

Woman's Realm Social and Personal Fashions Literature

New Year's Week Ration Fashion

FOR A FAMILY OF FOUR

SUN.	MON.	TUE.	WED.	THU.	FRI.	SAT.
Steak	Boiled Tongue	New Year's Turkey	Tongue Dish	Frosted Meat Loaf	Turkey Royal	Scarcages
Group C	unrationed	unrationed	left-over tongue	Group C	left-over turkey	Group D
2 lbs. 1 coupon				1 lb. 4 tokens		1 lb. 3 tokens

A change is as good as a rest—so if the holiday week has you in a whirl you can at least have a change in the season's festive fare by making a sizzling steak the focal point of Sunday dinner. Monday's suggestion is to cook a tongue and serve it hot with a horseradish or mustard sauce. To ring in the New Year on Tuesday, roast Turkey will be King of the Feast. Wednesday calls forth the tongue to be sliced and reheated in a tangy tomato sauce; or if you prefer a take-it-easy-meal it can be served cold, alternated with sliced turkey. A return to plainer living is intimated in Thursday's meat loaf, made from half a pound each of ground beef and veal. But it can be given a party touch by being removed from its pan when baked, frosted with whipped potatoes and returned to the oven for a delicate browning. On Friday, the remnants of the New Year's bird can be done up in regal fashion—sizeable cubes along with green peas and mushrooms in your best cream sauce served on hot corn bread squares. For a final flourish, the bones are scheduled for the soup pot. And if you have not already tried it, cream of turkey soup should prove worthy of being added immediately to your reminder list for next year. Sausage for Saturday is a flexible purchase. One pound will nicely serve four. Or if you are still in company mood, it can be tastefully extended by being served atop a savoury spaghetti dish.

The week's rationed meats have taken barely half your coupon allotment. The remainder is to help you to stretch your holiday catering capacity if needed, or to be set aside in your "Sunday roast bank".

Modern Etiquette

By Roberta Lee

Q. Is it proper to introduce a Protestant minister as "Mister"?

A. Yes, unless he holds the title of Doctor, or Dean. Then one should call him "Doctor Brown" or "Dean Brown."

Q. What amount does the ten per cent tipping system refer to, when paying for a meal?

A. When the bill amounts to 2.50 or more, if the bill is only fifty or seventy five cents, the size of the tip is optional.

Q. Is there any kind of suit worn by the well-dressed man that is considered correct for all informal daytime occasions?

A. Yes; the business suit, when immaculately clean and neatly pressed.

Cook's Corner

RAISIN SAUCE

1-2 cup seedless raisins, washed and drained
 1-3 cups cold water
 1-2 cup brown sugar, lightly packed
 1-2 teaspoon salt
 1-2 tablespoon corn starch
 1-3 cup very mild vinegar (or diluted strong vinegar) dropping
 1-2 tablespoon fine-flavored dripping
 1-2 teaspoon ground cinnamon
 1-2 teaspoon ground mace
 Worcestershire sauce
 Combine raisins and cold water in a saucepan and bring to a boil, then simmer, uncovered, for 5 minutes.
 Combine the brown sugar salt and corn starch and gradually stir in the raisin mixture; return to saucepan and cook over low direct heat, stirring constantly until smoothly thickened; cover and continue to cook, stirring occasionally, until no raw flavor of starch remains.
 Stir in the vinegar, dripping and, if desired, the cinnamon, mace and Worcestershire sauce. Boil for 1-2 minutes, thoroughly before serving.

Dorothy Dix Says—

Rich In Memories

Happy Childhood Helps Weather Vicissitudes of After-Life

People make collections of many things that run all the way from primitive paintings and uncut rubies to soda pop bottle tops and match folders, and as long as they get any pleasure out of them it is all to the good, unless they face those of us who are not interested in their particular line of junk to spend boring hours looking at it.

Such being the case, I often wonder, as I see people gazing over postage stamps and cracked pith and undecipherable autographs, that practically no one ever deliberately sets out to make a collection of beautiful memories, which would be the one thing that would give its fortunate possessor more happiness than any other that could possibly be made.

Of course, as we go along through life, we do assemble a lot of mental pictures that we never tire of looking at and showing to others, especially to those who have picked up the same items that we have and to whom we can say "don't you remember," but this is purely a matter of chance. We don't of a set purpose start out to collect beautiful memories, but who has one would sell it for all the money in the treasury?

Parents should feel that almost their most important duty to their children consists in starting them to make a collection of beautiful memories as soon as they are out of the cradle. The great tragedy of childhood is not for the youngsters to be poor and ragged and beaten and half-starved. It is for them to have no pleasant memories of their youth. Never to have known any love or tenderness. Not to be able to recall how sweet was a mother's breast and how sweet the sleep in a father's arms. The memory of a happy childhood has carried many a man and woman through all the vicissitudes of a hard after life.

Few people ever do the things that they enjoy with any thought beyond the pleasure of the moment, but when they do, memory throws in an extra dividend for good measure. The thrill of travel in far and the flummery that goes with it, whether they can afford it or not, have put that money in pots and pans and bungalow aprons. But perhaps the little bride is wiser than we are. She is buying for herself a beautiful memory that will last long after her youth has gone and her romance faded, and she can only tell her grandchildren of how pretty she was and what a grand wedding she had.

So it is false economy to deny ourselves every pleasure and make life hard and barren, for when we do, we lose out on two counts—we have missed all the fun and have no happy memories to console us.

Ellen's Diary

By an Island Farmer's Wife

It was as well for certain members of the family that Jeanie and I got to the city last week to do our Christmas shopping. If we had postponed it until today there would doubtless have been several disappointed faces to greet the Christmas morning. For over the week end furies of snow have taken a sizzling delight in playing across the fields and settling on the roads so that except for a truck or two on the highway today, motor traffic in the vicinity of Alderlea was at a standstill. The more stout-hearted among the farmers, including Pat, were to make the trip to enjoy the excitement of the Christmas market, making it slowly by horse and wagon. I may have been taking the recent favorable weather and good roads too much for granted. Rob was to make the usual Christmas Eve drive to the city. The young man from the house on the hill, by a series of manoeuvres by way of the back roads, had his car nearer the highway. He intends, in the morning to "hitch old Dobbin" to it, in effort to beat the more formidable drifts. Both at the moment, anticipate the coming of the snow plough preventing the usual traffic. Meanwhile Rob's car sits there complacently in the snow and Karolyn (when she thinks of the holiday) has a beautiful look in her eyes. "You can't beat a horse and sleigh this time of year" James remarks encouragingly. However, it is favorable that a younger generation mix comfort and thrills much better when the snow comes than the measure of discomfort in order to have "safety first."

It is "an ill wind" indeed that blows nobody good. In the case of the drifts that have heaped the roads, in places so that it prevented the mailman's round—so that many of us were without mail missing from the day— it brought all of our family together at Alderlea this Christmas Eve. Even James' black Mutt-dog came and snuggled quickly out of sight under the couch, where later weary from his day, his small master neglected his playthings to go to listen attentively to Santa's final broadcast. Not to be so very early as though this was no new thing to learn but the sandman's overtaken him long before Rob brought the horse to the door for the homeward trip.

As I have always found it this before Christmas consisted of a few days of busy work and a few days of rest. There was no trouble at all to find time when the snow was on the ground, the too far past daybreak, the cold turning a friendly heat licked the shoulder of my coat. James' Guernsey heifer in the next stall, until the last cup was washed and returned to its place in the pantry cupboard. There was really no need of a lunch, but I had been interrupted on chatting to say when we mentioned it. "It's Christmas Eve, Ellen! Who ever heard of something to eat?" Accordingly, my stores were brought out and sampled. Tabby crawled from her retreat on the couch beside; Rob took his ease on the old rocking chair and Jock came from the stables to stay happy too, to have the family dinner preparations, the rest were here. Karolyn busy with a bit of mending; James resting in his old chair, to have the family dinner. Rob's sleigh is gone now, down the driveway to the farm. The music of carols fills the kitchen. I pause in my wish to catch a star of light in the house on the hill and from the room of the house across the lane. I know the spaces between are snow-covered as is the surrounding countryside. It will be "A white Christmas." I think of folks in other Island farmhouses where, last minute things are being done and I can fairly see the air of peace and quiet that is settling over the children "nestled snug in their beds" dreaming of the delights of the wonderful morning to come. The carols continue, telling the beautiful story in song of The First Nowell—the shepherds keeping their watch—the angels sing—the star—the shepherds out slowly, taking advantage of the radio pause. "A Merry Christmas" he says. "A Very Merry Christmas" he says. "A wish heartfelt and sincere we jointly would extend to everyone who may chance to read James' early morning words to me. Until tomorrow—Diary—Good-night."

Fashion Horoscope

By Colette



Sort of heart-shaped with high cheekbones, you're especially suited with an updo. Sides brought up to the top ending in fluffy curls or sophisticated "top-knot" braid, is a hairstyle attractive as well as individual for your broadened cheekbones. High cheekbones need today's high hats. Height at the top of your head balances high cheekbones. Any artistic open neckline is flattering to your shape face.

Better English

D. C. Williams

1. What is wrong with this sentence "I am going to have my sister for dinner."?
2. What is the correct pronunciation of "terrible"?
3. Which one of these words is misspelled? Jerkin, jeparly, jealousy.
4. What does the word "immutability" mean?
5. What is a word beginning with "b" that means "angular distance"?

ANSWERS

1. Say, "I am going to have my sister at dinner." 2. Pronounce the "e" as in bet, not as in her. 3. Jeopardy. 4. State or quality of being unchangeable. "We must recognize the immutability of God's laws." 5. Longitude.

IS MAN'S WORLD WOMEN FIND OUT

The man who said "Never expect gratitude" was talking to and about individuals.

But women should realize that the advice also holds good for a class. When the war came, women pitched in and took over all of the jobs left empty by men who donned uniforms. They have played an important role, not only in keeping the machinery of war going, but in keeping civilians fed, clothed, and many a businessman from having to close down, comments a column-

ist. Early in the war they reaped a lot of praise and got their pictures in the paper for the unusual jobs they were doing—and doing well. They've been well treated during the war and their services have been fought for.

But unless they want to be bitterly disappointed they had better not expect any gratitude—not even from the employers who did the most to coax them to work.

As soon as the men are back these women are going to find out once again that the world of business is a man's world. And that few men really believe that women should be given equal breaks when it comes to pay, chances at promotion, responsibility, recognition, etc.

There is going to be very little gratitude for the thousands of women who helped to keep the country going in war-time—once the war is over.

There is only one place where women have the say about how things are run or stand on an equal footing with men, and that is in the home.

It's still a man's world outside the home—as women will discover, when they again start to compete with men for jobs. And all the thanks they can expect for the help they gave their country during the war is the personal satisfaction it gave them to have a chance to serve.

Enamel velvet ottomans, in jewel tones shown in New York have been equipped with removable cushioned tops, revealing compartments inside that will accommodate five pairs of shoes.



Be First to Have One

ENLARGEMENT IN GLASS... 69¢
 in New Plastic Crystal Case

Send your negative and get this newest-style glass enlargement 3 1/2" x 4 1/2" for your mantel or dressing table—or to give a friend. Supported in the crystal case, this enlargement is the best of its kind. Packed to ensure safe delivery and postage paid for January and February.

Any size roll (6 or 8 exposure) developed and printed 20¢. Enlargements 4" x 5" in case 75¢. 5" x 7" in Gold, Silver, Walnut or Black Ebony 85¢. Enlarged and at extra cost. (Print name and address on 35¢.)

FREE BONUS OFFER
 A coupon good for one mounted enlargement 4" x 6" given free with each 20¢ order received during January and February.

Canada's largest studio does quality work promptly—and at lowest cost. (Print name and address on 35¢.)

DEPT. D
Star SNAI Service
 Box 1291 Post Office A, Toronto

Living & Leisure THE WOMAN'S REALM

- MERCY**
- There's nothing one in life can do. More noble or more brave. Then speak a kindly word or two. Some lesser life to save.
- George H. Sweetman, in "Our Dumb Animals."
- IDLE CLOTHES MUST WORK**
- Any idle clothes in your home? Then set them to work that droopy coat, the dowdy dress at the back of the closet, the old woollen underwear in the bottom of the trunk, the sweater hiding in the bureau drawer. All of them too good to throw out, but not good enough to wear—as they are.
- Used garments are having miracles worked on them in thousands of homes across the country, where Canada's conservation program is getting into high gear to the hum of sewing machines and the snip of scissors. Garments locking hopeless with wear are turned out hopeful with style alterations. Not all types of clothing are transformed into a glad rag; money and materials are saved, and inflation has suffered another setback.
- Bridging the Textile Gap**
- During the transition period following the end of the war, there are gaps between supply and demand. The conservation and re-make program is a bridge across the gap of temporary textile shortages. Not all types of clothing are in short supply, but these are: Underwear (men's, women's, children's); men's suits, men's shirts, sweaters, woolen garments for children, household linens.
- HOME MANICURE ONCE A WEEK**
- If your hands are nice and smooth, your nails well done, you can go anywhere and feel "right!" A once-a-week home manicure is quite possible even for the busiest woman. Of course professional manicures are wonderful but the busy woman hasn't always the time and often her budget won't stretch that far!
- Assemble your manicure tools. Keep them together in a nice little box so that you won't have to go hunting through bureau drawers and elsewhere.
1. Remove old nail polish. Make it a speedy stunt by using a small pad of absorbent cotton saturated with acetone nail remover. Hold the saturated pad on the nail for a few seconds, then "click" it down the nail—and off comes all the old polish.
 2. An emery board does the smoothest filing job; a long one, so that you can use it long, sweeping strokes. Never file back and forth in one direction only. That is the secret of smooth nails. Push on the nail for a rest of the emery board to bevel edges of the nails.
 3. To stimulate circulation, buff the nails with chamisole-covered buffer. This will give you a smoother base for polish protection. After buffing scrub the nails with nail brush. Use warm, soapy suds. Rinse and dry.
 4. Remove the cuticle with a cotton-tipped orangewood stick dipped in oily cuticle remover. Go around the cuticle gently. Don't push! Clean under the nails to remove any stray bits of dust. Go over the nails again with your oily polish remover.
 5. Apply a coat of polish straight against the nail. Draw brush against inside of neck of bottle to take off surplus polish.
 6. Paint your nails from base to tip for the cover-all streamlining. If you like to show the "half moons," outline them carefully, but this takes practice to do a perfect job.
 7. If oil runs into the sides on the cuticle, remove it with an unwrapped orangewood stick. Don't fan your polish to dry it; don't hold your fingertips over a light. This causes bubbles or little ridges. There are some new fast-drying preparations which you can apply over your polish to hasten the drying. They do a wonderful job.
 8. Finish your manicure by applying one drop of cuticle oil to the base of each nail. Massage gently. Dip fingertips in cool water; then dry them. Now a little hand cream or lotion and your hands are ready for fun or action.

3 Good Reasons Why

NO RISK OF STOMACH UPSET FROM DOING YOU JUST RUB IT ON WHEN NEEDED.

PENETRATES TO UPPER BRONCHIAL TUBES WITH SOOTHING MEDICINAL VAPORS

STIMULATES CHEST AND BACK SURFACES LIKE A WARMING FOUNTAIN

Most Young Mothers Use this Way to Relieve Miseries of Children's COLDS

Thanks to its effective penetrating-stimulating action (as illustrated), time-tested Vicks VapoRub promptly helps relieve coughing spasms, muscular soreness or tightness, congestion and irritation in the bronchial tubes!

The very moment you rub soothing, vaporizing VapoRub on throat, chest and back at bedtime, it starts to work—and keeps on working for hours as it invites restful sleep. Often by morning most of the misery of the cold is gone!

Try it. And you'll understand why the time-proved home remedy for relieving miseries of children's colds is dependable... **VICKS VAPORUB**

How Can I !!

By Anne Ashley

- Q. How can I make an inexpensive rug?

A. Use equal parts of raw linseed oil and turpentine. Pour into a bottle and shake. Put a little of the oil on chesecloth, rub over the entire surface, and polish with a clean cloth.

 - Q. How can I clean soiled velvet?

A. Scrape a small quantity of French chalk over the soiled spots and then brush with a stiff brush. All dirt will be removed with the chalk.

 - Q. How can I stop a leak in a pipe until a plumber's services can be secured?

A. Mix whitening and yellow soap into a thick paste, with a little water. Apply to the leak and it will stop at once.
- A NEW YEAR'S PRAYER**
 By Thelma Teed
- God help me in this coming year, To face it unafraid, And when dark days of doubt appear, Please keep me happy, undismayed.
- Please let regrets die with the past Of all that might have been, Grant me a keen delight to grasp Success, through will to win.
- When darkening clouds are round about, And courage takes to flight, Please guide me on my course Throughout.
- In hours of deep discouragement, Please raise my voice in song, That I might find encouragement In which to carry on.
- And when there dawns another year I know I'll greater be Because I shall have conquered fear In finding love of Thee.

It is our hope that the **NEW YEAR** will bring with it **Health, Happiness, Prosperity**

Kennedy's, Ladies' Wear

Household Scrapbook

By Roberta Lee

- Brooms**
- The life of an old broom that has become hard and stubby can be prolonged by cutting away one or more rows of the stitching, leaving one or two of the rows intact. This will permit a spread to the broom by releasing the straw.
- Paint Stains**
- Equal parts of turpentine and ammonia will seldom fail to remove paint spots from a woolen garment, regardless of how old the stain may be.
- Keeping Onions**
- Onions can be kept for a long time if they are stored thoroughly in the sun, then tied in bunches and suspended by strings from the attic ceiling.

Morning Smile

MAKING IT CLEAR

The dean of girls at a certain educational college was making an announcement before the student body. "The president of the college and I," she said sternly, "have decided to stop nocking on the campus."

Greeted with gales of laughing she became flustered and attempted to explain. "What I mean is that this kissing that's been going on under my nose must stop."

ALMOST THROUGH

The speaker had been haranguing the audience for more than an hour when an interluder, who had become somewhat impatient, arose and asked:

"How long you been lecturing?"

The speaker smiled good-naturedly at the interruption and replied: "About four years my friend."

"Well," he remarked, as he got down, "my stick, across in my mouth be nearly through."

Needlecrafts FOR THE HOME

SIDE CLOSING STYLE

This becoming princess style, with its unusual side closing treatment, will just fill your need for a frock that can be worn almost anywhere, at anytime.

No. 2831 is cut in sizes 10, 12, 14, 16, 18 and 20. Size 18 requires 2 1/2 yards 54-inch fabric; 1 1/2 yard 38-inch for collar.

Send 20 cents for each Pattern which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish. Enclose postal unit or zone number in your address.

Address: Pattern Department The Charlotte-Town Guardian, Pattern No. 2831

Name _____

Street Address _____

Province _____

for spasmodic CROUP
 Whooping Cough... Croup... Cold... Sore Throat... Bronchitis... Croup... a few drops is a dose... See a Dr. 10¢

SPARRS

2531 STILES 10-30

You Mothers Know—

The health value of Irradiated Evaporated Milk. Get Silverwood—It is pure whole milk in concentrated form with all the goodness left in—it's SAFE—Those who use it prefer it.

"Good Milk Makes Good Meals"

Silverwood's
 Irradiated for Vitamin "D"

EVAPORATED MILK

BUY SOME TODAY