

Woman's Realm Social and Personal Fashions Literature

An Old Favorite in a NEW Dress!



BEST YEAST
Best for Baking; Best for Health!

Best Yeast—the chosen favorite with commercial and home bakers alike—now comes in a NEW white dress to seal in its extra strength and keep its freshness at the peak of efficiency. This means quicker baker time—with lighter, whiter, and better-textured bread and buns for you. Insist now more than ever on BEST YEAST. Born and bred in the Maritimes, it's Canada's best for baking—and best for eating, too!

THE COOK'S CORNER

FRUIT CREAM PIE

3 cups milk.
3-4 tablespoons flour.
1-2 tablespoons cornstarch.
3 eggs.
1-3 cup sugar.
Dash of salt.
3 tablespoons butter.
1-2 teaspoon vanilla.
Canned fruit, drained.
Baked pie shell.

Method: Mix the flour and cornstarch with 1-4 cup cold milk to a thin, smooth paste. Then add the remaining milk. Beat the egg yolks, add the sugar and salt. Add a small amount of the scalded milk to the flour paste and some to the egg and sugar mixture. Pour each mixture slowly into the remainder of the scalded milk. Stir together to prevent lumps and cook until thick. Remove from the fire, add the butter and flavoring. Cool somewhat.

Line a baked pie shell with well drained canned fruit. Peaches, pears, or plums could be used here. Pour the cooled filling over the fruit in the pie shell. Cover with a meringue made by beating the 2 egg whites until stiff, but not dry, and adding 4 tablespoons sugar. Bake in a moderately slow oven (325 deg. F.) for from 12 to 15 minutes, or until the meringue is nicely browned.

Dorothy Dix Says—

WICKED WOMAN SUFFERS LESS THAN YOUNG GIRL BADLY MATED

Husbands With New Job Out-of-Town Cannot Always Take Wife With Him At Once

DEAR MISS DIX—When I was 14 years old I got married to a man who has been a good, kind husband to me, and I have a daughter who is now 8 years old. Six months ago I met a man with whom I have fallen desperately in love. He is in love with me and wants me to get a divorce from my husband and marry him. I feel that I can't keep on living if I can't be with him, but if I leave, my husband will be giving up my little girl, and I can't bear the thought of that. I will be giving up the rest of my life?

ANSWER—I am afraid so. It has been said that we have to pay for our sins, and certainly that is true of marriage. The wickedest woman in the world is not the one who punishes so severely for her misdeeds as the innocent and unsophisticated little girl who blunders into marrying the wrong man.

I think that there is nothing else in life so pathetic as the fact that practically every unhappy marriage is the result of a mistake. An adolescent boy and girl rush into marriage too soon and are married to each other before the ink on their marriage license has dried. Young people mistake a passing fancy for a deathless passion.

Girls marry drunkards or philanderers thinking they have some magic job out of town. He wants to go and leave me behind and then send me a letter. I will not agree to that, as I think I should go with him wherever and whenever he goes. Please advise. A WIFE.

WIFE CANNOT ALWAYS GO WITH HUSBAND. As a general principle, it is advisable that a wife should go to her husband, as Ruth did to Naomi, whether thou goest, I will go, but even that depends upon whether the husband invites her to go with him or not, and whether she will be an asset or a liability if she does go.

And the wife should use some discretion and common sense about deciding whether her husband is going to a new place to take a job with which he is unfamiliar and which he doesn't know whether he will be able to hold or not, and if he has no place to take his wife, then she is certainly cramping his style and injuring his chances of making a success by insisting on being taken along.

One of the big headaches of this war is the wives who, with their children, have left comfortable homes near their families and friends to find three bats warming their beds the first night, and with four turtles in the bathtub, and now he is getting longer or shorter.

Maybe these wives think this shows their devotion to their husbands, but, if so, it is a selfish devotion because it has added immeasurably to the anxieties and worries of the soldiers who already have plenty of trials and tribulations, without having the family burden added to them.

As a matter of fact, there are no wives of whom their husbands get so fed up as they do with those who tag them everywhere they go, and who never let them have any freedom of action. So, before a husband, with anyone else, it is manners for a wife to be asked before she invites herself to go along with him.

DESPERATE AND LOW ANSWER—And they call this the higher education! Between the musician and the dramatist I should think you would be preparing for a peddled cell in a lunatic asylum, instead of the brilliant career for which your fond parents think they are fitting you.

My advice to you is to have a heart-to-heart session with your dear old man and tell him your troubles. If he doesn't listen, see if the Society for the Prevention of Cruelty to Animals won't come to your rescue.

Not is that all. I see you have struck the jackpot as far as room-mates go. I never know what I am going to find floating around in my room. One boy collects bats and spiders. I was absolutely horrified to find three bats warming my bed the first night, and with four turtles in the bathtub, and now he is getting longer or shorter.

The other boy has a faraway look in his eyes and is seriously contemplating entrance into the Mohammedan religion. He also reveals in bats and spiders, turning them "sweet and savory," and between the bats and spiders and the Mohammedan-to-be, I am going batty. It is impossible to change until March. What can I do?

DEAR MISS DIX—I am appealing to you for help. I am a freshman at one of our distinguished universities. My work is difficult and demands serious study, but how can I study if the boys upstairs are continually banging tennis balls and footballs and playing on the piano and tooting on their trumpets and clarinets and trombones and turning a peaceful atmosphere into a A-1 jam session?

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On the Same Team!



JOIN THE R.C.A.F. : : get into this new, exciting life in a romantic fighting Service. After initial training : : first at Manning Depot : : then trade courses : : you'll take an active part in winning the war by releasing men from ground jobs for active duty in air crews. You'll be busy from morn 'til night with parades, duties and recreation. You'll enjoy plenty of good food, fresh air and fun.

You'll love this life! Regular hours : : careful supervision... plenty of rest... make cheeks glow and eyes sparkle with health. You'll meet new faces... make new friends... become better fitted to play your part in the new world to come. What's more, you'll have the satisfaction of knowing you are playing a real part in helping the United Nations win this war!

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Women are needed immediately for these and many other trades:

Stenographers : : Transport Drivers
Cooks : : Fabric Workers... Clerks.

Send for this free booklet
Life in the R.C.A.F. learned of her
Write to Director of
Manning, R.C.A.F.,
1400 Bank Building,
Ottawa, or the nearest
Recruiting Centre listed below.

Recruiting Centres of:
Vancouver, Calgary,
Edmonton, Saskatoon, Regina, Winnipeg, North Bay, Windsor, London, Hamilton, Toronto, Ottawa, Montreal, Quebec, Halifax, Halifax.

Recruiting Centres Hours:
Monday, Tuesday, Thursday and Friday, 9 a.m. to 9 p.m.; Wednesday, 9 a.m. to 6 p.m.; Saturday, 9 a.m. to 4 p.m.; TUESDAY AND FRIDAY EVENINGS RESERVED FOR WOMEN APPLICANTS ONLY.

Enlist today

The R.C.A.F. needs girls, ages 18 to 45, with at least High School Entrance. Apply at your nearest R.C.A.F. Recruiting Centre, bringing proof of education and birth certificate. EXCELLENT OPPORTUNITIES FOR PROMOTION.

RETAIN COLOUR

To keep beets and red cabbage from losing their rich red colour, add about one tablespoon of lemon juice to the water in which they are cooked.

For Strength and Full Flavour



BLUE RIBBON Tea
Delicious & Refreshing

Home Service

Public Speaking "Panic" Dispelled by Home Study

Member Makes Bad Impression

So you never thought they'd ask you to speak!

You can't avoid being asked sooner or later, if you belong to a group. And even if you only say one little sentence, you sound lovely or awful depending on whether or not you know public speaking rules.

Maybe you get stage fright, make a poor impression before you even open your mouth. Simple "Don'ts" help prevent this. DON'T scramble to your feet—take your time. DON'T hold anything while speaking.

It helps your pose to practise enunciation at home. Then you're sure you won't ruin people's impression of you by saying "Yes, ar c'middle" maked the same "wishes"; you'll enunciate clearly "Yes, our committee is making the sandwiches."

Important, too, to be up on parliamentary rules—to know how to address the chair.

Learn to speak up confidently! Our 32-page booklet tells how you can improve your vocabulary, voice, pronunciation. Describes how to prepare a speech, hold attention, be at ease. Gives sample speeches, rules of parliamentary procedure.

Send 20c in coins for your copy of "Public Speaking Self-Taught" to the Charlottetown Guardian Home Service. Address Be sure to write plainly your name, address, and the name of booklet.

Name _____
Street Address _____
City _____ Province _____

Living & Leisure The Woman's Realm

AMPLE SUPPLY

I love coffee.
I love tea.
And you love me.
No more coffee?
No more tea?
No more love?
That cannot be!

Tea'll weaken
And dilute;
For coffee buy
A substitute.

But love! It aches
How that abouts
It doesn't grow
In coffee grounds.

Nor need the gentle
Tea leaves shade—
I'm not afraid.
Across an empty teacup's brim
I'll only smile, and nod my head.
From The Boston Herald.

YOU WOMEN WHO SUFFER HOT FLASHES

If you suffer hot flashes, dizziness, "irregularities," blue spells, are weak nervous or irritable—due to the "middle-age" period in a woman's life—take Lydia E. Pinkham's Vegetable Compound. It's helped thousands upon thousands of women to relieve such symptoms. Made in Canada. Pinkham's Compound is worth trying!

A Job Only You Can Do

Public 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 troubled the Wartime Prices and Trade Board from housewives in this region. The answers are prepared by the Board. Readers 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 Wartime Prices and Trade Board, 1400 Bank Building, Charlottetown.

Q. For four years now we have rented the same house and have always had the use of the garage. In 1941 the property changed hands but the rental continued on the same basis. Recently my landlord told me if I wished to continue using the garage I would have to pay an additional rental. Is my landlord permitted to charge garage rental when he did not do so during the basic period?

A. If you have been using the garage constantly, your landlord cannot add rent for the garage, which has always been included in the house rental. If you will report the complete details to your nearest Wartime Prices and Trade Board office, the matter will be investigated immediately.

Q. My grocer reduced the price of certain commodities below that which he was charging in the basic period. Sept. 15 to October 11, 1941. Recently he reverted to the previous high price. Is he allowed to do this?

A. Certainly. A retailer may charge less than his highest basic period price. But he may come back up to that price at any time.

CINNAMON TOAST

When making cinnamon toast, now that sugar is short, you might use honey instead. Heat the honey (strained) and pour over hot buttered toast and sprinkle with cinnamon.

TAKE CARE

Many non-inflammable cleaners are being diverted to war use, and removing clothing spots requires extra caution. Don't light the stove soon after using cleaning fluids in the kitchen.

CHINTZ ENVELOPES

A gracious small gift for a fastidious bride would be chintz envelopes for keeping her company linens immaculately fresh and ever so delicately perfumed. Even in the most particular household, seldom-used linens get dusty and mussed looking.

PROPER EDUCATION FOR ZOO SUPERINTENDENT

DEAR MISS DIX—I am appealing to you for help. I am a freshman at one of our distinguished universities. My work is difficult and demands serious study, but how can I study if the boys upstairs are continually banging tennis balls and footballs and playing on the piano and tooting on their trumpets and clarinets and trombones and turning a peaceful atmosphere into a A-1 jam session?

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CHAPTER XXXIII

It was not until John was driving Harriet home that he learned of her encounter with Virginia Dane. He felt a little shocked as Harriet told him about it—shocked at Harriet for provoking the scene.

"I told her she better not try to come between you and me," Harriet retorted in a choked voice. "And she said bold as you please, 'I could take John Stacy away from you by merely raising my finger!'"

"And don't be surprised if I do!"

"Do what?" asked John, dazedly. "Why, take you away from me!"

"Nonsense!" said John. "She didn't mean that—she doesn't care anything about me. She just said that because she was angry at you for saying what you did."

"No, she was angry at Harriet. Why didn't she keep away from Virginia? She had made herself ridiculous by accusing Virginia of having designs on him!" Thus ran his thoughts but, at the same time, an inner voice deep within him was asking whether Virginia might have meant what she said—whether she would like to win him back.

"It isn't nonsense!" Harriet retorted. "She meant it! And I want to know what you intend to do about it!"

By now, John had stopped the car in front of her home. He lit a cigarette and looked at her. "Do about it? Why should I do anything?"

"You mean you're going to let her insult me like that and not do a thing?" Harriet demanded. "Is that all the feeling you have for me?"

John looked at her. He began to realize that she was genuinely afraid that Virginia might carry out her threat. With a sigh, he tossed his cigarette out of the car window, then slipped his arm around her.

"What do you want me to do, sweet?"

Harriet clung to him. "Oh, John, can't we be married right away? That would show her! We could have a very quiet wedding. Maybe it's foolish of me—but—oh, darling, I'm so afraid I might lose you!"

"Not a chance!" John assured her, but his voice sounded hollow. "However, I'll do as you wish. We'll be married as soon as possible. It can't be right away, because I can't go off on a wedding trip until Mr. Mitchell returns from Washington."

ROCAF ROYAL CANADIAN AIR FORCE

Girl On His Hands

By JOSEPH CHADWICK

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Needlecraft For The Home

A SHAPELY SLIP

First Aid to the Silhouette. Make the most of your frocks by doing justice to your figure. Short cut to a nice, smooth silhouette is a well-cut slip like this one, with a shapely bra section and lower section carefully designed to eliminate unsightly wrinkles. Make it in rayon and feel repaid when you see how well your frocks set over it. Make it in cotton and have some practical slips ready to wear later on with wash frocks.

Style No. 2057 is designed for sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48 and 50. Size 36 requires 2 1/2 yards 35-inch fabric or 2 1/2 yards 39-inch with 1 1/4 yards lace edging.

Style No. 2057

Name _____
City _____ Province _____
Street Address _____

I'll tell you what I'll do—I'll phone him tomorrow and find out just when he plans to get back. Harriet's eyes lit up. "Oh, John, will you?"

"I promise," he said.

As Harriet pressed close, but a wave of despair engulfed him. His heart cried out that this was all wrong. He shouldn't be marrying Harriet.

When Virginia regained her faith in the Gold Room after her clash with Harriet, she was greatly upset. She felt she had made a fool of herself. How absurd of her to have threatened to take John Stacy away from the other girl when John didn't mean a thing to her! But she had been so enraged by Harriet's attack on her that she had wanted to strike back.

Now, as a result of the degrading scene, her emotions were in such a state that she felt she had to get away—get off by herself. She could not stand the crowded room, the noisy chatter and the blaring orchestra. Pleading a headache, she told her father she wanted to leave.

He escorted her out to her car. As he was stopping there at the hotel, she told him he needn't accompany her home.

EVERYONE ENJOYS ME SERVED WITH FRY'S COCOA



Canada's Food Rules Stress Importance of MILK

MILK—Adults, one-half pint. Children more than one pint. And some cheese.

FRUITS—One serving of tomatoes daily, or of a citrus fruit, or of tomato or citrus fruit juice, fresh, canned, or dried.

VEGETABLES—(In addition to vegetables of which you need one serving daily) two servings daily, preferably leafy green, or yellow, or white.

CEREALS AND BREADS—One serving of a whole grain cereal and one of six kinds of Canada-approved bread, brown or white.

MEAT, FISH, EGGS, etc.—One serving of meat, fish, or meat substitute a day of meat, fish, or kidney one week. Liver, heart, or kidney one week. Eggs, at least three or four weekly.

PLUS OTHER FOODS YOU WISH...

MILK is essential to good health and there is no more delicious way of drinking it than in a cup of nourishing Fry's Cocoa.

Fry's Cocoa, made with milk, offers you more than the well-known health value of the milk. This delicious cocoa gives you extra energy as well. A cup of Fry's is truly a cup of food.

And remember—the unrivalled chocolatey flavour of this famous Fry's Cocoa is the result of more than 200 years experience.

★ Include a thermos of Fry's for the war worker's lunch. It is rich in food value and makes a most appetizing hot drink.

A cup of FRY'S is a cup of FOOD!

Needlecraft For The Home

2057 SIZES 12 to 50



Are you sure you don't want me to come along?" "Steve's chauffeur could drive me back." (To Be Continued)