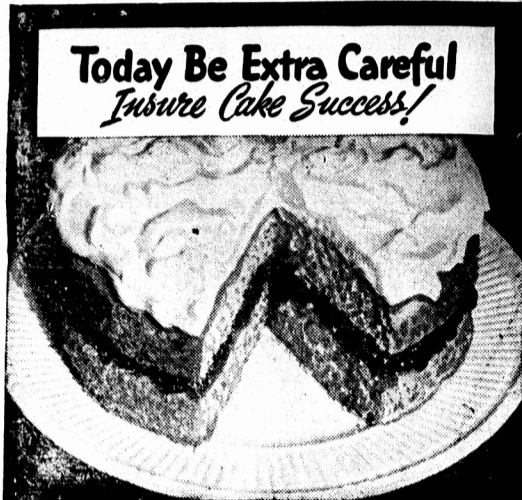


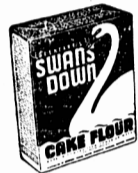
Woman's Realm / Social and Personal / Fashions / Literature



Today Be Extra Careful Insure Cake Success!

THERE'S no need to give up cake baking for the duration—but there is every reason to make sure that every cake you bake is a success. And there is no better insurance than using Swans Down Cake Flour.

Ordinary flours contain a tough, elastic gluten—excellent for yeast, but too resistant for cake leavens. Swans Down is made of choicest soft wheat that contains a very delicate, tender gluten. Besides, Swans Down is sifted until it is 27 times as fine as ordinary flour. That's why you'll be proud of your thricest cakes—when you make them with Swans Down.



SWANS DOWN CAKE FLOUR
A Product of General Foods

Living & Leisure The Woman's Realm

If all the good people were clever, and all clever people were good, the world would be nicer than ever. We thought that it possibly could.

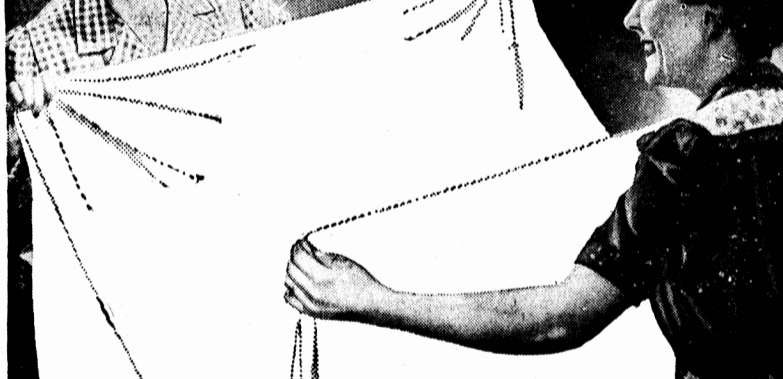
But somehow, 'tis seldom or never the two hit it off as they should; the good are so harsh to the clever, the clever so rude to the good.

EASY ON THE GASKET

The rubber gasket around the door of the refrigerator acts as an insulator. Take care of it for it is perishable and difficult to replace. Don't touch it unnecessarily in opening and closing the door for perspiration or oil from the skin injures the rubber. Don't let it get wet and do wipe off immediately any food that may be spilled on it. Oil and grease are rubber's worst enemies and dampness, too, causes the rubber to rot.

Many people puzzle over the difference between "worsted" and "woolen." They constitute the two classes of wool fabrics. To make worsted yarn, wool fibres from two to five inches or more in length are combed parallel to one another before they are spun. Because the smooth surface of worsted resists wear it is an excellent clothing fabric.

If cheese becomes stale, wrap it in a cloth steeped in vinegar for a couple of hours. It will become fresh once again.



NO ONE CAN SAY YOUR SHEETS LOOK HALF-WASHED!

THAT'S BECAUSE I KNOW I NEED SUNLIGHT'S "EXTRA-SOAPINESS" FOR EXTRA-DIRTY SPOTS

See sheets, pillow cases, all your wash come **BRIGHT AS NEW!**

HOW EASY! Just touch those dirty spots with Sunlight. They'll shed their dirt like magic without destructive rubbing, no matter how you do your wash.

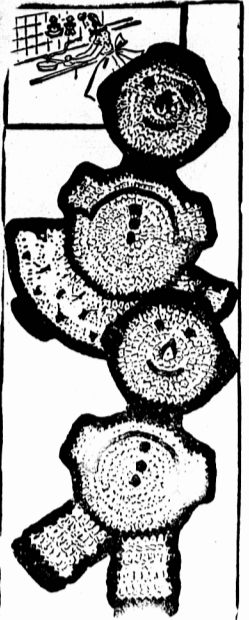
Yes, Sunlight brings you extra cleansing power. It gets out deep-down dirt as well as surface dirt. No more fretting over clothes that look "half-washed." Even the dirtiest work clothes and children's play suits come clean all over. Without back-breaking work your wash looks fresh and bright—smells sweet as clover!

SPEEDS UP DISHWASHING. Watch the grease disappear in jig time when Sunlight's in the dishpan. It cuts dishwashing time almost in half. It's all pure soap—so kind to your hands! And get Sunlight's extra help with house-cleaning, too. See woodwork, tile, linoleum, windows come sparkling bright!



FOR A COMPLETE WASHING JOB YOU CAN'T DO WITHOUT **SUNLIGHT**

POTHOLDERS ARE USEFUL CHRISTMAS GIFTS



These gay boy and girl potholders are durable and charming little additions to any kitchen. Easy to crochet. Pattern No. 1203 contains complete instructions. Write or send above picture with your name and address with 15 cents in coin or stamps to Needlework Bureau, Charlottetown Guardian.

Design No. 1203
NAME _____
CITY _____ PROVINCE _____

For business and school worsted fabrics should be washed the same way as woolen ones—dipped gently in lukewarm suds and never wrung, twisted, or rubbed. Woolen yarn is made by carding the fibres, allowing them to lie in all directions. The yarn is less even than worsted and fuzzier in appearance because the fibre ends protrude slightly. Woolen yarns are softer and more elastic but not as strong as worsted. Most flannel broadcloths, meltons, velours, kersey and mackinaw fabrics are woolens. Other woolen fabrics have their effect created by weave, yarn construction or color, as in tweeds. Generally, woolens do not wear shiny but some set "sheen" because of the looseness of the yarn or weave.

I'M FINDING WAYS TO MAKE COFFEE GO FURTHER



FIRST—I've learned to buy coffee that gives me more flavor ounce for ounce: Chase & Sanborn Coffee. It's super-rich!

And I make sure the coffee container is air-tight—that the coffee-pot is scooped clean. Of course, I measure the coffee and water accurately for exact strength—and I make not one bit more than the amount I need. And I serve coffee as soon as I can after it's made.

But my best rule, I think, is that first one: Get Chase & Sanborn Coffee. And, remember, quality coffee goes further.

CHASE & SANBORN COFFEE

Dorothy Dix Says—

NO HUSBAND INDIFFERENT TO WIFE WHO PLAYS UP TO HIM

Finer Love Than Honeymoon Romance Keeps Loyal Couple Together Through Life

DEAR MISS DIX—I have been married for nearly two years, but I have only spent six months with my husband as he is on active duty in the navy. We are both 25 years old and very much in love, and it makes me raving mad for people to tell me that after a few years we will get over it and that in ten years we will be indifferent to each other.

I believe that fifty years from now we will both feel the same way about each other. I mean by wanting to be together all the time and showing our love by consideration for each other.

Yet the people in the office where I am employed are constantly telling me to wait and see how we will change later on. What's the use in waiting married if you get married with that idea in mind?

I work in a defense plant and every time my husband comes in port, which is every three or four months, I take the time off and go to see him. He doesn't get any time for a month to come home and it means so much to him to have me. He has told me that when he is at sea, he has to go to the movies to see me. I don't know what a man is like.

REAL LOVE IS IMMORTAL

ANSWER—Certainly you are and don't let anyone tell you differently. Meet your husband every time he comes to port, keep yourself jolled up so that he will have a lovely picture of you to take away in his memory. No husband is more indifferent to his wife as long as she makes him feel that she is the most important thing in the world to her, and that she is willing to take any amount of time and trouble to be with him.

It is in the indifference of women who don't think a husband is worth dressing up for or catering to, or being flattered and jolled, who lose them to other women. As long as a wife acts like a Lady Love, her husband is more likely to stay with her than a woman who acts like a "Babe." Don't listen to the people who tell you that love doesn't last. It does. Real love is one of the immortal things even in this life. Among my friends were one couple who were married more than sixty years, and in all that time the husband and wife were as devoted to each other as the day they were married. He never called her anything but "Beautiful Lady." I am sure that he never saw the ravages that "time" made in her looks, or over benefited by anything but the lovely bride he took so he altar. And after death took her away from him there was never a day that he did not spend an hour or so at her tomb "visiting," as he always called it, with his "car."

There is nothing that really takes so much punishment as conjugal love. It is a continual marvel that so many husbands and wives still stay together and stand so much ill-treatment from each other. I know so many couples who treat each other any kindness, any appreciation, even any common politeness; I have heard wives accuse their husbands of every crime under the sun, and yet there was some tie between them of affection that bound them together and that kept them from getting into serious trouble via the divorce court.

Those who tell you that you will not always feel towards your husband as you do during your honeymoon are right. It is true that conjugal love does not last, but the husband and wife can take its place. There can come the solid, substantial love that has grown up between a husband and wife who know from experience they can trust each other; that they will always stand by each other, and that no matter what trials and tribulations come to them, they will fight it out together shoulder to shoulder. That is the sort of love that doesn't end in ten, or twenty, or fifty years. It is the love that lasts beyond the grave.

DEAR MISS DIX—I have been keeping company with a man for about a year and as I have reached the age of 36 I am dubious about the future. He has a widowed mother, whom he says he has to look after, and my parents are over 70 and am the only one at home to care for them. He thinks it is our duty to stay with our parents and not get married.

(Continued on page 8)

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 or price control are invited to send them in writing to the Women's Region Advisory Committee of the War Times Prices and Trade Board.

Q. I understand the tea and coffee ration was increased recently. Would you kindly explain how we get that extra one-third of an ounce?

A. Yes, the tea and coffee ration was increased one-third. However, the coupon value was not changed so that you would get exactly the same quantity of tea and coffee for each coupon as you did previously. The increase was given by adjusting the valid dates—that is, tea and coffee coupons became valid every four weeks as before instead of every three weeks as before.

Q. How many fluid ounces are supposed to be in a pound of corn syrup?

A. There are 12 fluid ounces in a pound, as indicated on the preserves ration chart. You will notice on the chart in your store that one "D" coupon is good for not more than 14 fluid oz. or exactly one pound. The amount of syrup, honey, molasses, etc., which you can get for one "D" coupon varies according to the particular food item. When buying goods in containers it will not always be possible for the consumer to get the exact value for his coupon.

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CONTAINS NO ALUM

MADE IN CANADA
MAKES EVERYTHING FINE-TEXTURED, DELICIOUS—COSTS LESS THAN 1 PER AVERAGE BAKING

THE COOK'S CORNER

White Fruit Cake
1/2 cup mild-flavored fat
1 cup fine granulated or fruit sugar
3 eggs
1/2 cup raisins
1 cup mixed peel
1 cup chopped, candied or maraschino cherries
1 teaspoon baking powder
1 teaspoon salt
2 1/2 cups all-purpose flour or 2 1/2 cups pastry flour
1/2 cup fruit juice or milk
Cream fat. Add sugar and fruit well together. Add eggs one at a time, beating after each addition. Dredge fruit with part of the flour. Mix and stir remaining flour and baking powder. Add alternately with the liquid. Mix in the candied fruit. Line a deep pan with greased paper and fill two-thirds full with the batter. Bake in a slow oven, 300 degrees F. for about 1 1/2 hours. Makes 2 1/2 lb. a 7 x 7 inch cake.

Shortbread
1/2 cup milk-flavored
1/2 cup butter
1/2 cup brown sugar
1/2 teaspoon salt
1 egg yolk
1 1/2 to 1 3/4 cups all-purpose flour

1 1/2 to 2 cups pastry flour
Soften fat and butter slightly but do not allow to become oily. Stir in sugar, egg yolk and salt, using a wooden spoon. Mix in flour, adding it a little at a time until mixture is too stiff to work with a spoon. Turn onto a floured board and knead lightly, working in rest of flour as needed until the surface of the dough begins to crack. Roll out about 1/4 inch thick and cut with a small cookie cutter. Bake in slow oven, 325 degrees F. about 20 minutes or until delicately browned. Makes 3 to 4 dozen cookies.

Wartime Dark Fruit Cake
2 1/2 cups all-purpose flour or 2 1/2 cups pastry flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
2-3 cup mild-flavored fat
1/2 cup raisins (white or brown)
4 cups sliced
2-3 cup sliced candied or maraschino cherries
1/2 cups mixed peel
2 eggs
1/2 cup grape juice
1/2 cup molasses
1 teaspoon vanilla
1 teaspoon lemon extract
1/2 teaspoon almond extract
Sift flour, baking powder, sugar and salt. Add fat and sugar and rub together until there are no lumps of fat and add and mix well. Combine lightly beaten eggs, grape juice, molasses and flavouring. Add to flour mixture and mix thoroughly. Line a deep pan with greased paper and fill two-thirds full with the batter. Bake in a slow oven, 300 degrees F. for about 3 hours. Makes 2 1/2 pounds, a 7 x 7 inch cake.

WEEKLY WARTIME FOOD HINTS

Martha Logan, Swift's famed Home Economist, whose weekly cooking column is a regular feature of this page. Look for these valuable hints every Monday!

by Martha Logan



Sizzlin' Sausage

You get a lot of fine flavour and nutrition per coupon out of pure pork sausage

To make the best use of your meat ration, send 10¢ for Martha Logan's famous handbook of meat cooking "Meat Complete." Write to Swift Canadian Co. Limited, Dept. M-111, Montreal.

For breakfast, dinner or lunch, sizzlin' sausage is welcome cold-weather food. For a main meal dish, the old favourite Sausage 'n mashed—juicy-brown pan-fried sausages on a bed of creamy-white mashed potatoes—is an easily prepared and appetizing platter-full. If your party is large and your supply of sausage small, stretch the meat by serving with a high-protein vegetable such as beans. Canned baked beans are to be allowed again; and the dehydrated variety are pretty generally available. If, on the other hand, you don't need all your sausages at the one meal, sausage meat is a fine ingredient for spaghetti sauce and in dressing for meat or birds.

MEAT is material of war

SWIFT CANADIAN CO. LIMITED
a Dominion-wide organization devoted to the conservation and efficient distribution of Canada's food resources

A Morning Smile

WELL PLACED
"Isn't your son rather young to be joining the army?"
"Yes, but, you see, he's only in the infantry."

WEARIED
"I have been on this train seven years," proudly said the conductor of a slowly moving train. "Passenger—Is that so? Where did you get on?"

Needlecraft For The Home

SOMETHING NEW
Here's a jumper that's "different," a suspender style with a sailor collar in back. Try it in a pretty plaid, checked or plain wool.

Style No. 3455 is designed for sizes 10 to 20. Size 16 requires 1 1/2 yards 64-inch fabric, skirt; 1 1/2 yards 38-inch fabric, blouse. Complete guide in each pattern.

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

Style No. 3466

Name _____
Street Address _____
City _____ Province _____

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