

Woman's Realm Social and Personal Fashions Literature

"EAT WHEAT for a-boundin' energy..."



...IT'S JAMMED WITH CARBOHYDRATES N' PROTEINS N' ALL WHICH YOU NEED," says L'il Samson!

Kellogg's All-Wheat is Canadian whole wheat in its most delicious form! Your family will enjoy its he-man flavour! Economical too! Get a couple of packages from your grocer. Serve All-Wheat at breakfast every morning. Made by Kellogg's in London, Canada.

It's whole wheat—flaked, toasted, ready-to-eat!

Living & Leisure The Woman's Realm

THE OMBIFUL MAN

"Thank God for the man who is cheerful. In spite of life's troubles, I say, who sings of a bright tomorrow because of the clouds of today. His life is a beautiful sermon. And this is the lesson for me: Meet trials with smiles and they vanish. Face crises with a song and they flee."

Map-reading in the dark has been made possible by the development of a fluorescent plastic envelope that glows under the "black light" of near-ultra-violet rays.

TIMELY TIPS

A house coat that can double for beach wear is a "find" in these days of space conservation. In every vacationer's overnight case there is a place for just such a "double duty" coat. A flowered or striped seersucker which does not require ironing and which is made in the right direction. They come in colorful blossom prints or stripes in the classic wrap-around style, or the molded midriff style. The latter ties in the back for a smooth fit, while the wrap-around ties or buttons on the side. Other materials which are in demand are chintz which is washable, rayon in lovely nase floral patterns, and the quilted coats in cottons and rayons.

Of course a combination beach-and-house coat should harmonize with one's beach things, and it should have generous pockets for carrying all the gadgets accumulated for use after the dip. It should also be tested for fast color, and above all, it should be sunfastened.

TASTY SNACK

Mixed finely minced onion—almost shaved—with mayonnaise and peanut butter, toast bread on one side, spread on untoasted side and pop under broiler flame until it puffs and browns slightly.

A new fuel tablet for soldiers to heat their food is a synthetic compound known as trioxime, with a binder to hold it in solid form; one flat one-ounce tablet will heat a meal in about seven minutes.

Turpentine mixed with warm milk will make the kitchen oilcloth look like new.

A clean chamois skin is excellent for polishing windows.

IN GOOD TASTE

It is not necessary to wear black to the funeral of a friend, but it is a courtesy to the family to wear dark, inconspicuous clothes.

HINTS ON ETIQUETTE

If you are travelling about the country, but not taking your furniture, do, if possible, take your silver and a few other items that you can use in entertaining.

Shoe sponges are scarce today, treat any that you have on hand with special care. Wash in warm soapy water after using and dry in fresh air.

CHILD'S SULKY SPELLS WORRIED HER UNTIL...

If your child has moody, cross, irritable spells that seem to be no reason, watch for "hidden" constipation. Oftentimes, youngsters bowels, also moving regularly, do not move completely. As a result, harmful wastes remain in the intestines, making the child listless, peevish and not feeling like eating. What may be needed is Children's Own Tablets. They help ease the thorough evacuation that quickly helps make most children feel like their usual happy selves. Pleasant tasting, small, easy to swallow. Children's Own Tablets are especially prepared for kids from 6 to 16. Only 25¢ at your druggist. Get a box today.

HAVE ANOTHER SLICE!



—to bake bread just right use Fleischmann's FRESH Yeast

Good bread brings food value plus to meals today. It supplies Vitamin B, and is a quick energy replacer—and low in cost. A fine stretcher for scarcer foods, too! If you bake at home use Fleischmann's fresh Yeast for bread that's good every time. This dependable yeast has been Canada's favorite for over 70 years. Ask your grocer for Fleischmann's fresh Yeast—with the familiar yellow label.

MADE IN CANADA SUPPLEMENT YOUR DIET by eating 2 cakes of FLEISCHMANN'S fresh Yeast every day. This fresh Yeast is an excellent natural source of the important B Complex Vitamins.

Ellen's Diary

By An Island Farmer's Wife

I felt this morning after the folk went to the field to continue the wedding, that the most satisfactory way to get work done was to begin it oneself. That lawn was trampling me again. I knew too that by afternoon it would likely be too warm for such strenuous exercise, so after the breakfast dishes were washed and put in the cupboard I climbed on the lawn-mower and went to work.

I thought then if I set myself a time limit of a half hour or possibly less, in what James calls "a few spurts" each day, I would soon have it done. I chose a piece in the shade of the trees and worked at this steadily until it was done. I had used up almost all my energy in the operation but the change in the appearance of the lawn more than rewarded me. I chose a piece in the shade of the trees and worked at this steadily until it was done. I had used up almost all my energy in the operation but the change in the appearance of the lawn more than rewarded me. I chose a piece in the shade of the trees and worked at this steadily until it was done. I had used up almost all my energy in the operation but the change in the appearance of the lawn more than rewarded me.

After dinner, James left again to assist Rob at the cultivating and when the rest of the Alderice family returned by car to the field where the wedding was being done, I accompanied them. I wished to verify the report about the cauliflower plants and see there were those seeds to be planted. After a not too close scrutiny, I found it was too true, every one of the dozen, were prostrate white and still. Which, of course, was when I came to think of it. I had expected, when James over-turned the soil, less box of bluing into the soaking kitchen on the other day he also over-turned the cauliflower plants. Evidently bluing does not insure growth, following the planting! James will aver, their bluing was due in part to my gallop in that time, which state-ment may contain more than a little truth. I expect for the present I will leave the cauliflower at picking time when I sigh for a cauliflower, the matter will be brought forth again. I planted carrots and beets the 6th day of July. James inquired this evening if I had seen anything "pawing up the drills." I found the clay packed and hard to make any impression on—a rain would be most beneficial to crop—and roads at the present time.

Then I wandered up the old woodland in search of wild strawberries. I had taken a pint jar with me and on my way across the head-land in the turnip-field I picked up a box that had contained seed. There was a very faint smell of strawberries of course only a small opening at one corner. When I removed the cover it was quite white and clean. I found a very faint patch of these delicious berries and I scooped had both containers filled to the top—about a quart or perhaps more. It was cool in the stumps making picking delightful with never a troublesome fly or pesky mosquito to bother me. There were generous helpings of berries at supper-time but I do admit to a few ounces of conscience when the rationed sugar vanished.

James came home in time to help with the chores and then went away to the wedding by himself. Joek and Jeanie left in search of cultivated berries for rumor has it that with the present heat "they'll

Dorothy Dix Says—

ERRING WIVES PAY HEAVILY Barter Names, Husbands, Children Merely To Satisfy Desire For Flattery, Kisses

The philandering husband has always been a familiar figure in our midst, but the flirtatious wife has been a more or less rare bird. Of course, there were specimens of her here and there, but she was still uncommon enough to be pointed out as an object of interest and to furnish food for gossip. But of late years the species has been increasing so fast that the married woman with her boy friend is no longer a zoo exhibit. She is just a bedraggled hen who is trying to act like a pullet and who hasn't gumption enough to know that her fly days are over, and that if she has a good, safe roost pole she had better stay on it.

And whether the loosening of morals among wives is due to the times and the changing of standards of conduct, or whether women have decided that men have no right to monopolize unfaithfulness, and that what is sauce for the gander is also sauce for the goose, no one knows.

Certainly the modern woman has no more reason for scrapping her marriage vows than her Grandmother had. Indeed, far less. For while Grandmother was no doubt a noble, Christian character, he was a petty tyrant as a husband, and no wife nowadays would put up with being treated the way he treated Grandmother. Also, the women in the past must have lost their tastes for their husbands as often as they do now, but they stuck to their bargains and sat by their cradles, instead of stonoping out with play-boys.

GRANDMOTHER HAD MORE PRINCIPLES

In this Grandmother showed that she not only had more principle but more sense than her granddaughter for a wife makes for synthetic champagne. And under Heaven there is no more ludicrous and pathetic sight than that of a middle-aged woman taking to the streets.

Human nature being what it is and men and women being out of the same bolt of cloth, their doubtsless just as many women as men born with wandering feet. Just as many wives as husbands are fed up to the teeth on domesticity. They are tired of hearing the baby howl and looking at the same face across the breakfast table that nets homelier every time they glance at it.

And perhaps more women than men go through that awful panic when they suddenly realize that they are growing old. They see that they are fading, their allure slipping from them, and they know with a deadly certainty that soon boys will whisk at them, no man want them. It is then in their frantic desire to hold on to youth and love and all that make the clamor of life, and to have one more bite of romance that they make the fatal mistake of wandering off of the straight and narrow path.

As a rule they are not in love with the Other Men. They are just trying to fool themselves into believing that they can thrill their manly tough as they did when they were 18, and that they can inspire the grand old lady with love enough to be their sons. They are so hungry, so pitifully starved for flattery and sentiment and kisses that they love a little warmth in them, that they barter for them their good names, their homes, and their husbands and children.

It is a terrible price that the women philanderers pay when they break the Seventh Commandment.

won't last too long," this year.

James tells me that Jamie, like myself and many others, prefers his cultivated berries whole instead of being cut up before the sugar and cream are added. Expressing his preference in no uncertain terms to his mother at the supper-hour. He told me also that Jamie assisted him return the jamms to pasture this evening. They had found a convenient opening in the wire-fence and unmindful of the danger of passing cars, were running race up and down the road with never a care nor a fear in their silly heads.

Our folk have returned, most successful in their hunt. They came from the house across the lane to join us in a cup of tea for "in the coolness of this evening I kept a fire burning. There were strawberries again on the menu. They have gone home now and the peace and quiet of our Island nights—in the country—has again enfolded us. No sound excepting a lessened song from the singers up the creek and the quickly passing drone of a plane going over. So its lights out at Alderice again.

Until tomorrow — Diary—Good-night.

INNER CLEANLINESS can be AN AID TO Beauty

VITALITY, a clear complexion, bright eyes and a buoyant step are the basis of beauty so much admired by all men. And inner cleanliness can be a real help toward this outward sparkle and beauty. Let Eno's 'Fruit Salt' help you attain that wholesome inner cleanliness—a system free of food wastes and excess gastric acids.

A dash of pleasant-tasting Eno in a glass of water before breakfast helps overcome constipation and headaches, helps correct acidity and indigestion.

Sparkling and refreshing, Eno is pleasant to take—free of harsh, bitter salts—no sugar or artificial flavouring of any kind. Take Eno's 'Fruit Salt'. You'll like its pleasant taste. Buy a large, economical bottle from any druggist today.

ENO'S 'FRUIT SALT'

SPARKLING AND REFRESHING BEFORE BREAKFAST

As Long as I Live

By EMILIE LORING

It seemed to Joan that she traveled miles before she entered a room. The walls of which were hung with original sketches, some in black and white, more in color. A tall man standing at the window turned. As his eyes met hers they seemed to lift her heart and drop it. His black hair had one rebellious lock, two straight lines cut deep between his amazingly brilliant wide-set hazel eyes, eyes clear, clean, compelling, the line of his finely modeled sensitive mouth was tense, his skin was bronzed.

In the mirror behind him she appraised herself as she might the drawing of a head. Chestnut hair, natural wavy, nice hairline, area from cheekbone to ear commensured by artists, a bit of slant to deep blue eyes alight with warmth and sparkle. Lush long dark gold tipped, plenty of color in cheeks and lips. Lucky that an inner voice had urged her to wear her most swanky hat. Early in her business career she had discovered that the average man is susceptible to feminine headgear and shoes.

She opened her portfolio. I brought these proofs in the hope that would like them and give me a chance at some roughs.

Won't you sit down? He pulled out a chair for her before he sat on a corner of the desk. She had the feeling that he was forcing his attention to the black pages of the portfolio on which were pasted samples of her work.

All these have been published? She named several New York advertising agencies.

Why desert the big town for this city? My family moved to a small town (Continued on page 3)

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. Must bookkeepers register? A. Yes, all bookkeepers in Canada must register either with their Region, Administration or Local Region Board.

Q. Is there a price ceiling on home-grown cherries of all types and cherries imported between July 3 and September 30 at now under a ceiling for the first time? A. Yes, it was announced by W.P.T.B. that a shoe maker may use full leather soles in repairing children's shoes up to size 3 and also in loggers' boots.

A Morning Smile

VOICE-PLACEMENT

Two vocal teachers were discussing the troubles of a student singer with her. "What, in your opinion, is wrong with her?" asked one. "That's simple," replied the other. "It is just another case of incorrect voice-placement." "Um—maybe. But just how do you mean that?" "Well, there is only one correct placement for that voice that I can see—a deserted island in the Pacific."

Needlecraft For The Home

COOL SUNBACK

A charming sundress that sports a gay bolero is a versatile fashion that takes you smartly to market—and outfits you prettily for backyard basking.

No. 3401 in size 16 requires 2 1/2 yards 35-inch fabric (dress); 1 1/2 yards 35-inch fabric (bolero).

Send 20 cents for PATTERN. Print your Name, Address and Style Number plainly. Be sure to state City, Province and Country.

Address: Pattern Department, The Charlotte-Town Guardian.

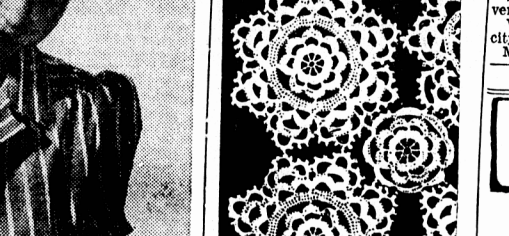
Name _____
Street Address _____
City _____ Province _____

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 relieves such symptoms. Thousands upon thousands have reported benefit. Size you wish, directions.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Sweeten to Taste



ROSE MEDALLIONS MAKE BEAUTIFUL TABLECLOTH



These lovely rose medallions are crocheted separately and joined with small ones to make the tablecloth. Pattern No. 1032 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, Charlotte-Town Guardian.

Design No 1032
Name _____
Street Address _____
City _____ Province _____

SO STRONG SUCH BIG VALUE

More people in Canada buy WHITE SWAN than any other tissue

3 Rolls 2250 sheets 25¢

THE E. B. EDDY CO. LIMITED HULL CANADA