

# Woman's Realm Social and Personal Fashions Literature

THE FINEST IN THE LAND

**No Sacrifice of Quality for Quantity**

Gone are the days when you drove into a filling-station and said, "Fill her up, Joe" ... when you insisted the second cup of coffee tasted best ... when every week-end, you gave her a box of her favourite chocolates.

Those times will be back again ... you can bet on it! In the meantime, things must go farther, last longer, be shared equally. And it's some consolation to know that when you do secure a box of those hard-to-get Ganong's Chocolates they'll still be rich in wholesome nourishment ... and taste deliciously different!

**Ganong's GB Chocolates**

BUY WAR SAVINGS STAMPS AND CERTIFICATES REGULARLY

GANONG BROS., LIMITED—ST. STEPHEN, N. B.

## Dorothy Dix Says—

**BACHELOR MAY WED AT ANY AGE PROVIDING IN PROPER SPIRIT**

**Woman In Early Thirties Best Mate For Man At 38; Young Girls Real Danger**

DEAR MISS DIX—I am a soldier 38 years of age and unmarried. During my younger years I was tied down by obligations to my parents and did not take up seriously the job of finding a wife. Now I have reached the age where I am afraid it is almost too late to start this venture. I had a responsible and permanent position in business to which I may return after the war, so I am now in a position to marry.

Should I give up the idea of taking a wife and content myself with single blessedness? Or have I a chance to make a successful marriage?

How much difference in age is ordinarily advisable between a husband and wife?  
CORPORAL H. H. Z.

### PREFERRED RISK IN MARRIAGE

ANSWER—You remember the old hymn that says "while the lamp holds out to burn, the vilest sinner may return," and so there is no age at which an eligible bachelor may not marry if he reports of his single ways and goes about hunting for a wife in the right spirit.

Anyway a man at 38 is in the preferred risk class, so far as marriage is concerned, for he is still young enough to be romantic and sentimental, and he is old enough to be settled so that a woman who marries him knows what she is getting. So she can be sure of her man, without the work and worry of trying to make him over, or the inconvenience of having to take a trip to the States.

She who marries a bachelor can count on getting a first-class companion because he has wandered so long among hotels and clubs and eaten so long at restaurants and cafeterias that he desires nothing so much as a home of his own. He is ready to lick the hand of a wife who will feed him on home-cooked vittles.

Night clubs have no lure for him. Blonde secretaries try their arts and wiles on him in vain. He turns a deaf ear to misunderstandings, and so his fortunate wife never has occasion to grow green-eyed. He has been down the road and knows the danger signals.

The only advice that I can offer you, soldier, is to marry in your own age class. Young girls have a particular fascination for men who are old enough to be their fathers. Beware of them. They are the chief danger that you will meet in your search for a wife. They may look young and guileless and you may think it just cute childishness that makes them ask you "pretty please" for a diamond bracelet or a mink coat, but that artless exterior frequently camouflages the best gold-digger you are ever likely to meet.

And if you marry one of them who calls you "laddie boy" you will spend the balance of your life on the sidelines watching her dance with boys of her own age, while you pay the check for the food and drinks for her and her pals.

Pick out for a wife a woman no more than ten years younger than you are. Somewhere in the early thirties will be a good choice. A woman at that age is beginning to get anxious and she is grateful to the man who saved her from being an old maid and who gives her a home, so she will treat you right. She, too, has had enough of roaming around from boarding house to boarding house and teaming up with other women in apartments and she will appreciate a home of her own and be willing to stay in it. And you will have the same point of view, the same habits, tastes and standards that she has, so you will be congenial. And that is the thing that is most important in a marriage.

DEAR MISS DIX—I have been engaged to a man for four years whom I love very much and who loves me. I am sure that we could make a go of it if we married because we have such a lot in common. The only drawback is my parents. I am very much ashamed of them because they are both drunkards. I have tried everything I possibly could to reform them, but nothing has done any good. Finally I left home because of the situation there.

If I marry my fiancé, I would have to introduce my family to his, and they are such splendid, fine people that I am afraid that they would not think much of me, coming from such a background. Or, worse still, they might be sorry for me, which I would hate even more. What do you do? Marry him in spite of this disadvantage? Could we be happy? You see, he knows all about my family and wants to marry me anyway.  
UNHAPPY GIRL.

**GIRL SHOULD EXPLAIN SITUATION TO MAN'S PARENTS**

ANSWER—If your fiancé is big enough and broad enough to see what a splendid girl you are and what a brave fight you have put up for the decency of life, and if he loves you well enough to overlook your drunken parents, then marry him by all means. Don't let him get away. That kind of a man is too rare to risk losing.

I don't think that you need be afraid of his parents not meeting the situation with sympathy instead of scorn. But I urge you to go to see his mother before you marry her son and tell her all about it, and make her understand that you would rather give him up than take your happiness at the price of hurting him. If you throw yourself upon her mercy, I do not think it will fail you.

Don't feel too much ashamed of your parents. Drunkenness is a disease. Pity them. But before you give up trying to help them, see if you cannot get them interested in Alcoholics Anonymous, which is an organization of people who have only been drunkards but who have been cured by association with others who suffered from the same malady.

DEAR MISS DIX—My husband and I have loved each other very dearly, but since our baby has arrived a barrier is beginning to grow up between us. This is because my husband upsets all the hospital rules for regimenting a young baby and insists on his being fed oftener than his schedule calls for and picked up when he has put up for his object to this, he says that if I don't want to feed our child he will take the baby and leave me. This breaks my heart in two to think of because I love them. What shall I do?  
A TROUBLED WIFE.

ANSWER—Let him take the baby and leave you. He will be back in a couple of hours after he has wrestled with the infant's formula and tried to stop a spoiled child from howling.

Prices of unrationed meats?  
A. Certainly not. We are referring to the particulars you sent to the Board's investigation department for prompt attention.

Q. I understand you have a pamphlet regarding ration news and price control issued regularly called—

"Consumers' News." If possible I would like to receive a copy regularly.

If you will get in touch with the Consumer Branch liaison officer in one of your women's organizations, she will be glad to see that you receive a copy regularly.

## Green Broccoli Rich In Nutritive Values

Broccoli is likely to replace cauliflower in Victory gardens, not only because it is more easily grown by amateurs, but also because of its high nutritive value. It is one of the richest of vegetables in vitamin A, in which cauliflower, which has a similar flavor, is poor. While it grows all summer vigorously, its best crops are produced in cool weather, in the early spring and summer, and in the fall. For an early crop, plants may be started indoors and set out in the garden as soon as frost danger is over. For a late crop, sow seed in the garden about June. It is also possible to sow seed in the garden when the very first crops are put in, and grow them all summer. Plants should stand 18 inches apart in the rows, and the rows at least 2 feet apart.

Its thick stems bear dense heads of green flower buds. Unlike the cauliflower, these heads are of perfect form and do not degenerate into forms such as the "curd" of the white types. If the Italian broccoli stands too long in the market or in the garden, the buds begin to open into yellow mustard-like flowers.

The thick stems near the flower heads are also edible and of as fine a flavor as the heads of buds. The leaves, however, are stronger in flavor and while esteemed by foreign cooks do not appeal to the American taste, which takes only to the thick tender stems and flower heads.

There is no necessity for tying up leaves as in cauliflower and the stalk bears a main head and when cut develops a number of side branches with edible heads. It is delicious served steamed or boiled with Hollandaise sauce or merely with a dressing of melted butter.

It should not be overcooked, but requires a little longer than cauliflower or cabbage because of the solidity of the stems.



## Ask Any Coffee Lover

THESE days it is doubly important to get really good coffee for your precious ration coupons. Maxwell House is tops, as any coffee lover will tell you, because:

1. It's blended from the very finest coffees available—each chosen for its own special quality of flavor, body or fragrance.
2. This fine blend is roasted uniformly by a special process that captures all its fragrant, smooth, coffee goodness.

For wartime reasons Maxwell House is now packed in bags—in an All Purpose Grind and at a lower cost to you. This new grind is suitable for all ways of making coffee—coffee-pot, percolator or glass coffee-maker. If using a glass coffee-maker you may want to brew the coffee a little longer.



**MAXWELL HOUSE Coffee**  
A Product of General Foods

## Living & Leisure The Woman's Realm

### THE BUSY GIRL'S PRAYER

Give me, O kindly Lord, the grace to look beyond the commonplace; In duty, every week-day brings, To see the shining heart of things.

Give light, that I may not be blind to loveliness that is behind. The humdrum tasks of every day, Which must be done the same old way.

Give me sweet patience; not to shirk The unexciting jobs of work, And grant me vision all the while To see the beauty of a smile.  
—Claire Ritchie.

### HINTS ON ETIQUETTE

When a girl friend introduces her boy friend to you, be cordial, but do not embarrass him or her by saying, "Helen talks about you all the time."

Rust is a common disease of hollyhocks, but this trouble can be largely overcome by raising young plants from seed every year. They will furnish fine bloom the second year. Most young plants are immune to rust disease.

### SHORTS ARE POPULAR

MIAMI—The knee-length shorts are growing in popularity with the increase in bicycling. Denims in faded blue are often contrasted with rainbow-striped denim in the shorts suits as well as in slacks and skirts.

Women who spend their playtime in their Victory gardens are finding that faded blue denim overalls, although designed primarily for war industry workers, are suitable for hoeing the beans or speeding the carrots. These overalls are form-fitting and designed to be attractive as well as serviceable.

### PLENTY OF VARIETY IN NEW NECKLINES

Perhaps no dress is better than its neckline. This year the designers are out to show the world that there is no dearth of necklines. The horse-shoe shape or reversed into the deep V, the trimmed little lapel, the starched big lapel, the round childish neckline, the sophisticated V, the bateau line, the cow-boy—no hardly can name a type that is not to be found in the newest and best collections. Each one gives new interest to the selection of a dress, for a becoming neckline is a major asset to the bride.

### UNDERNOURISHED

If growing children become undernourished and overfatigued, they show a hollow chest, round shoulders and other poor habits of holding the body.

### SHORT OF KETTLES

Britain's present production of saucepans and kettles only enables every household in the country, on an average, to buy one new kettle and one new saucepan every four years.

### COOKING UTENSILS REQUIRE CARE

Women can make their contribution towards relieving the metal situation, now serious as a result of the war, by taking special care of metal cooking utensils and other articles of metal in the home. Everything from pots and pans to spoons and forks is now in the critical material class. The wise thing to do is to make every article of metal in the home last as long as possible.

Aluminum is in the precious metal class. Any aluminum pots or utensils can be made to last longer if they are washed as soon as possible after food is cooked in them. Food should not be stored in them. They should not be cleaned with water in which there is soda as it causes aluminum to turn dark and pit.

Brass and copper can be kept clean and in good condition by washing with soap and water. Spots may be removed if rubbed with hot vinegar and salt or lemon rind and salt or hot buttermilk.

Metal polishes should never be used of any kind of cleaning powder on nickel or chromium plating. It can be kept bright by being wiped with a damp cloth or with washing in soapy water, rinsing and drying.

Iron pots should be well dried after washing. An iron utensil used only once in a while should have a thin coat of saltless oil or fat put

on it, then put in a dry place, wrapped in paper.

Stainless steel can be kept clean with a gritless cleaning powder or very fine steel wool, otherwise the usual washing, rinsing and drying.

As to tin, it is now a metal that just cannot be released for household articles while the war continues. Don't try to keep it shiny, or the thin coating of tin will be taken off. To remove burnt food from the tin pan but don't boil it longer than five minutes.

Conservation of metals means more for armaments and munitions for airplanes and for the ships at sea.

### SPILED PERFUME

If you find a few spots on your bureau that are whitened from spilled perfume, take a little of the same perfume on a paper toilet tissue and rub the spots hard with the dampened portion. You will find the spots will disappear immediately. Rub dry with a second tissue and then apply a little furniture polish.

## Home Service

Be a Ventriloquist and B. Popular



Have fun by entertaining and startling your friends with your power of ventriloquism. Learn to throw your voice and watch the amazing results!

What could be as amusing as using a doll like the above one, fixed up as a medium for your voice. You can make the figure talk and move almost at will.

Our 32-page booklet will teach you ventriloquism which is simply the art of making people believe that your voice came from some place other than your mouth. There are also instructions in the booklet to aid you in making an attractive dummy. Try it!

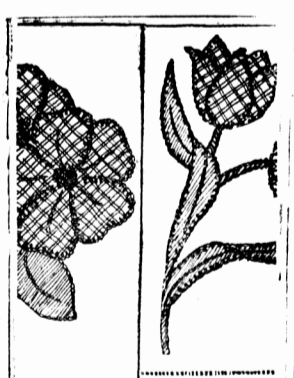
Ventriloquism really isn't as hard as it seems—there really isn't any magic to it. Anyone who has the standard speech equipment—a larynx, a tongue, and vocal cords—can fool an audience into believing that his voice comes from some place other than his mouth.

Of course you may not become famous, because rich success demands marked ability added to relentless work. But you can have a lot of fun.

Send 15 cents for your copy of "Self Instruction in Ventriloquism and Dummy Making" 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 \_\_\_\_\_

### LOVELY APPLIQUE FLOWERS FOR LINENS



DESIGN NO. 725

Lovely applique blooms for your towels. They are also attractive when framed. Hot iron transfer pattern No. 725 contains complete instructions for stamping and applique work for the three designs.

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. 725

NAME \_\_\_\_\_  
STREET ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_

## 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 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.

Q. Are stores allowed to raise the

## New under-arm Cream Deodorant

safely Stops Perspiration

ARRID

1. Does not irritate or dry men's skin. Does not irritate skin.
2. No waiting to dry. Can be used right after shaving.
3. Instantly stops perspiration for 1 to 3 days. Prevents odor.
4. A pure, white, greaseless, stainless vanishing cream.
5. Awarded Approval Seal of American Institute of Laundering for being harmless to fabric.

ARRID is the largest selling deodorant

39¢ a jar Also in 15¢ and 59¢ jars

Guaranteed by Good Housekeeping

## FACTORY HEALTH LEAGUE OF CANADA

THE MINERALS IN OUR DIET

We hear a great deal about vitamins in our diets these days but we must not forget the mineral content of our food. The minerals are important in the proper formation of our bones, teeth and body tissues. When we have an insufficient amount of minerals these parts of the body are weakened or diseased. Calcium is necessary for blood clotting and for strong bones and teeth. Phosphorus is responsible for a healthy nervous system. Iron is necessary for the formation of the red blood pigment and it protects us against nutritional anaemia. Copper aids in the utilization of iron.

Milk is our richest source of calcium and we should include three glasses of it in our daily diet. Cheese has a higher percentage of calcium than milk as it is a more concentrated food, so if we could add a small amount of cheese to our daily menus it would be to our advantage. Cheese is an excellent meat substitute. Other foods we should eat for their calcium content are beets, turnips, cauliflower, carrots, celery, asparagus, and beans.

When we take milk daily for calcium we will also get a fair amount of phosphorus. Lean meats, fish, eggs, cheese, nuts and whole wheat cereals contain appreciable amounts of phosphorus.

Liver, pork or beef, is an excellent source of iron so we should be on the lookout for new appetizing recipes for cooking it. Other organ meats such as heart, kidneys, sweet breads are also high in iron. Dried peas and beans, eggs and molasses are good sources of iron.

We will get sufficient copper from many common foods.

The lack of iodine causes goitre which is found in the inland provinces. Nowadays it is possible to buy table salt which has iodine added to it so we should use iodized salt all the time especially when we have little or no salt water foods. We should bake and steam vegetables not only for the vitamin preservation but also for the mineral content. Because a certain amount of the latter is lost in the cooking water we should cook vegetables in as little boiling water as possible and for as short a time as possible. Never throw the water away! You can use it for making cream soups, gravies, and sauces. You should boil leafy vegetables about 5 to 10 minutes, root vegetables such as turnips, onions, carrots 20 to 30 minutes, peas as much as 45 minutes depending on their size.

A post card request to the Health League of Canada, 111 Avenue Road, Toronto, will bring you a free copy of its authoritative vitamin chart.

## THE COOK'S CORNER

GRANDMOTHER'S "SUGAR COOKIES"

Temp: 375 degrees F.  
Time: 12-15 minutes  
2 1/2 cup shortening  
1 1/2 cup brown sugar, firmly packed  
2 cup Crown Brand Corn Syrup  
2 eggs, well beaten  
1 teaspoon vanilla or lemon extract

2 1/4 cups sifted all-purpose flour  
3 1/4 cup sifted Borden's or Canada Corn Starch  
1 teaspoon salt  
1 teaspoon cream of tartar  
1 1/2 teaspoon soda  
1 cup cream shortening and gradually beat in brown sugar and Crown Brand Syrup, blending thoroughly. Add beaten eggs and flour-sifting ingredients together 3 times and add to creamed mixture in 5 or 6 additions, working in gradually.

(Continued on Page 3 Col. 8)

## Needlecraft For The Home

WARM WEATHER COMFORT In the Prettiest Little Dress

Just enough cut and line to delight the heart of the girl in her teens or younger, and yet simple enough to be in good taste, this sun-back frock will prove the thing to choose for life in all through the long summer days. It's a good plan to add the bolero (which comes in the pattern), for with that, the dress can really be worn anywhere.

Style No. 2906 is designed for sizes 8 to 16. Size 12 requires, for dress, 2 1/4 yards 35-inch fabric; for bolero, 3 1/4 yards.

Send twenty cents for pattern. Write your name, address and style number. Be sure to state size you wish.

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

**A Morning Smile**

Two files were strolling along the ceiling. Suddenly one of them paused.

"You know," it remarked, "human beings are very silly."

The second fly shrugged.

"People are silly?" it echoed. "How do you make that out?"

"The first fly tapped the ceiling with its foot."

"Well take a look," it chirped. "They spend good money building a nice ceiling, and then they walk on the floor!"

Because of gasoline shortage Eire has stopped bus services at 6:30 P. M. and cut long distance services by half.

