaspoon each nutmeg, cloves and allspice, and 3 well beaten eggs. Bake in moderate oven, stirring once or twice while cooking.

RIBBON MEAT LOAF

1 1-4 pounds ground beef
1-4 pound ground pork
1 tablespoon chopped onion
1 1-2 cups dry bread crumbs
3-4 teaspoons salt
Pepper
1 can condensed tomato soup.
1 egg.

Method: Combine the ground beef, ground pork and chopped onions and mix thoroughly. Then add the bread crumbs, seasonings, tomato soup and the egg which has been slightly beaten, and mix again. Put 1-3 of this mixture into a greased loaf pan. Spread half of the potato filling over the meat, then add another third of the meat loaf mixture and spread evenly, then add another layer of mashed potatoes and the remaining meat last. Bake in a moderate oven (375 deg. F.) for from 1 hour to 1 1-4 hours or until firm. Let stand in a warm place for about 15 to 20 minutes before serving—it slices better after standing.

If You Suffer Distress From Monthly FEMALE WEAKNESS

Which Makes You Cranky, Nervous

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.

Pinkham's Compound is one of the most effective medicines you can buy made especially for women. Taken regularly—Pinkham's Compound helps build up resistance against such symptoms. Also a fine stomach tonic! Made in Canada.

GIRL'S SWEATER IS EASY TO KNIT

DESIGN NO. 121

A good-looking sweater is knitted in a short time for the young girl. Made of bright red wool, it is ideal for school. Pattern No. 121 contains complete instructions for making sizes 8, 10 and 12.

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. 121

NAME ————————

STREET ADDRESS ————

CITY ————————

You Can Do A Job Only

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 Regional Advisory Committee of the Wartime Prices and Trade Board

Q. Isn't my butcher supposed to post the price card and chart for beef in his store

A. Yes, the retailer must post this price schedule and cutting chart illustrating the various cuts and their carcass sources in a prominent place in his shop where every customer can see them.

Q. When can I get a copy of the new editoin of the "Little Blue Book."

A. At the nearest Consumer Branch office of the Prices Board about two weeks from now you will be able to get a copy of the book containing ceiling prices.

To soften lemons which have been kept too long and have hardened, cover with boiling water and let them stand on the back of the stove for a few minutes.

PLANT FOOD TABLE

The standard application of a balanced plant food is 4 pounds per 100 square feet (a space 10 x 10 feet square). You may figure one pound per pint, so an area 10 by 10 ft. requires two quarts. One quart will feed 50 square feet and one pint 25 square feet.

Where smaller quantities are required, use a rounded tablespoon per square foot. For convenience, here is a table showing some common areas and the standard balanced plant food application for each:

5' x 5' equals 25 sq. ft.—requires 1 lb. (or 1 pint).

5' x 10' equals 50 sq. ft.—requires 2 lbs. (or 1 quart).

10' x 10' equals 100 sq. ft.—requires 4 lbs. (or 2 quarts).

20' x 30' equals 600 sq. ft.—requires 24 lbs.

25' x 100' equals 2,500 sq. ft.—requires 100 lbs.

BAD BREATH BREAKS DATES!

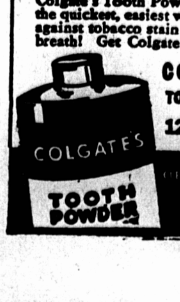
Play Safe—USE COLGATE'S TOOTH POWDER

If it's kissin' you're missin', remember this—76% of all adults have bad breath. And unfortunately, OTHERS always detect it before YOU do. Take no chances! Use Colgate's Tooth Powder.

Scientific tests prove conclusively that in 7 out of 10 cases Colgate's Tooth Powder instantly stops oral bad breath.

SAVES YOU MONEY! Compared to other leading brands; a large tin of Colgate's gives you up to *30 more brushings*, a giant tin up to *46 more brushings*—for not a penny more!

TIP TO SMOKERS! Colgate's Tooth Powder is one of the quickest, easiest ways to guard against tobacco stain and tobacco breath! Get Colgate's today.



COLGATE'S TOOTH POWDER 12½c 25c 40c

Dorothy Dix Says—

LOVE OF MIDDLE-AGED COUPLE PREFERRED MATRIMONIAL RISK

Hearts Develop As Well As Muscles, Brains Reaching Maturity After Youth Passes

DEAR MISS DIX—For twenty-six years I endured a loveless marriage. Then my husband died and for two years I have been a widow. Now I have met a man whom I love very much who wants me to marry him. We are both in our forties. Do you think a love at this age is a safe gamble? It has been said that there is no love like the first love, and do you think a man in his forties is capable of being in love with a woman and making her happy?

We are very congenial and are happy when we are together and miss each other terribly when we are apart. Is there such a thing as a deep middle-age love? PUZZLED.

MIDDLE-AGE LOVE ENDURES

ANSWER—I certainly do. I think that the love of a middle-aged couple who find in each other their hearts' desire, is like "sunlight unto moonlight, or water unto wine," compared to any boy and girl emotion. The poets and the novelists, who are poor guides in the practical affairs of life, have glorified young love and first love until they have sold us the idea that it is only the very young who are capable of the grand passion, but nothing is less true. Hearts have to develop as well as muscles and brains, and it is not until they reach maturity that they are fit for the kind of love that lasts.

Adolescent love changes with every phase of growth. The boys and girls who thought they could not live without each other one day are bored to death with each other the next day, and have found new objects of adoration the third. And when they marry and take upon themselves responsibilities that they young shoulders are not able to bear, oftener than not they lose their taste for each other, and the marriage ends in divorce. Statistics show that the proportion of divorces is far greater among the young than in any other age class. And I can testify that I rarely get a letter telling of an unhappy marriage that does not begin: "I married too early."

And as for there being no love like our first love, I wonder how many of us, after meeting our first love again after a lapse of years, haven't thanked God for saving us from having married him or her. There is no more disillusioning experience.

OLDER FOLKS PICK MATES CAREFULLY

So I think that when a couple in their forties fall in love with each other that they are a preferred matrimonial risk so far as happiness is concerned. They are still young enough not to have kissed romance good-bye, and they are old enough to know how to value love and to take every precaution to keep it alive. Also, they have had enough experience with life to be judges of men and women and hence to be good pickers. For they select their mates not only with their hearts, but their heads.

DEAR MISS DIX—I am a girl in my teens and have a boy friend in the service. We intend to be engaged and marry after the war is over. I love him very much, but he insists upon my living with him before we are married, and that I cannot bring myself to do.

We argue over that every time he comes to see me, which is several times a month as he is stationed not far from where I live. He tells me that if I loved him the way he loves me nothing would seem wrong. I don't think that way, so please tell me what to do. X.

SUGGESTION NO REAL LOVER WOULD MAKE

ANSWER—You might tell your boy friend that if he really loved you he would not ask you to do a thing that would dishonor and degrade you even in his own sight. A man who truly loves a woman does not want to drag her down to the level of the women of the streets. He wants to put her on a pinnacle and protect her even from himself.

Consider how selfish and unjust this boy is being to you in trying to persuade you to become his mistress. He is asking you to risk your whole life's happiness and wellbeing just to gratify him. You are not even engaged to him. You have not the slightest hold or claim upon him. He is going away very soon, to be gone a long time. It is just a chance whether his fancy for you will endure over distance and absence and meeting new people, seeing new women, and the changes that will take place in himself. Now he is an unformed boy, but he will come back from the war a mature man. He may not want you then. You may not want him.

It will make a lot of difference to you then whether you are a girl who has kept her skirts clean, who has lived up to her principles, who has her own self-respect because she has a good record, and who has no shameful secret that she lives in dread of people finding out.

Thousands upon thousands of boys who are leaving for the front have said the same things to their girls that this boy is saying to you, and they have listened to them and to their own hearts. And now the boys are gone and the girls are crawling back to the homes they have disgraced to bear their fatherless babies.

Have the courage to stand by your colors and do what you know to be right. Your boy friend will respect you for it and be far more apt to come back and marry you than he would if you do what he asks of you.

DEAR DOROTHY DIX—A gentleman roomer in our home, whose friendship and opinion my sister and I greatly value, has in very polite but unmistakable language told my sister that a teacher in music in our public schools should not indulge herself in eating uncooked green onions, nor food seasoned with garlic. What do you think about this? A TEACHER.

ANSWER—If you and sister ever expect to be kissed I would urge you to take the gentleman's advice. Certainly a garlicky and oniony breath would be a chaperon that would keep any date at a distance from even Miss America.

Many a girl who wonders why the eligible youth who called once never comes back again might find the answer in what she ate for dinner. For true love can take a lot of punishment, but it takes the count when it is confronted with odors that seem to come off of the garbage pile instead of a bank of roses.

N.B. AIRMAN KILLED

CENTREVILLE, N.B., May 31—(CP)—Flt. Stg. Francis A. R. Milbury has been killed in air operations at Georgetown, British Guiana, according to word received by his parents here. He was the third member of the R.C.A.F. from this village to lose his life within three weeks. Milbury served with the South Atlantic Wing of the R.A.F. Transport Command.

U. S. BUYS FEED WHEAT

OTTAWA, May 31 (CP)—The United States commodity credit corporation has to date purchased from Canada 7,500,000 bushels of wheat for feed purposes in the Eastern States, Trade Minister MacKinnon said in a written reply tabled today in the Commons for G. H. Castleden (C.C.F. Yorkton).

A Morning Smile

LEARN A LESSON

The angler had just landed a catch when the inquisitive woman chanced to be passing.

"Oh," she exclaimed, that poor little fish."

The angler replied: "Well, madam, if he'd kept his mouth shut he would not have got into truble!"

THE CAUSE

Fat Regimental Cook (to excessively thin Tommy): "Looking at you, you blinking skeleton, anyone would think there had been a famine!"

Tommy: "Yes, and one look at you would tell 'em who caused it!"

CONSUMER'S RATION COUPON CALENDAR

JUNE

COUPON VALUES

Sugar Coupon (Red) - - One Pound
Tea Coupon (Green) - - Two Ounces
or Coffee Coupon (Green) - Half Pound
Butter Coupon (Purple) - Half Pound
MEAT COUPON (Brown, Spare A)
Group A-½ pound; Group B-¾ pound;
Group C-1 pound; Group D-1¼ pounds

SUN	MON	TUE	WED	THURSDAY	FRI	SAT
Meat Coupons No. 1 became Valid May 27. [illegible] Coupon No. 1 expired May 31. Sugar and Tea-Coffee Coupons, Nos. 1, 2, 3, 4, 5, 6, 7, 8 are Valid throughout June, and until declared invalid.		1 [illegible] are Valid.	2	3 Meat Coupons Nos. 2 are Valid	4	5
6	7	8	9	10 Butter Coupons Nos. 14 and 15 are Valid Meat Coupons Nos. 3 are Valid	11	12
13	14	15	16	17 Meat Coupons Nos. 4 are Valid	18	19
20	21	22	23	24 Sugar and Tea-Coffee Coupons Nos. 9 and 10 are Valid. Butter Coupons Nos. 16 and 17 are Valid. Meat Coupons Nos. 5 are Valid.	25	26
27	28	29	30	On June 30—Butter Coupons Nos. 12, 13, 14, 15 Expire. On June 30—Meat Coupons Nos. 1, 2, 3 Expire		

NOTE: Meat Coupons (Brown, Spare A) become valid weekly, as shown above. Butter Coupons (Purple) become valid in pairs every two weeks, as shown above. If valid before the 15th of the month, both Meat and Butter Coupons expire at the end of the same month. If valid on or after the 15th of the month, they expire at the end of the following month.

Living & Leisure

The Woman's Realm

BONES

Who will take the bones and feet,
Now we're rationed in our meat?
All will want the boneless cuts—
Insetad of ham they'll take the butts.

Sausages and tripe and mince
Will be fit fodder for a prince;
And soon the jointy week-enud glutton
Is going to lose his zest for mutton.
Chops and knuckles, ribs and shoulder,
Will probably be left to moulder,
For liver, kidneys, rump and roll,
Will suit the most carnivorous soul.

It may be that a boneless wonder,
Will wander down from out the tundra.
And once again the week-end roast
Will be the vogue form coast to coast!

E. M. BENNETT.

CALOTS OF STRAW

New calots are made this time in lacy straw and not expensive.

Here's a tip: To mark rows of such slow-germinating seeds as carrots and beets plant an occasional radish seed in the row. This will come up quickly and act as a marker.

EMBROIDERED BLOUSES

Spun rayon blouses are in white with big flowers embroidered on the pocket.

"SAILING BLUE" IS PET SLACKS SHADE

NEW YORK— Slacks or coveralls in light, weight denim, called "sailing blue" are most practical for garden and heavy household chores. But for light pick-up work in house or garden, for your marketing and tending the children, you'll find the shirtwaist dress or the separate skirts and jumpers ideal.

DENIM PINAFORES

Denim pinafores for little girls are as sturdy as overalls, only so much more feminine, and can be worn as sun suits or with shirts come hot weather.

EGG PLAT GOOD FOR A MEATLESS DAY

Harvesting Egg Plant

Eggplant is one of the vegetables which will take the place of a meat course for one of the meatless days which wartime rationing enforces.

Though of Ameican origin, it is used more extensively in Europe and in the orient than in this country. Its nutritive value is high, and there are many tempting ways of cooking it. It is well to vary the method of serving.

Eggplant grows slowly, and should be started under protection. The plants require an even temperature and do not thrive in cold frames. A dozen plants will be sufficient for an average family, and they are usually obtainable in the markets.

The plants require rich soil, but will do well in any garden which has been well fertilized. As they are extremely tender and would be killed by light frost they should never be set in the garden until all danger of frost is over. Set them 18 inches to 2 feet apart in the row, and keep them growing by frequent shallow cultivation.

When fruits begin to set, a side dressing of plant food will help them. Some varieties produce a few large fruits, others many small ones, and the latter may be preferable for a small family. The fruit is edible so long as the skin has a high gloss; when it begins to dull the fruit is too old for use.

FELTS ARE USED TO FASHION NEW BAGS

NEW YORK—Felts in dark rich colors and brighter varieties are finding general acceptance for bags, because they are decidedly strong and soft. Summer-time possibilities include cellophane and straw—sparkly and light. "Plasticato," getting away entirely from the old wooden beads, introduces a bag material made of gleaming plastic beads in the shape of bugles. This is cleverly woven and can be manipulated so as to give the bags pliability. Smooth to the touch, and washable, these come in a variety of gay, clear colors—sometimes one shade, again amusingly checkered. Zippers close them, or they may be had in envelope shapes.

IRONING BOARD COVER

When making a new ironing board cover, instead of tacking it in place, hem the edge all the way around and run a draw-string through it. Then the cover will last longer as it can be removed easily for regular laundering. In addition this type of cover pulls taut evenly, and less material is requierd in the making as the two sides need not over-lap.

Baby will be safer on his feet if the soles of his first shoes are roughened with coarse sandpaper from time to time.

Some chrysanthemums become too tall and so pinching out the tops once or twice in June is recommended. It is a good plan also to add a little extra plant food.

LESS BREAKAGE

Rubber protectors slipped over the spigots of the kitchen sink will do wonders towards protecting china from being cracked, chipped, or broken. You may be very careful when you are washing your dishes but the maid you hire may be very careless along this line.

A PLACE FOR MAIL

There should be a definite place where mail is always put as soon as it arrives. Then each member of the family knows immediately whether that important letter has arrived as soon as he enters the house, and incidentally, there is never any loss of mail.

TROUBLE SAVED

When starting on a journey, tack a card with your home address on the trunk. Over this tack a larger card with the destination address on it. Then when coming home the top card m ayot eontortove cra sb top card may be torn off and you are all set for the homeward trip.

JUICES OVERFLOW

If juices from homemade pies always overflow in the oven, a small funnel or a four-inch stick of uncooked macaroni should be placed upright in the centre of the pie.

Home Service

Enjoy These Poems That Are Immortal Love Lyrics

Great Love Poems

"O mistress mine, where are you roaming?
O, stay and hear! your true love's coming,
That can sing both high and low;
Trip no farther, pretty sweeting;
Journey's end in lovers' meeting,
Every wise man's son doth know."

—Immortal love words written by William Shakespeare on "Sweet-and-Twenty"—words that have lasted several hundred years and are still read today with as much enjoyment as when they were written.

Our 32-page booklet contains nothing but immortal poems based on the ageless theme of love—songs that have come down through the ages, as well as songs of recent times—all have delighted many listeners. They're immortal love songs.

Many will recall Lord Byron's lovely poem:

"She walks in beauty like the night
Of cloudless climes and starry skies;
And all that's best of dark and bright
Meet in her aspect and her eyes
Thus mellow'd to that tender ligh
Which Heaven to gaudy day denies."

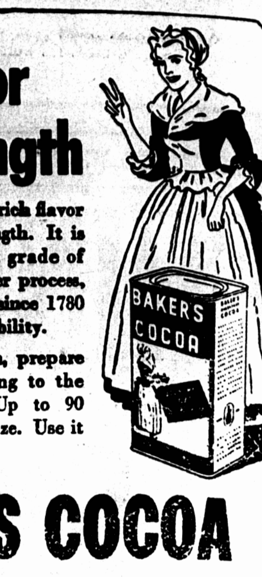
Send 15c in coins for your copy of Immortal Love Poems to the Charlottetown Guardian Home Service Address. Be sure to write plainly your name, address and name of booklet.

Name

Street Address

City Province

Full Flavor Full Strength



USE Baker's Cocoa for rich flavor and full cocoa strength. It is made from the highest grade of cocoa beans by the Baker process, which has been famous since 1780 for quality and dependability.

For fullest satisfaction, prepare Baker's Cocoa according to the recipe on the label. Up to 90 servings from the 1 lb. size. Use it for baking, also.

BAKER'S COCOA

C163 A Product of General Foods

Girl of the Turf

By Mary Douglass Stovall

CHAPTER XXX

Cary was ready and impatiently waiting in the lower corridor when Joe drove up in Anthony's car. She ran down the steps and he held the door open for her.

"What's going on, Joe?"

"Not much of anything, Miss Morgan," he said, and she knew by his tone that he was going to be as annoyingly non-commital as usual. Yet she instinctively felt that back of his abrupt words new interest in her bordered on sympathetic understanding.

If Tony placed so much faith in Joe, then Joe must be all right, she thought. So she shut into the back of her mind the questions that were tumbling over each other to be asked, as Joe drove slowly, on the cautious side.

"Could you take it a bit faster?" Cary ventured.

"Nope," Joe said with decision.

"Would—would you like to have me drive? Perhaps I'm more used to this traffic."

"I know you are," he said. "But them fenders cost $40 to replace, not to mention the other fellow's."

Cary bit her lip and looked straight ahead. She tried to tell herself this was probably one of the occasions that she would look back upon in later years and laugh at. Now she had to fight hard to keep back the tears. An age seemed to pass before Joe turned into the graveled road leading to the turquoise-colored buildings that were Santa Anita race track.

Almost immediately she saw Tony coming toward them. He was bareheaded and his crisp dark hair picked up bits of sunlight. His white shirt was open at the neck and his sleeves were rolled up on tanned arms. As he came up to the car, he smiled broadly. Only his eyes, darkly aflame with excitement, signaled danger ahead.

"I didn't think Jim would have the nerve to pull a thing like this," he said, "but I see I misjudged him."

"It looks as if I must swallow my medicine and like it no matter how bitter," Cary said wryly. "I'm sorry I got you mixed up in all this."

"Forget that, will you?" he said sharply. "I'm mixed up in this because I wanted to be." He put one hand on her arm and she felt the fingers close tightly. "I'm seeing you through. Remember that." His dark eyes narrowed slightly and she had the quick thought that Anthony Garth loved a good fight.

"I'll drive Joe over to Englewo[od]. Then I'm going to see Jim C[...] stance."

Joe got into the back seat [...] Tony took the wheel. Before he [had] time to pull away, another car s[...]ped into the parking space next [to] him. Cary looked up and sucked [in] her breath at what she saw. [She] said in a near-whisper, "The[re's] Jim now!"

Jim, recognizing Cary, got out [of] his car and came toward her.

"Hello, girlie. I've been want[ing] to see you."

But his face went choleric w[hen] he looked beyond her at To[ny]. Cary glanced quickly at Tony [and] saw that his face was pale bene[ath] its tan. His hands gripped [the] wheel with terrific pressure, as i[f he] did not dare let go for fear t[hat he] would grasp something else w[ith] that pent-up force.

"You two know each other, I [be]lieve," Cary said, and was [sur]prised at the sound of her voice, so small and far away.

"Yes, we've met before," [Jim] said, obviously struggling to re[gain] his composure. His red lip[s had] gone loose and the fat cigar, br[ok]en in his hand, fell to the grou[nd].

"Yes, we've met."

If Cary had not known it [was] Tony speaking, she would not h[ave] recognized his voice at all. It m[ade] a hissing sound like water on [hot] coals.

"And I wanted to see you ag[ain] Jim—about the attachment [on] Miss Morgan's horses."

"Maybe you're sticking your n[ose] into something that doesn't c[on]cern you, my boy. This busi[ness] is strictly between Cary and me."

He looked to Cary for confir[ma]tion, but she set her lips int[o a] thin, red line. In that moment [she] probably looked more like Lucr[...] than ever before.

"She and I understand each o[ther] perfectly," Jim went on. Cary se[ns]ed the tenseness of Tony's b[ody]. Fear of what seemed about to h[ap]pen terrified her and made [her] throat ache.

"Jim," Tony said slowly, his wo[rds] evenly spaced and clipped. "You['re] going to lift that attachment [and] be quick about it too. The stewa[rds] are going to be interested to k[now] that you are part owner of [the] Spengler bookie."

That, Cary remembered wit[h a] start, was the place where she [had] placed her $500 bet on Red Roa[n] and Jim had advised her to do [it] too.

"And they would like to k[now] that you own Red Garth. But [of] course, a bookie never races u[nder] his own name. That's against [the] rules, you know."

"You can't prove a thing," [he] said, but his face had gone [...] white. His lips were like [...] blood blisters. "And if you tr[y to] get funny——"

(To be Continued)

Needlecraft For The Home

ONE OF THOSE "PRETTIFIED" FROCKS

Wears Its Ruffles With Grace

When you look at this pretty frock, you feel sure that there's no rationing of charm—little cotton frocks this summer go all out for feminine frills and girlish glamour. This basque dirndl has simplicity of line that any young thing can wear successfully and a choice of three necklines including the deep cut square neck that is so very popular.

Style No. 2768 is designed for sizes 10 to 20. Size 16 requires 3 1-8 yds. 35-in fabric with 1 1-2 yds. ruffling for the neck and 3-4 for the sleeves. Pattern is hand-cut to the United States Standard measurements and includes chart with step-by-step instructions.

Send 20c for pattern. White your name, address and style number. Be sure to state size you wish.

Name

Street Address

City Province

HINTS ON ETIQUETTE

Be sure not to overlook War Savings Stamps and Bonds when you are choosing wedding presents for this year's brides.

Macaroni and noodle mixtures need a highly flavored sauce—creole, tomato, green pepper or onion—to give them zip.

BLACKHEADS —also pimples, rashes, dry skin eczema, diaper rash and similar irritations relieved and soothed by pure, medicinal CUTICURA SOAP AND OINTMENT