

Woman's Realm Social and Personal Fashions Literature

Crisp! OVEN-FRESH

ASK FOR QUAKER

Cool... Crisp... delicious... and OVEN-FRESH! That's Quaker Corn Flakes! All the rich corn flavour... the crunchy crispness... the zesty tang of the added malt, are kept OVEN-FRESH in the big blue and yellow flavour-sealed package! Be sure to ask for Quaker Corn Flakes... they're OVEN-FRESH!

The Quaker Oats Company of Canada Limited

QUAKER CORN FLAKES

LOOK FOR THE BIG BLUE AND YELLOW PACKAGE

HORSESHOE CHALLENGE In Brighton Horseshoe Tournament we the undersigned do hereby challenge Neil Whitlock and Jack McCourt for a friendly game of horseshoes winners of the doubles.

ORCHID FROM THE DOCTOR In three out of five games to be played this evening at 8 o'clock Signed, Andrew Martin, James Conroy.

Orchid from the Doctor — How Mrs. F. "Cleans Up"

One day when I was mauling my garbage pail, the doctor said, "If more women would disinfect as they clean there'd be less chance of epidemics in wartime." Did I beam!

"It's a good idea to clean all over the house the hospital way—with Lysol," he said. So I began to use it every day in my cleaning. Bath, nursery, kitchen, everywhere.

MARK THIS TEST: Add ½ table-spoon of Lysol to each gallon of water. See how much less "allow grease" cleaning takes! Try it on: Sinks • Tubs • Toilets • The Linoleum • Garbage Pail

DISINFECT • CLEAN **Lysol**

Coop. by Lysol & Pink (Canada) Ltd.

TIPPY AND "CAP" STUBBS

SEE? TIPPY, WE'VE GOT TO SAVE UNCLE JIM. JUST THINK IF COUSIN MILIE COMES TO LIVE AT OUR HOUSE, 'STEADDA— JUST VISITIN'!

MILIE, BUDGEN MR. WELBY ARE AT YOUR HOUSE TO SEE YOUR COUSIN MILIE!

THEY'RE GOIN' TO HUNT ALL OVER TH' WORLD AN' FIND MR. WELBY'S BROTHER, AN' MAKE HIM MARRY HER!

WAIT!

TILLIE THE TOILER— MISDIRECTED CONFIDENCE!

TIP! GLAD MAC WROTE ME TO LOOK AFTER YOU!

GLAD TOO BUD!

THERE'S THAT BUD NICHOLS, I'D LIKE TO SCRATCH HIS EYES OUT!

TILLIE, LET'S DUCK IN HERE THERE'S A GIRL IN DUCK WITH!

SO YOU SEE, I'M MADE AN AWFUL SAP OF MYSELF!

GOOSH! MAC! SHOULD HAVE WRITTEN ME TO TAKE CARE OF BUD!

Dorothy Dix Says—

AGE HAS ITS COMPENSATION

It Brings Serenity, Trust In Life That Youth Doesn't Have

Practically all of us look forward to a time of dread when we will creak in unison with our joints and there will be no health in us and no fun in living. That is why we hang on to youth with our teeth and toe nails and lie about our birthdays and go through all manner of torture and deprivations trying to gambol around like Spring lambs long after we are stiff old sheep.

DON'T BORROW TROUBLE

Strangely enough, we seldom realize that we are as old as we are. One is that it brings us serenity. We no longer exist, as the young do, in a state of jittery apprehension about calamities that we fear will happen to us. After we have lived seventy years we cease to borrow trouble because we have seen that so many of the things that we feared do happen to us didn't happen at all. So many of the problems we laid awake at night worrying over solved themselves when the time came. So many of the catastrophes we dreaded turned into blessings that we have learned to trust life, instead of being terrorized by it.

Another of the compensations of age is that the old can do business on half the stock of charms and virtues that the young can. Any old person who is reasonably neat and tidy and in speaking distance of the young man who is gay and amusing talker instead of being tiresome and Grandpa would only keep their fingers out of their children's pies, they would be worshipped by their progeny.

Still another of the compensations of age is that it enables one to do what one wants to do and to leave undone those things which one doesn't want to do. The old have an ever-ready alibi at hand. They don't have to go to tiresome parties where they play games or to dull dinners where they keep only the ones they enjoy. And, having heard all the good music and read the classics, they can turn on the jazz and devour detective stories.

To women, who are more afraid of growing old than men, age is especially kind, little as they think it. Time chisels many a homely girl's face into a beauty and turns many a girl's womanly problems into a poised and pleasant time of life. Youth is popularly supposed to be a woman's best time of life. In fact, it is her most miserable, because it is torn with so many anxieties about her looks, her clothes, her dates and whether she will get a husband or not.

It is only after she passes sixty and doesn't care who knows it, and lets out her corset strings and quit counting her calories that a woman is really happy. Blessed be age!

A Morning Smile

SHE KNEW

Mrs. Newly Rich Dowager Lady Kumber (hand): "Now don't forget Mary, that we are usually referred to as the Richmond Kumber." A SMILE. "Yes, I know 'mam from the Kew Kumber." Scotch policeman in London was keeping the crowd away in front of the House of Parliament. A stout excited woman endeavoured to pass, but he restrained her. "I'm the wife of a Cabinet minister," she insisted, "you must let me pass." The Scot eyed her unperturbed. "Madam, you couldn't pass if you were the wife of Presbyterian minister!" — Silver Linings.

Etiquet DEODORANT CREAM

Stops underarm perspiration 1-3 days

24% Scientific tests prove Etiquet most effective deodorant cream tested.

- Spreads smoothly; not crumbly.
- Pure; not irritating to nor mild skin.
- Works fast; no need to rub.
- Will not harm delicate fabrics.

LOOK FOR THE BLUE FLAID JAR AT TOILET GOODS COUNTERS... 39c

By Edwina

This evening I managed to round up the bossies, with Pard's assistance and had the milking and most of the other chores done and the animals returned to the night pasture before the other laborers returned. As I worked, I took up my attention to anticipate, as humans will, easier days ahead when instead of being the principal performer, I shall once more revert to assistant. It may be in the near future, but for the next few evenings, I suspect, a contrary.

The workers returned with a very satisfactory account of their

By Webster

Well, if James goes to the fair tomorrow, I for one, will be obliged to skip out. Until tomorrow — Diary—Goodnight.

New Cream Deodorant Safely helps Stop Perspiration

1. Does not irritate 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, harmless washing cream.

5. Awarded Approval Seal of American Institute of Laundering—harmless to fabric. Use Arrid regularly.

Arrid is the largest selling deodorant

39c

Also 15c and 50c jars

ARRID

Ellen's Diary

By An Island Farmer's Wife

The other members of the family at Alderley were away to work in the morning. For I had a beautiful, warm, morning skin I thought to those in September, with the haze of smoke still lingering on horizons. There was no trouble to read the weather forecast even though there was little wind, the water on the stream, below the front meadow rippled to the east. James went to the east, James went to the east, so that yesterday evening's cutting might be in orderly winnowing before the hay-wagon came to the field for the gathering. Jock and Jeanie followed later with one of the teams in a hay-wagon.

I was a bit loath to have them go, for I had pleasant recollections of last years having at the other farm which was something in the nature of a plan for me. This farm located near Rob's than to Alderley, the work of cooking nature developed in Kewolyn. And too there is the novelty of working in another community, lovely place where generations of this name have made comfortable living from its fertile soil. The grounds attract me for there are beautiful shade trees planted by the hands of one who placed them artistically and selected fields "better than they know" for their planted for ages. There is an oak tree a giant of itself as maples graceful and shady. From the yard, one commands a splendid view of the surrounding country where snug and comfortable farm homes with fields of waving grain against the green of potato fields make a charming contrast. There is a stream rippling through its meadows to provide a cooling drink for the sun-baked pasturing there. This is the stream that presently loses its identity in another stream and thus strengthened, goes on to turn a mill-wheel further along on the Alderley road and then through a dam to a respectable showing as it cleaves our field parallel to that road goes on to join the water from the higher creek and continues on to turn a second mill-wheel below.

When James asked me this morning, a bit wistfully I thought, "I wish I had some other members of the family," I reminded him that it was "a sorry house" and also that "the guernsey heifer and the others of the dairy-herd were not to distinguish left to themselves for an entire day," he seemed to agree. However my fears that I might be a cooling drink for the sun-baked pasturing there, "at my size" were unfounded, for when Pard and I were treating the higher ground around the buildings, there was no sign of any inclination to break, which of course to me was a form of unexplained breakage.

It was quiet here today and excepting for conversations with Pard, one-sided—my, on the other hand, I was in a position to keep in touch with the hay operations. I spoke not a word about the hay, but I was interested in the moving person other than the mill-man making his way round a car wheel which drew my attention because of a cloud of dust in its wake even before I caught sight of the machine disappearing over the hill-top in the direction of Braeside. There I was like a head in the road, but I suppose I was so interested in my work they passed unnoticed.

I washed this morning, a number of pieces of late had been sent in a rather undignified pile. An added incentive to this, one of my favorite tasks, was because I had acquired a few pieces of home-made soap, which I was using in removing the grime and what-not of the hay. So the wash was a rather interesting one. I had a very good wash and I was in a hurry to refresh the sarden in good time to fetch the mail before assembling my "pic-nic" dinner.

I was able even to have extra time for reading the periodicals that had been gathering dust at least I got some heated through. I suppose I could have interested myself in some work but heat forbade much effort. When remembered those engaged in the hay, I called Karolyn to learn that the number had been increased by the addition of three stalwart farmers who had finished their own and had come across fields to lend a gratefully appreciated helping hand.

OUT IN THE FIELDS WITH GOD

The little cares that fretted me, I lost them yesterday. Among the fields above the sea. Among the winds at play. Among the lowing of the herds. The rustling of the trees. Among the singing of the birds. The humming of the bees. The foolish fears of what may pass. I cast them all away. Among the clover scented grass. Among the new mown hay. Among the rustling of the corn. Where drowsy poppies nod. Where ill thoughts die and good are born. Out in the fields with God.

Every shadow has its light; every night has its morning; every pang of pain has its thrill of pleasure; every sail tear has its crystal beauty; every weakness has its element of strength; every loss has its gain. So all through life these balancings run.—F. R. Miller.

A good sun tan oil can be made by mixing one cup of vinegar, one cup of olive oil and one teaspoonful of iodine. Black tea can be substituted for iodine in case of allergy.

CURTAIN FRINGE

Frings on curtains, slip covers or bedspread can be laundered without getting tangled in the washing machine. If the article is allowed to soak five minutes in warm, sudsy water in the machine and then the machine run slowly for two minutes.

Jack and the beanstalk has nothing on Jack James, 12, of Oak Park, and his victory garden. When Jack went out to pull a few radishes for dinner one day he noticed a particularly nice-looking one. He hit into it and found a five-dollar gold piece around which the radish had grown completely.

When painting at the time of year when insects might alight on and adhere to fresh paint, try adding from two to four ounces of citronella oil to each gallon of paint.

BLANKET STATEMENT

Worn sheets give extra wear when torn in two and outer edges made into flat seams down the middle. Ever try doing this with flannel-ette blankets? It's a win against wear and tear! When your blankets surrender several of them together, cover with cheery cotton prints and tie through knots of coloured yarn.

British women are to get stronger corsets soon. Authorities have made available a small increase in the allocation of hard strip steel day's work a satisfaction that was reflected in every countenance. The having is finished. Every mow and extra lot is miled, "pressed down" and several stocks stand as proud monuments to Rob's perseverance through the heat of those trying days. They came home in the dark! could hear the noise of the hay-wagons and horses far in the road. There was a lunch and then they lingered a few minutes to read papers and chat over today's work. James from the old arm-chair said: "We did well today" and added "we must be moving early in the morning." When I knew that a few days must elapse before grain-cutting commenced, looked inquiringly at him. He said: "I think I'll take a day off to-morrow and attend the fair."

UP AGAINST IT

The Duke of Portland, who is president of the Boy Scouts of the Nottingham County Council, in his annual report said that he would purchase a Scout uniform to wear at official functions as soon as he could save enough coupons. It takes 15 coupons to purchase Boy Scout shorts, shirt and socks.

Four-fifths if Greenland is covered by an ice cap many thousands of feet thick.

HAVE YOU HEARD?

Thermosets on deep fry cookers pegged at 315 degrees F. will mean a great saving of fat.

Fresh lard is not prescribed for eczema in human beings. Many cures have been made by the use of this simple remedy. A sandwich spread of 2-3 teaspoons of lard mixed with sugar or peanut butter can be taken three times daily. In very small children, one to three teaspoons are added to the diet daily and very often administered directly from a spoon.

Sweet potatoes are a rich source of Vitamin C—the vitamin found in citrus fruits.

A coating of fat protects frozen meat against shrinkage and freezer burn. After dipping in melted lard, frozen meat may be stored for months without objectionable loss of weight.—Alberta MacFarlane.

STARCH ON THE IRON

If the iron is giving poor service because of the starch that has stuck to it, saturate a cloth with water wring partly dry and rub soap on it. Place this on several thicknesses of paper and run the iron over it several times. The starch will rub right off.

STOLES HIGH STYLE

High style are the satin and jersey stoles designed to be worn with casual elegance and easy grace. As striking accents against black evening gowns, their beaded or paillette trims add their own touch to an occasion. They are distinctly flattering to tall women.

Wigwagging and heliographing, utilizing reflected flashes of sunlight were among man's earliest systems of signalling.

SLOW MOTION

The protrusion speed of the tortoise has been measured at 20 feet a minute, or four miles a day.

HINTS ON ETIQUETTE

If a woman wears long gloves at a formal dinner, she should remove them during the dinner.

PREVENTIVE MEASURE

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You Women Who Suffer From

HOT FLASHES then CHILLY FEELINGS

During 38 to 52 Years of Age!

If you—like so many women between the ages of 38 and 52—suffer from hot flashes, weak, tired, nervous irritable feelings, are a bit blue at times—all due to the functional middle age period peculiar to women—try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms.

Pinkham's Compound is one of the best known medicines you can buy for this purpose. Here's what the best known medicine you can buy for this purpose. Here's a product that helps nature and

That's a sensible kind to buy! Thousands upon thousands have reported benefits. Follow clear directions. Pinkham's Compound is worth trying.

Lydia E. Pinkham's VEGETABLE COMPOUND

Living & Leisure

The Woman's Realm

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Needlecraft For The Home

SMOOTH BARBACK

You'll be sure to adore your full quota of compliments as well as Vitamin in this sleek hot-weather sunback that owns a brief history for more formal moments.

No. 3797 in size 16 requires 1 1/2 yards 36-inch fabric (dress); 1 1/2 yards 36-inch fabric (bolero).

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

Address: Pattern Department, The Charlottetown Guardian.

Name _____

Street Address _____

City _____ Province _____

FISH FEATS

To pre-cook fish for fish cakes or casseroles, dishes, try steaming it on a rack instead of boiling. By steaming, the fish will retain more of the vitamins and minerals. A piece of cheesecloth placed under the fish will make it easier to lift out without breaking.

The up-to-date collar has a long handle that protects the collar from steam burns.

THE COOK'S CORNER

GREEN TOMATO RELISH

1 gallon green tomatoes
1/2 cup salt
2 medium cabbages
1 sweet onion
3 medium onions
6 1/2 cups vinegar
1 tablespoon celery seed
1/2 tablespoon whole cloves
1/2 cup sugar
per, using coarse blade. Combine with salt and let drain overnight in cheesecloth bag. Add in shape of cubes and onions, also put through food chopper. Mix vegetables together and add vinegar, sugar and the spices, tied in a bag. Cook over low heat until vegetables are tender—about 20 minutes. Drain and use hot sterilized jars and seal. Makes 6 to 7 pints.

BEANS IN BRINE

Use 1 lb. of coarse salt to 4 lbs. of beans. Wash beans, string, cut in desired lengths or leave whole. Place a layer of beans in a crock; sprinkle generously with salt. Repeat until all beans are used. Cover with a clean white cloth; place in a cool place (not in shade of a crock) over beans and put weight on top. If mould forms, remove cloth and wash and replace. To use beans, remove from brine, wash thoroughly, soak for 2 hours in warm water (long soaking softens the beans). Cook in boiling water without salt until tender—25 to 35 minutes. Drain and serve as fresh beans.

INOCULATION IMPROVES

BATHURST, Gambia, (CP) — Yellow Fever inoculation has protected 2000 Gambia natives from the disease since the inoculation was first introduced here. The inoculation has been amended accordingly.

FLY-TOX

KILLS FILTHY FLIES AND ALL OTHER INSECT PESTS

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 week. The questions are those which have reached the Wartime Price and Trade Board from consumers in this region. The answers are prepared by the Board's staff of people 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 Price and Trade Board.

Q. Am I required to have all the coupons in my gasoline coupon book marked with the license plate number of my car?

A. Yes. All coupons must be marked immediately upon receipt of the book. A gasoline station attendant is not allowed to honor a book unless all the coupons in the book are so marked. Each person who has a gasoline ration book in his possession should follow carefully the instructions printed on the inside of the book.

Q. I intend to spend 10 days at a summer camp. Do I have to surrender coupons from my ration book to this camp?

A. No. Coupons need not be surrendered to hotels, camps or other War Users establishments unless you are in residence for full two weeks. Coupons must be surrendered for each full two week residence.

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