

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

HERE'S HOW YOU CAN MAKE COFFEE GO FURTHER! Six Easy Ways!

- 1 Buy your coffee for flavor. Get super-rich Chase & Sanborn Coffee!
2 Always keep coffee in an airtight container.
3 Measure both water and coffee carefully for greatest strength.
4 Keep the coffee-pot scoured clean.
5 Make only exact amount needed—never more.
6 Serve coffee soon after it's made.



SUPER-RICH Chase & Sanborn Coffee brings you the truly choice coffees of the world. Compare it to any other coffee for flavor! Buy Chase & Sanborn Coffee—quality coffee goes further.

CHASE & SANBORN COFFEE

Living & Leisure The Woman's Realm

—DEFAUDED—

(By Bertha Germeaux Woods) Her mother never taught how sweet Are fruits of self-denials. She never said: "We grow in strength By bravely meeting trials.

She never told her, (though so good For those young ears to hear it!) "The things unseen are greatest. "The real you is your spirit."

What pity that with such a wealth Of maxims for the choosing, She failed to teach that paradox: "We find our lives by losing."

MEAT AND HEAT

Low cooking temperatures keep meat shrinkage at a minimum. A steady oven heat of 325-350 degrees F means more pounds of meat on the table—and not only more meat but juicier, better flavoured meat. For economical carving, a roast should not be taken directly from the oven to the table. It needs a 5 or 10 minute rest in the warming oven en route. This allows the meat to "set" and makes for easier and more economical carving.

NO ONE A WALL-FLOWER

The house will feel warmer if chairs and sofas are moved away from outside walls. There may be as much as 10 degrees difference in the temperature of the room near an outside wall.

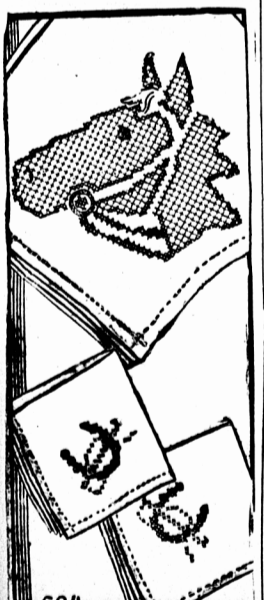
FROM THE OUTSIDE IN

If you have an old suede jacket that has become worn around the neckband and wrists rip it and wash it—it will wash like cotton if lukewarm suds are used—dry it, and cut it over for a lining. It will make little sister's coat invulnerable to icy winds and cold.

ORANGES AND LEMONS

Do you throw away half the food value of oranges? Toss of people do when they strain the breakfast orange juice. Serve it

A FAVORITE PPT EMPLOYMENT ON LUNCHEON SET IS AN INEXPENSIVE PRESENT



DESIGN NO. 584

Horse heads are embroidered in cross stitch on opposite corners of a luncheon cloth. The smaller motifs are worked in the corners of napkins. Hot iron transfer pattern No. 584 contains 2 motifs measuring about 7 1/2 by 8 and 6 motifs measuring 2 by 2 1/2 inches each with complete instructions.

To order pattern: Write or send above picture with your name and address with 15 cents in coin of stamps to Needlework Bureau, Charlottetown, Guardian.

Design No. 584

NAME _____

STREET ADDRESS _____

CITY _____ PROVINCE _____

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's Readers. Persons who have intelligent questions to ask no 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. I have not used my tea ration coupons all summer in order to include tea in my Christmas parcel to relatives in England. I am now told I cannot do this. A. You have been incorrectly informed. It is permissible to send gifts of ration commodities such as tea to your relatives if purchased with coupons from the sender's own ration book.

Q. On November 10, I bought 3 tins of strained apple sauce for the baby and did not surrender any coupons. This week I bought 2 tins of the same brand and had to give one coupon. Which is right? A. The merchant who collected your "D" coupons is entirely correct. You should receive two tins of this baby food for one "D" coupon. The other grocer will be notified immediately that he must collect coupons for this product.

Q. I saw a quarter of beef hanging in my butcher store. It did not appear to be stamped. Should all beef be stamped and graded to show it is being marketed legally. A. All beef must be stamped and graded to show it is being marketed legally.

Q. How can I tell if I am getting the cut of beef at the price shown on the chart in the butcher shop? A. You cannot tell. However if you are in doubt secure a receipt for your purchase. Have your butcher state on this receipt the grade of meat purchased and the price per pound and see if it is the same as shown on the chart.

Q. Does the price chart showing cuts of beef and the prices in the butcher shops include only the best cuts? A. No. Charts should cover all grades of beef offered for sale in the butcher shops.

Q. A particular three roomed flat has been rented at \$30 a month under the same circumstances as the owner rates the rent to \$28. A. There is no ceiling on rent. The amount would be a matter to be decided between the purchaser and the owner.

AIRPORT GRASSING

The Dominion Experimental Farms Service from coast to coast has assumed the responsibility of largely supervising the grassing and mowing of airports across the Canadian continent.

A larger wheat acreage is reported to have been planned for the 1944 harvest in Britain.

Home Service

WOMEN SUDDEN JOURNEYS FOR YOU GOOD BELLIES BARE A RIVALS

GOOD PARTY GAME With winter approaching and indoor parties coming up you naturally want to have some games to entertain your guests.

The crowd is on tiptoes with excitement when you stage this game. Props and directions are simple and are included in our booklet.

A party really has to be fun if it has no trouble at all to keep the crowd amused—when you have a supply of games to suit every taste.

Our 32-page booklet describes how to play rollicking action games; fascinating brain battles and guessing games; fortune-telling stunts; new versions of the ever-popular spelling bee as well as parties for special occasions like Christmas and New Year's.

Now is the time when these games come in handy because you're doing a lot of entertaining for servicemen and these games will help with the fun and get everyone acquainted easily.

Send 15 cents in coins or your copy of Party Games For All Occasions 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 _____

Dorothy Dix Says—

NIGHT OFF GOOD FOR HUSBAND, WIFE WHEN PROPERLY SPENT

Relieves Monotony Of Years Of Evenings At Home, But Must Not Run Into License

DEAR MISS DIX—Do you think that all married couples should have a night off now and then? If so, how often? And should they take as their companion one of their own sex or the opposite sex? And how would you suggest that they amuse themselves on the outings? L. R. G.

NO RULES FOR NIGHT OFF ANSWER—Of course, every question connected with the domestic problem becomes an individual one for each particular husband and wife, and no hard and fast rules can be laid down that will cover every situation.

I think that the chief thing that is the matter with matrimony is monotony. It gets to be a deadly dull grind because it is the same thing year in and year out. This is not because they get on people's nerves and makes them want to jump the bars and get out. I think that the wise thing is to use preventive measures, to break the monotony and to introduce as much novelty and change as is consistent with the circumstances.

So I suggest the night off for husbands and wives. No human beings, no matter how much they love each other, can be together continuously without telling each other everything they know and feel until they run out of conversation. For proof of this you have only to watch a husband and wife in the place of amusement. At the restaurant they will be sitting up in silence, with never a word to say to each other. At the theatre they will be reading the program from cover to cover, while all around them strangers will be gaily chatting.

And at home in the evenings there is a silence so dense you could cut it with a knife until some guest drops in and starts the conversational ball rolling. This is not because husbands and wives are not fond of each other. It is just because they are fed up with each other. But let either of them go away for a few days and when they are reunited they talk their heads off.

So I think that the main virtue in the husband and wife taking a night off separately would be that it would give each something fresh to talk about, and make each one a more entertaining companion to the other. But I certainly think that it would be a highly dangerous proceeding for either husband or wife to have a date with one of the opposite sex. Nor is this necessary. If you will eliminate the sex appeal, you will find that men prefer the society of men and women that of women.

No man really likes to play games with a woman, because he feels it ungentle to beat her and humiliating to be beaten by her. No man really wants to discuss sports, or business, or the stock market with women. And it is the same way with women. The topics that women have a real heart interest in bore men to tears. So in every mixed crowd you will see the two sexes drawing into their own separate camps, unless they are flirtatiously minded.

The danger to the husband and wife with a member of the opposite sex would be that their "date" would come to mean something more than a casual companion. He and she would come to represent the holiday, the treat, the toy "me" of the week when one allowed the yoke for a little while and drew a breath of freedom, as against the other six days and nights of work and worry and duty and matrimony.

And the "date" would offer the inevitable comparison of one who was always pleasant and agreeable and dressed up and looking his or her best with the companion of one's bosom who must show the toil and strain of the workaday world.

Husbands and wives need more liberty, but they have to be careful not to let it run into license more than any other people, they need to pray to be kept from temptation.

DEAR DOROTHY DIX—I have a friend in her late twenties who has been going with a young man for more than three years, and who has been true-blue to him and they have lived together as husband and wife, but when she asks him when they will get married he gets angry with her and curses her, and tells her that if she isn't satisfied to get somebody else. She does everything for him, even shines his shoes.

I tell her that he will never marry her, but she says that she can't give him up. He runs around with other women. I don't know what to say to her. What do you think? A FRIEND.

WOMAN'S ATTITUDE TOWARD MAN GREAT PUZZLE

ANSWER—Of course, the man isn't going to marry her, and it would be the worst thing that could happen to her if he did, because that sort of a deal makes the kind of a husband who is a curse to any woman.

Why women hold themselves so cheaply that they give themselves to men who give them nothing, and who are not even grateful, and why they hang on to men who are tired of them and are trying to free themselves of the hands that cling to them, is a mystery past all guessing.

But they do. Women let brutes kick them around and they love them still. They kiss the hand that strikes them, and they go on hoping and believing for nothing that the man who has married them in the first place will marry them in the end. The world furnishes no other such example of folly and optimism and heartbreak as these women present.

The only advice you can give your friend is not to waste any more time upon the gay deceiver upon whom she has set her heart. He never intended to marry her. He never will marry her, and the sooner she realizes this, the better.

Her plight is, indeed, a sorry one, but she is young enough to retrieve her life and make something of it if she will give up her fool's dream and forget this man who has so deceived her.

DEAR MISS DIX—I receive personal attentions from my employer, which I do not like. How can I tell him that I am not even grateful, and why they hang on to men who are tired of them and are trying to free themselves of the hands that cling to them, is a mystery past all guessing.

DEAR MISS DIX—As a general thing, the freezing process is best. There are very few men who will pursue a girl who persistently gives them the cold shoulder, who refuses every invitation and shows that she is tired of their attentions. It is the girl with the cold shoulder, who is the one who is vulnerable spot. It is the girl with the cold shoulder, who is the one who is vulnerable spot. It is the girl with the cold shoulder, who is the one who is vulnerable spot.

If however you have tried snubbing your employer and it has done no good just have a frank talk with him. Tell him that you are a good straight girl and mean to keep yourself that way. If he dares ask him how he would like to have some other man treat him, and if he says no, then you can tell him that you are a good straight girl and mean to keep yourself that way.

If your employer still persists in his familiarity, all you can do is to leave. No job is worth the sacrifice of your self-respect.

CHEWS POISONED FLESH

BRISBANE, Australia.—(CP)—In the township of Cooroo 80 miles from here, Elaine Lovell, five, was bitten by a large black snake. Her father had no knife so he chewed the skin around the bite and was able to suck the poison from the wound, saving her life.

The sum of the Record of Performance service for dairy cows is to assist and encourage breeders in the development of higher and more economical production, and to provide reliable information for the guidance of both buyer and seller. In 1942, 77,221 cows were entered for test, an increase of 2,776 over the previous year.

Try This Old Home-Mixed Cough Relief. Surprising!

Anyone Can Make It. No Cooking. Big Saving. You may not know it, but, in your own kitchen, and in just a moment, you can easily prepare a really surprising relief for coughs due to cold. It's old-fashioned—your mother probably used it—but for real results, it is hard to beat.

First, make a syrup by stirring 9 cups granulated sugar and one cup of water a few moments, until dissolved. No cooking needed. No trouble at all. Then get 2 1/2 ounces of Pinex from any drugist. This is a special compound of proven ingredients, in con-

2 WAYS TO MAKE PRECIOUS JELL-O and JELL-O PUDDINGS Go Further

UNFORTUNATELY, due to wartime conditions, no housewife is getting all the Jell-O and Jell-O Puddings she would like to get. But when you are able to get either, you are sure of satisfaction. Use them carefully and make them go as far as possible. Here are two ideas to help you.

JELL-O CUBES WITH CUSTARD 2 cups hot water 1 cup custard sauce 1 package JELL-O (Strawberry, Raspberry or Cherry)

Dissolve Jell-O in hot water. Turn into shallow pan. Chill until firm. Cut in cubes. Pile cubes lightly in sherbert or parfait glasses. Pour custard sauce over the cubes of shimmering Jell-O. Serves 6 to 8.

Easy, isn't it? And here's an idea for Jell-O Puddings!

JELL-O TRIFLE 1 package JELL-O PUDDING (any flavor, but vanilla is specially good) 6 or 7 squares plain cake Home-made jam

Prepare Jell-O Pudding as directed on the package. Spread top of each square of cake with jam. Place squares of cake in individual dessert dishes. When pudding is cool, pour over cake and chill.

This recipe gives 6 or 7 servings of as delightful a dessert as you ever tasted. You can thank the unvarying quality of Jell-O Puddings for that full, rich flavor—that smooth, creamy consistency.

JELL-O AND JELL-O Puddings Products of General Foods

THE COOK'S CORNER

OATMEAL APPLE CRISP 4 cups chopped apples 1/2 cup corn syrup 2 tablespoons white sugar 1-4 cup hot water 4 tablespoons butter 1 cup rolled oats 1-4 cup flour 1-2 teaspoon salt 1-2 cup brown sugar

Method: Peel and core the apples and slice thinly. Arrange in a greased oblong baking dish and cover with the corn syrup. Sprinkle the white sugar over this, then add the hot water.

Sift together the flour and salt and then add the rolled oats and the brown sugar. Mix well and then add the butter. Cut this in until the mixture is in coarse crumbs. Sprinkle over the top of the apple mixture in the pan and bake in a moderate oven (350 degrees) for 1 hour. This may be baked with the meat if desired. This is nice served either plain or with cream.

A Morning Smile

A western lady attended a funeral in a church in a small town a short time ago. After the singing of a hymn which was strikingly melodious and appropriate, a male friend who was seated beside her remarked, with an air of intense local pride:

"Beautiful hymn, isn't it? The corpse wrote it."

"Father," said little Frank as he turned the pages of his history book, "how did the cliff dwellers keep warm in the winter?"

"Why, I guess they used the mountain ranges. Now don't ask any more foolish questions!"

MAPLE PLAINS W. I.

The monthly and annual meeting of the Maple Plains Women's Institute was held at the home of Mrs. Richard McCarville on Tuesday evening, November 2nd.

The meeting opened by singing the Institute ode followed by repeating the creed in unison. The minutes of the previous monthly meeting were read, approved. Roll call was responded to by paying membership fees. It was moved by Mrs. John Cairns and seconded by Mrs. Richard McCarville that a mass be sent to the sick. The committee gave their report and the following new ones were appointed:

Sick: Louise Cairns and Marion McCarville. Program, Mrs. Parnell McCarville and Rita Murphy.

The following are the slate of officers for the coming year: President, Mrs. John Cairns. Vice-Pres., Mrs. Fred Walsh. Sec'y-Treas., Rita Murphy. Directors, Mrs. Parnell McCarville, Mrs. Richard McCarville, Mrs. Louise Cairns and Mrs. Marion McCarville.

The next meeting to be held at the home of Mrs. Fred Walsh. Roll call to be answered by the exchange of Christmas gifts. The meeting closed by singing the National Anthem. A "rich" lunch was served by the hostess.

Wax has many important war uses and there is no better time for beekeepers to salvage it than during the winter months. All scraps accumulated during the summer, cappings, combs culled from supers, and everything from other hive equipment should be rendered and placed in the regular salvage channels of trade.

IF YOUR NOSE 'CLOSES UP' TIGHT AT NIGHT

Here's mighty good news... 3 purposes Vicks Vapo-nol does 3 important things: (1) shrinks swollen membranes; (2) soothes irritation; (3) helps flush nasal passages, clearing clogging mucus, relieving transient congestion. It brings more comfort, makes breathing easier, invites sleep.

And remember, Vicks Vapo-nol helps prevent colds from developing in the regular salvage channels of trade.



HEALTH LEAGUE OF CANADA

COOKING VEGETABLES FOR VITAMIN PRESERVATION We now know that the method of cooking vegetables is just as important as the choice, in obtaining a maximum amount of vitamins.

1. The leafy vegetables, such as spinach, cabbage, broccoli and strong flavoured vegetables such as onions, turnips and Kohlrabi are cooked without a cover.

2. The other ones, beets, carrots, corn, parsnips, peas, potatoes, squash, string beans, etc. are cooked with a cover.

3. If you follow these few rules in cooking you will be getting the maximum food value from your vegetables.

4. Use raw vegetables. 5. Bake or steam them frequently. 6. Wash, peel or cut vegetables just before cooking. 7. Use the cooking water for soups, sauces, etc. 8. Serve immediately to the table. A post card request to the Health League of Canada, 1111 Avenue Road, Toronto, will bring you a copy of its authoritative Vitamin Chart.

Needlecraft For The Home

FOR THAT WELL-GROOMED LOOK This two-piece is stylish tailored in the feminine manner, which makes it such a happy choice for under-coat wear.

Style No. 2655 is designed for sizes 14 to 48. Size 36 requires 4-1/4 yds. 39in fabric. Complete sewing in each pattern.

Send 25c in coin for pattern. Write your name, address and style number. Be sure to state size you wish.

Name _____

Street Address _____

City _____ Province _____

IF YOUR NOSE 'CLOSES UP' TIGHT AT NIGHT

WINDS BREATHING—SPOOLS SLEEP

3 purposes Vicks Vapo-nol does 3 important things: (1) shrinks swollen membranes; (2) soothes irritation; (3) helps flush nasal passages, clearing clogging mucus, relieving transient congestion. It brings more comfort, makes breathing easier, invites sleep.

And remember, Vicks Vapo-nol helps prevent colds from developing in the regular salvage channels of trade.

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