

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

Thought for Food



Poor nutrition results in ill health and unhappiness. The photograph above taken from the National Film Board picture "Thought For Food" in the Canada Carries On series shows the results of ill feeding. The film outlines the development of a nutrition consciousness and carries the message "Out of the thought we take for food today shall come the health of our nation tomorrow."

Living & Leisure The Woman's Realm

Justice is the only worship; Love is the only priest; Ignorance is the only slavery; Happiness is the only good; The time to be happy is now. The place to be happy is here. The way to be happy is to make others so. —R. E. Ingersoll.

ABOUT PANCAKES

In cooking pancakes, the griddle must not be too hot. (A flick of water dropped onto its surface before greasing should form a tiny ball for a second or two.) Keep testing the griddle for overheating, and wipe away any accumulation of grease with a piece of paper towel.

THOSE SOCIAL HAZARDS

When you and a match and a cigarette meet, can you take care of the situation? Or does your meeting constitute a first-class social hazard, not to mention a fire hazard? After your cigarette is lighted do you drop your smoking match to smudge wherever it falls? Do you leave your cigarette burning in the ashtray, until it tips out and burns a hole in the table? Some people are mindful of the first hazard of a cigarette, but they are less careful about its social hazards. They talk with a cigarette in their lips or let ashes crop. Smoking is so much a part of social life now, that it means a lot in the way your friends regard you.

BIND SWEATER FRONTS

Cardigan sweaters that are developing gaps down the front can be fixed up with satin blanket binding. Use it to rebind the neck and front. Make buttonholes in the binding on one side and sew the buttons on the other. The added width will relieve the strain on the sweater. This sort of binding comes in a wide variety of colors, but if you can't find an exact match, use a binding that contrasts with the color of the sweater. Be sure, of course, to test it for color-fastness before sewing it on the sweater, so that you will have no cause to worry about the colors running when the time comes to wash it in mild suds.

With the man of the house away, more and more women are discovering that they must adapt themselves to circumstances and do a bit of carpentering, plumbing, and what have you. Well, next time you're painting, don't worry about what's going to happen to your HUG-ME-TIGHT IS EASY TO CROCHET



DESIGN NO. 1282

A hug-me-tight that may be crocheted all of one color—or two-toned, with each side a different color. Inexpensive and just the thing for Spring. Pattern No. 1282 contains complete instructions. 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.

Charlottetown Guardian Needlework Department, Design No. 1282

NAME _____ STREET ADDRESS _____ CITY _____

Name _____ Street Address _____ Province _____

Butcher May Keep Ration Book

A rural dweller has written in to find out if the meat coupon section of the Ration Book may be left with the butcher to facilitate deliveries of this rationed commodity to a family of two invalids. M. F. Graves, rationing superintendent for the province, says that this is permissible providing the meat dealer is agreeable to holding the coupons and detaching these as he makes sales to these customers. In such cases where it is difficult for the holder of a Ration Book to call personally for his supplies this procedure is quite valid. In the case cited the persons are unable to get to the meat store which is two miles distant and in the past they have been in the habit of leaving their coupon book with their grocer, who detached the required coupons when rationed commodities were sold and had the items delivered. Obviously they could now have their ration books at the two places so it is quite lawful for them to leave the meat coupon sheets with their butcher.

1961 hands when the paint inevitably starts slopping about. Take a bar of smooth white toilet soap, whip up a batch of creamy lather, and protect your hands by rubbing this well into your skin and forcing soap under your nails. Let your hands dry. Then go to work. When the job is done, wash your hands, and presto, all the paint washes off.

DENTAL CARE

Prophylaxis is the medical term for preventive measures against disease. The most common forms of dental prophylaxis are frequent and careful cleaning of the teeth, the removal of tartar repair of cavities to stop further decay, the polishing of the teeth and gum massage.

Frequent visits to a dentist are necessary to keep the teeth and gums healthy. Those whose teeth are especially liable to decay need the services of a dentist very often. In some instances every two or three months. The same is true of persons with soft, spongy and diseased gums.

Periodic dental care is the only certain safeguard against dental disease. Decay can be checked and pyorrhea prevented and the need for extraction be averted, if the small defects which bring on these ills are treated and corrected as they occur. Such repair usually involves little pain and little expense. Neglect can mean much pain and inconvenience and great expense.

Another prophylactic dental measure which can and should be performed as a regular routine daily program consists of brushing the teeth and gums with a good toothbrush at least twice daily. The mouth should be thoroughly rinsed after the teeth have been brushed particularly at bedtime as this will help to wash away bits of food loosened by the brushing. Plain water affords a good rinse.



Pilot Officer J. A. Lawson and Mrs. Lawson of Toronto who spent their honeymoon in Charlottetown the guests of the groom's parents Mr. and Mrs. J. A. Lawson.

Dorothy Dix Says—

FATHER DESERVES A HAND FOR BEARING FAMILY'S BURDENS

Nobody Says Dad Offers Son To War But His Toil Gives Children Lifts In Life

Domestic life is a strange inexplicable mystery any way you look at it, but the most curious thing about it is that mothers have somehow managed to get most of the acclaim that pertains to it, and to have grabbed the center of the spotlight that beats upon the hearthstone.

We have a special day set apart for paying tribute to Mother. We have tear-jerking mammy songs that never fail to set the audience sniffing. We extol Mother's devotion in prose and verse. We harp upon

(Continued on Page 6, Col 3)

You Can Do A Job Only

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. Why are meat rationing coupons numbered in pairs?

A. This is to facilitate the purchase of rations, especially during the hot weather. Since each coupon will be good for the purchase of half a week's ration, it means that consumers will be able to buy part of their week's supply early in the week and the rest later on. They may, of course, use both at the same time if they wish.

Q. I have noticed that some of the waxed paper in the shops seems to have a thinner coating than previously. Is that allowed?

A. Yes. In order to conserve supplies, the weight of refined wax used to coat waxed paper has been reduced by about 40 per cent. Some of the sizes are also being reduced by order of the Board.

THE COOK'S CORNER

JELLIED MEAT LOAF

2 tablespoons granulated gelatine
1 cup cold water
2 cups meat stock
1 onion, sliced
1 tablespoon lemon juice
1/4 teaspoon pepper
1/2 teaspoon salt
2 cups cold cooked meat
1/2 cup well drained, home-made bread and butter pickles.

1/2 teaspoon chopped parsley.
Soften gelatine in cold water. Add onion to meat stock and bring to boiling point. Let boil for 3 minutes strain and pour over the softened gelatine. Add lemon juice, and seasonings, cool, and when mixture begins to stiffen, add chopped meat, pickles and chopped parsley. Turn into wet mold and chill. Unmold. Serves 12.

Any left-over meat, or fowl, may be used.

USE OLD BUTTONS

Over 120,000 metal buttons and badges from warrent railway uniforms have been contributed in England for re-use and salvage.

WEEKLY WARTIME NUTRITION HINTS

Martha Logan, Swift's famed home economist, whose weekly wartime cooking column is a regular feature of this page. Look for these valuable hints each Monday. By Martha Logan



Diced Meat Salad

Here's a hot weather dish that really s-l-l-o-o-o-s meat. Dice your choice of Table Ready Meats, Meat Loaf or cold leftover meat. Combine with a tasty and nutritionally valuable combination of vegetables such as diced potatoes (boiled in their jackets, of course, then peeled), shredded raw cabbage, chopped new carrots, cooked green peas or lima beans (the latter are particularly good if you are short of meat). Add minced onion, scallions, chives or pickle, whichever you prefer, for extra tang. Using two forks, toss mixture lightly with your favourite dressing or mayonnaise. Hard cooked eggs, cooked fish or cheese, may take the place of meat in this salad. Serve milk and hearty slices of Canada Approved bread with this salad for a nutritionally valuable meal. Of course, your other meals should take care of the citrus and other fruits, cereals and milk which are also necessary to bring your family's daily intake of protective foods up to the minimum level.

"FREQUENTLY RAW" The vitamin content of most vegetables is greater when they are raw. All of these are good sources of important vitamins and especially delicious in salads and cole slaws: Green Cabbage, Carrots, Endives, Romaine Lettuce, Scallions, Parsley, Peppers, Tomatoes, Watercress. Send 10¢ for "Meat Complete"—Martha Logan's fascinating new meat cookbook—to Swift Canadian Co. Limited, Dept. MH22, Moncton.

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

Needlecraft For The Home

DIVINE COMFORT In a Divinely Pretty Sunbath This may be your summer uniform—it might well be, for charm and practicality, because the dress has all the advantages that come from skillful cut and design; and the bolero that comes in the pattern turns it into a go-anywhere outfit, whether you make the jacket to match or contrast. It's a good investment in charm. Style No. 2742 is designed for sizes 10 to 20. Size 16 requires 2-5/8 yards 35-inch fabric for dress; and 1 1/8 yard for bolero. Pattern is hand-cut to United States Standard measurements and includes chart with step-by-step instructions.

RUSSIAN DRESSING A simple Russian dressing is made by adding two tablespoons of chili sauce and two tablespoons of finely chopped green pepper to one cup of mayonnaise.

A Morning Smile

KNEW THEM ALL Mrs. Brown had a treasure of a maid, and she was praising her wonderful qualities, especially her trustworthiness, to envious friends, when the girl herself entered the room with tea. "Oh, Jane," said Mrs. Brown, "will you run upstairs and fetch the letter I left on my dressing table?" "Er—er—which one, ma'am?" "The one about your brother's divorce or the one about the hire-purchase payments being late?"

ANOTHER PICTURE An old Negro minister, in a sermon on hell, pictured it as a region of ice and snow where the damned froze through eternity. "Why do you say your congregation that hell is a cold place?" asked the visiting bishop. "I don't dare tell them 'people nothing else, b'low. Whv, if I was to say 'hot hell was warm, some of them old rheumatic niggers would be wanting to start down the first frost."

Send twenty cents for pattern. Write your name, address and size number. Be sure to state size you wish. Name _____ Street Address _____ City _____ Province _____ LOTS OF NECK Seals have short necks and clawed flippers; sea-lions are long-necked and with clawless flippers.

LOVE?

Girls who want to win Romance—and hold it—cherish the charm of smooth, exquisite skin.



YOU BET!

They use Lux Toilet Soap, Whipped Cream Lather removes dust, dirt, stale cosmetics thoroughly.



BEAUTY CARE?

Every day a beauty facial with caressing Whipped Cream Lather.



HOLLYWOOD!

Screen stars trust million-dollar complexions to this protecting care. YOU try it!



HOLLYWOOD'S Whipped Cream LATHER BEAUTY CARE



IT TAKES SOFT ADORABLE SKIN TO PUT ANY GIRL ACROSS

IT'S IMPORTANT TO USE A REAL BEAUTY SOAP. I NEVER NEGLECT MY LUX TOILET SOAP FACIALS

RITA HAYWORTH

9 out of 10 Screen Stars use Lux Toilet Soap