

# Woman's Realm Social and Personal Fashions Literature

Make Your Own Chocolate Syrup with **FRY'S COCOA**

IDEAL FOR CHOCOLATE MILK, ICE CREAM AND DESSERTS

Take 1/2 cup of FRY'S COCOA and 1/4 cup of sugar. Mix well together. Slowly add 1/2 cup of boiling water, stirring constantly. Cook for one minute. Then pour into a clean dry glass jar. Cover and let cool. Keep this tasty chocolate syrup handy in the tin box, ready for instant use.

## Living & Leisure The Woman's Realm

**W**hat faith to go? What can take its place? If I lose my Clarity? What have I of grace? In the lamp of Hope grow dim, Truth how may I see? If love vanish, who will share My cold Heart with me? Fearfully I bind my Faith Closer to my heart; Pray that never sweet Charity From my home depart; Trim my poor uncertain lamp 'Till it glows with light, And to love repeat my vows By the brightest light.

Rub oil or cream into the hands before victory gardening. This prevents dirt from getting into the pores of hands and softens cuticle.

### STRETCH LIKE CAT FOR LITHE BEAUTY

Take a tip from that glamorous creature—the Cat! See how he stretches—when he wakes up. Long graceful stretching—that simulates circulation and makes for grace and lithe beauty.

California colors will influence the color tones in this year's fashions.

Women will look at all the wonderful array of hats and brilliant colors, then decide upon sensible and attractive clothes, suitable for a war-conscious country.

You will not wear the "hat top" hair fashions with the same enthusiasm that you look to the pompadour. In fact, the hairdressers predict that the "hat top" coiffures will be seen on any extent, those to whom they are really becoming. Women are fast learning to reject styles which do not flatter and become them.

Tortoise shell combs are the height of fashion. If you have any left from the mid-Victorian days get them out now and wear them now!

Have the jacket of your last year's black suit relined in brilliant colored satin. Siamcote. Pink or a brilliant green. Or choose among the pastels, pale blue is the smartest. A blouse to match the lining puts you in the glamour class!

### HOME NURSE

Influenza, never a welcome visitor to the home, is particularly unwelcome in war-time, writes Mary Beard, director nursing service, American Red Cross. You may call the doctor and find that he is too busy to come immediately. You may try to get a nurse and find that there is none to be had. It is doubly important, therefore, to give an intelligent report to the doctor by telephone—and to know what to do before he arrives.

The next time any one of your household has a sudden onset of fever with chilly sensations; complaints of severe aching in the head, back and extremities; shows symptoms of the "common cold" with watery eyes, running nose, or sore throat; coughs or shows other signs of illness, calmly set about doing these things:

Call the doctor, of course, for special nursing instructions, but proceed to put the patient to bed as far as possible from the other members of the family to prevent spreading the disease.

Take temperature, pulse and respiration every three hours, and make a note of any variation from the normal. Normal temperature is about 98.6 degrees. Keep the patient in bed as long as fever is present, and then another 24 hours after the fever has subsided. See that he is kept warm without being over-

## A Job Only You Can Do

Questions and Answers on Price Control

Questions 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 at the War Time Prices and Trade Board.

Q. There are many reports of a bountiful fruit crop this year and I was wondering in view of this fact, there would be an extra allowance of canning sugar later?

A. There will be no further allowance of canning sugar this year.

Q. It is inconvenient for me to apply in person for a permit to buy ammunition. Can I obtain this by mail?

A. Yes. You must submit your gun registration certificate and your personal ration book to your Local Ration Board with a covering letter. The name on the ration book must agree with the name on the certificate.

Q. Could you please tell me how many coupons are required for a 5 pound pail and for a 3 1/2 pound jar of corn syrup?

A. Four preserves coupons are required for a 5 pound pail of corn syrup and 3 coupons for a 3 1/2 pound jar.

Q. Are tea-coffee coupons in Ration Book 3 still valid?

A. They were good up until August 31 after which tea or coffee ration coupons in Book 3 numbered 14 to 29 and E1 to E6 are not good for consumer purchases.

New WARTIME CONTAINER New FLIP-OFF TOP

Because the metal formerly used in containers for Barbour's Acidia Baking Powder is now a scarce and vital material of war, Acidia has switched to a new packaging that is both patriotic and practical. Handy and easy to open, it contains the same reliable, double-acting Acidia Baking Powder that home-makers rely on for finest baking results.

The KITCHEN-TESTED BAKING POWDER Always Dependable

## Dorothy Dix Says—

### KIND WORDS BRING HAPPINESS

#### Give Discouraged Person Pat on Back and See the Gratitude in Their Eyes

The dumbest of us know the value of kind words. We know that they are the pacifiers that will stop any fight, domestic or global, before it really gets going. We know that they are first aid to happiness and that we create them more than anything else in the world. Yet we are as stingy about handing them out to others as if they were thousand dollar bills that would leave us broke if we gave them away.

Suppose, for instance, you long for popularity, but Nature didn't turn you out a spellbinder. How, then, are you going to become a person grata with all with whom you come in contact? By using a few kind words. It is the one recipe that never fails for there isn't a single one of us who doesn't seek the society of those who butter us up with flattery and tell us how beautiful and witty and wonderful we are.

Kind words do more to pave the way to success than ability. Some of the cleverest men in the world never get anywhere because they do not know how to say the kindly little things that make people give them a hand up. While thousands upon thousands of mediocre men get to the top of the ladder because they ask after our symptoms, and tell us how pretty our daughter looked at the ball, or beg us to repeat that perfectly corking story.

### BESTOW KIND WORDS AS YOU GO

Even the most hard-boiled of us have philanthropic impulses. We would like to think we had scattered a few rays of sunshine along the pathway of others. The easiest and the cheapest way of doing this is by bestowing kind words as you go. People are just as hungry for appreciation as they are for bread and they are more grateful for a compliment than they are for a check.

But it is within the home circle that kind words have a chance to do their great and perfect work. They really decide the success or failure of every marriage. No husband turns philanderer as long as his wife tells him how big and strong and handsome he is and murmurs "how wonderful" when he goes through his parlor trunks for a check.

No wife but who is happy and contented as long as her husband keeps up the tactics of courtship and continues to make love to her and notice what she has on, and who swears to her that she gets more beautiful every day. It is the silent, take-them-for-granted husbands and wives and the fault-finders who fill the divorce courts.

So if you know a discouraged man and woman who are getting the hang-dog look, give them a pat on the back and tell them how good their work is, and watch the gratitude leap into their eyes. If you know a boring man and woman whom everybody has a wall against, say something pleasant to them that will buck up their flower-spraying peoples' happiness is just as meritorious a deed as saving their lives.

When kind words are so cheap and buy so much happiness, why should we be so stingy with them?

**The Cooks Corner**

**TOMATO APPLE CHUTNEY**

12 large red tomatoes  
12 medium-sized onions  
12 medium-sized apples  
2 green peppers  
1 cup seedless raisins  
1/2 cup brown sugar  
6 cups vinegar  
2 cups mixed pickling spices

Peel and cut up the tomatoes and onions; peel and core the apples; remove the seeds from the green peppers; chop apples and peppers and add them to the tomatoes and onions. Add them to the vegetables along with the salt, brown sugar and vinegar.

The spices loosely in a cheese-cloth bag and add them to the other ingredients.

Simmer, stirring frequently, until thick.

Turn into sterilized jars. Seal and label.

**Household Scrapbook**

By Roberta Lee

**PLASTER PARIS PLAQUES**

Use Newark's plaster. Fill a bucket about two thirds full of water. Sprinkle the plaster into it slowly until the water disappears. Then stir thoroughly and let it stand for five minutes, or until a wall appearance of cream. It is then ready to pour into the mold.

**KITCHEN APRONS**

Old shirts with worn-out collars and cuffs make ideal kitchen aprons. As the shirt is already hemmed it requires but little work to transform it into the apron.

**RUGS**

Rugs will not curl at the corners if a piece of haircloth about eight inches square is sewed to the underside of each corner.

**Now Can I!!!**

By Anne Ashley

Q. How can I blanch nuts?  
A. By immersing them in boiling water for two minutes, then in cold water. Drain and remove skins, then spread thinly in pans and put in a warm oven to dry for a few hours. The crispness of the nuts will depend upon their dryness.

Q. How can I bring shrunken woollens back to their normal size?  
A. By rinsing in fresh soap-suds instead of clear water after washing. Repeat each time the garment is washed until the correct size is obtained.

Q. How can I give a better flavor to stuffed apples?  
A. Baked apples with an added flavor if the centres are filled with raisins before baking.

**Better English**

By C. D. Williams

1. What is wrong with this sentence? "It was sold at the limited price of ten dollars."  
2. What is the correct pronunciation of "bliss" (sailed with blissure)?  
3. Which one of these words is

## Ellen's Diary

This was the day against which, I had been saving most of my sewing-coupon. For last night, along with the sheep—although not in the trailer—James brought me some much hoped for and badly needed fruit for preserving. I wondered as he handed me the basket of fruit, I even with my hoarding I would have enough to satisfy my need. Fortunately one basket had been broken and scattered.

"For James," James explained to the later. This morning it was James who volunteered to go to the corner-store to fetch my sugar and then betook himself to the thrashing in at Rob's, where, gratefully, I followed. I was in luck while I was left solitary to have my day preserving.

As yet there is no evidence of rebellious spirits anywhere about the jars. I preserved in bottles today, air-tight, I hope waxing carefully within and keeping my preserving fingers crossed for luck! It was plums, I toyed with this morning, very tempting ones, sweet, not too large. "Sugar plums" I called them. We once had the same variety here at home, but they were so scarce that I had to go to the States to get them. I had a few of them, but they were so scarce that I had to go to the States to get them.

I scarcely took time-out for dinner today. There was such a searching for and a fitting of covers to containers and the sterilizing of all these required my almost constant attention. I was satisfied with a sandwich, a cup of tea, and a bit of fruit. This busy snack brought both strength and courage for a continuation of my work in the afternoon.

My subjects were now a bit more aristocratic, requiring rather more care in their preservation. It was peaches with the golden blush of harvest on their cheeks. I still followed the method I had used in the morning, this time using two pans instead of one. One, I kept a-bubbling to aid in the skinning operation, today, no task at all. The other, the preserving kettle, was larger for I am always curious to watch the process. This held

(Continued on page 3)

**CHILD'S SULKY SPELLS WORRIED HER UNTIL...**

If your child has moody, cross, irritable spells for what seems to be no reason, watch for "hidden" constipation. Often the youngster's bowels, also moving regularly, the child feels nervous and not feeling like eating. What may be needed is a little laxative. The help give the happy, pleasant taste, small, easy to swallow, Children's Own Tablets are especially prepared for kids from 1 to 12. Only 25¢ at your druggist. Get a box today.

**Modern Etiquette**

By Roberta Lee

Q. Why is a man supposed to remove his hat in the presence of a lady?  
A. The origin of this custom has not been established. Some authorities attribute it to a medieval custom which required a knight to lift his visor in the presence of a lady.

Q. How does a woman introduce her husband?  
A. To her friends as "John"; to acquaintances as "my husband"; "Mr." is incorrect.

Q. Who introduced into America the use of finger bowls?  
A. Thomas Jefferson introduced the use of finger bowls and a number of other customs that he had observed in Europe.

**New Cream Deodorant**

Safely helps Stop Perspiration

ARRID

1. Does not rot dresses or men's shirts. Does not irritate skin.  
2. No waiting to dry. Can be used right after shaving.  
3. Prevents under-arm odor, helps stop perspiration safely.  
4. A pure, white, antiseptic, stainless washing cream.  
5. Awarded Approval Seal of American Institute of Laundering—harmless to fabric. Use Arrid regularly.

ARRID is the largest selling deodorant

39¢

Also 15¢ and 59¢ jars

**Needlecraft For The Home**

**YOUNG CHARMER**

A pert frock with weskut cut and plenty of gathers—a favorite design made in a favorite fabric is sure to please her fancy.

No. 3947 in size 4 requires 1 5/8 yds 36-in fabric with 1-4 yd. cord, including 1 1/4 yds. bias.

Send 20 cents for PATTERN. Print your Name, Address and Zip Number plainly. Be sure to state size you wish.

Address: Pattern Department, the Charlottetown Guardian.

**Doubly Useful**

WHEN you open a can of Irradiated Carnation Milk, what you pour out is a double-concentrated milk for use in recipes calling for cream, and for creaming coffee, fruits and cereals.

For milk recipes, just take half Carnation and half water. There you have whole milk consistency and full food value. Grand for drinking, too... chilled nicely, of course.

Carnation is just whole milk with part of the natural water taken out. Sterilized so that it keeps indefinitely unopened... homogenized for creaminess and Irradiated for extra "sunshine" vitamin D. Write for free illustrated cook book. Carnation Co. Ltd., Toronto, Ontario.

**Needlecraft For The Home**

**FIGHT IN FRANCE**

LONDON - (CP) - The Duke of Cornwall's Light Infantry are among British battalions fighting in Normandy.

**Needlecraft For The Home**

**IF YOU SUFFER MONTHLY FEMALE PAIN**

You who suffer such pain with tired, nervous irritable weak feelings—due to functional monthly disturbances—should try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. Pinkham's Compound is a natural, vegetable-based medicine. Thousands upon thousands have reported benefit. Follow label directions.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

**"A MUST" for your shopping list**

**SUNCREST**

IRRADIATED - EVAPORATED MILK



**BETTER FOR DESSERTS**

With SUNCREST Milk you get richer, creamier desserts, lighter cakes, for in SUNCREST you get all the original cream in the milk from the famous dairy herds of Leeds and Grenville Counties... with the extra plus value of healthful Vitamin D added by irradiation. For tempting desserts that will give a "lift" to any meal, use SUNCREST Milk. Ask your grocer for it today.

Send your name and address for the booklet "How to Put 'D' in Your Diet" which contains many useful suggestions and recipes for healthful balanced menus.

GENERAL MILK PRODUCTS OF CANADA, LTD. - BROCKVILLE, ONT.

**A Morning Smile**

"Is that young man courting you, Ethel?" asked her aunt. "Not exactly, but he's approaching me by sending me his autograph album on his knee."

"How do you mean?" "Well, the first time he called he spent the evening with my autograph album on his knee."

"Yes, but—" "The second time he nursed my dog. Last night he took my little brother on his lap. So you see, it's gradually working round to my turn."

**Needlecraft For The Home**

**Design No. 1028**

A crocheted pillow hat and bag are made quickly. The hat is trimmed with medallions which match the purse. Pattern No. 1028 contains complete instructions. Design No. 1028.

To order pattern: Write or send above picture with your name and address with 15¢ in coin or stamps to Needlework Bureau, Charlottetown Guardian.

**Needlecraft For The Home**

**Design No. 1028**

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**WHY IS YOUR BLOUSE SO MUCH WHITER THAN MINE?**

**IT'S RIN-SO WHITE**

**Change to Rinso AND YOU'LL WHISTLE WHILE YOU WASH—clothes or dishes!**

TRY MY SOAP... RINSO. IT'S ALL YOU NEED FOR THE WHITEST WASH.

RINSO CERTAINLY WORKS LIKE MAGIC IN THE DISHWASH. GREASE GOES IN A JIFFY.

YOU KNOW HOW GRIMY ED GETS HIS SHIRTS? CLEAN RINSO GETS THEM AND SO EASILY, TOO!

EVERYTHING COMES WHITE AS SNOW FROM RINSO'S SOAPY RICH SUDS. I GUESS THAT'S BECAUSE RINSO GETS OUT MORE DIRT.

AND I CAN SEE RINSO IS KIND TO HANDS, TOO!

YOU'LL NEVER BE SATISFIED WITH ANYTHING ELSE ONCE YOU SEE RINSO'S WHITENESS.

**Rinso** gives the whitest wash

**RINSO GIVES THE WHITEST WASH**