

# Woman's Realm Social and Personal Fashions Literature

## 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



## Beefsteak and Kidney Pie

A nutritionally valuable dish you can prepare the day before and complete in 30 minutes the next day

Busy wartime housewives are coming more and more to ask for recipes that permit pre-preparation. It's a great comfort to know—when you come home late from the Red Cross, for instance—that there is a savoury beefsteak and kidney pie all ready to pop into the oven. While it cooks you can fix your face, change your dress and set the table. It would be nice, if you had a little extra time, to have a hot leafy green vegetable to go with it; but if this is impossible, a green salad—with emphasis on watercress—would complete a fine nutritionally valuable meal.

Cubes. Add meats to the browning onion and brown well on all sides. Cover with boiling water or stock. Add 1 teaspoon Worcester Sauce—pinch of thyme, savoury, marjoram or poultry dressing—salt and pepper. Simmer covered for two hours. Thicken liquid with flour blended to smooth consistency with cold liquid. Transfer to baking dish. Cover top with flaky pastry with eyeslet cut for escape of steam : : : 30 minutes in a 375° oven and the pie is ready to serve. Note:—suitable vegetables may be added.

**EASY FLAKY PASTE FOR MARTHA LOGAN'S BEEFSTEAK AND KIDNEY PIE**  
3 1/2 cups sifted all purpose flour  
1 1/2 tsp. salt  
1/4 cup Jewel Shortening  
Ice-cold water  
Measure flour and sift with salt. Cut in Jewel, using 2 knives, or a pastry blender, until pieces are reduced to size of large peas. Gradually add sufficient water to make a paste which, when lightly mixed, may be cleaned easily from bowl. Chill. Roll dough to about 1/4" thickness. Fold from top to bottom and from left to right. Repeat rolling and folding. Roll and use.

**SWIFT CANADIAN CO. LIMITED**  
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### Home Service

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**IRRESISTIBLE!**  
Who could resist a cute puppy such as this one? So many people love dogs but they don't know how to care for them. They either shower too much attention on them or neglect them unheedingly. Every dog has the right to lead a happy life and it is up to his owner to see that he doesn't lead "a dog's life." If you love your dog, care for him in the right way. Our 32-page booklet tells you how to care for your dog—how you must establish an absolutely iron-bound schedule for feeding and how to go about housebreaking him. If you want to train your dog, the booklet gives you the simple rules as well as the intensive, for making your dog mind and do tricks. It includes nine easy dog tricks. It also tells how to keep your dog's coat clean, glowing and healthy. If you are thinking of buying a dog and are not sure of what breed you want, be sure to consult the booklet. It describes the different dogs' temperaments and which are better for city life.

Send 15c in coins for your copy of HOW TO CHOOSE AND CARE FOR YOUR DOG to the Charlottetown Guardian Home Service Department, to write, plainly your Name, Address and the name of booklet.

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FILET CROCHET IN A FRUIT DESIGN

**DESIGN NO. 1145**  
Crochet workers who prefer filet work will be interested in this lovely table centerpiece. Pattern No. 1145 contains working graph and 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, Needlework Department, Design No. 1145

**NAME** \_\_\_\_\_  
**STREET ADDRESS** \_\_\_\_\_  
**CITY** \_\_\_\_\_ **PROVINCE** \_\_\_\_\_

### THE COOK'S CORNER

**BROWN ONION SOUP**  
2 large, mild onions  
3 tablespoons fine-flavored butter (beacon, if obtainable)  
5 to 6 cups brown stock (or canned consommé, blended with water

## Dorothy Dix Says—

### HOME IS MORE PEACEFUL WHEN COUPLE CONSIDERS FINANCES

### Woman Nagging Mate Brings To Herself Fate She Deplores; Man Causes Trouble, Too

If husbands and wives could be induced to look at marriage from a financial standpoint and to realize that it affected their pockets as well as their hearts, there would be more peaceful homes, and more married couples making an honest effort to get along amiably together.

For, curiously enough, almost all husbands and wives think of their marriage solely from the emotional angle, and they consider their successes or failures according to whether they are happy and congenial or not. Apparently it does not occur to them that whether they fight like the Kilkenny cats or coo together like sucking doves has any bearing on their health or their ability to make money, and is the chief determining factor in whether, when they celebrate their Silver Wedding, they will be sitting pretty on Easy Street, or permanently located on Poverty Flat.

**INSURANCE AGAINST FAILURE**  
Yet such is the case. And if there were no other reason for husbands and wives to make every possible attempt to adjust themselves to each other, and to keep the love light burning on their hearthstones, it would be found in the fact that it is the best insurance that they can take out against premature old age, nervous breakdowns and bankruptcy.

And if you don't believe this assertion, look around among your acquaintances and you will see that the ones who keep young and gay and optimistic and who are prospering in their affairs are the happily married; whereas the disgruntled are sour and discontented and have acquired worry wrinkles and hump shoulders before their time.

No woman can lie awake at night thinking up the mean things she is going to say to her husband when he comes home, and get up rested and refreshed the next morning. No man can relax and gather up fresh courage and strength for the next day's struggle with the world, in a home that is a perpetual battleground in which he hasn't even a fox hole in which to crawl for protection.

When wives throw cold water on all of their husbands' plans and aspirations, and when they belittle them and compare their judgments as such poor business men that they cannot make money like Mr. Jones or Mr. Smith, they think that they are only using a wife's prerogative to find fault with the man to whom she is married.

**NAGGING WOMEN INJURE THEIR OWN CHANCES**  
They do not realize that they are bringing upon themselves the fate they deplore, because they are destroying their husbands' faith in themselves and killing their initiative, and they are fixing their status as failures with other people.

Nor does the man who has that kind of a wife feel that he has any reason to break his neck trying to get her the things she craves, and that she would never even say "thank you," for, anyway, it is the wives who continually belittle their husbands who buck them up when their own courage falters, who keep them happy and contented whose husbands are the world's go-getters. They achieve the impossible trying to justify their wives' faith in them.

And it pays a man just as much in dollars and cents to be a good husband and help make a happy home as it does a woman. Haven't you noticed that when a middle-aged man starts to chafe under the almost always bottom of the scrap pile? It isn't only because his mind is so preoccupied with some cute cat that he neglects his work, or because he discusses his affairs with his friends, or because he makes bankers distrust his judgment. There is some psychic reason for it. Maybe it is what we call conscience. Anyway, it is what happens.

**WOMAN RETALIATES BY SPENDING**  
Not many men, perhaps, connect their wives' bills at the shops with their grouching and ill-temper and the wife who revenges herself for the criticism and insulting things her husband has said to her by going on a spending orgy. And every doctor knows that most of his best paying patients are women who have nothing the matter with them except husbands who never say a tender or loving word to them, who keep them from making them happy, and who are as cold and indifferent to them as they are to any of the other household gadgets that make them comfortable.

And, most of all, it pays to make a happy home for children in which they can grow up with two parents, working together in harmony, to start them on the right road in life. The men and women who do that never have to pay their youngsters out of scrapes. They save themselves not only many a dollar, but many a headache.

## Living & Leisure The Woman's Realm

### MEAT CHART

A good chart to remember when buying meat is that one pound of boneless meat serves four; the same amount with small bones, three; with larger bones, two.

### KEEP YEAST FRESH

Yeast is a tiny plant that, in its rapid growth, causes fermentation which results in the production of carbon dioxide gas and alcohol. To be of any value it must be fresh. It is a rich source of the vitamins which make up the vitamin B complex group.

### HOUSEHOLD

It is a good plan to check all readymade clothes before they are worn. It is easier to "prevent" by strengthening weak spots with a stitch or two than to mend with a more stitches later on.

Wh— butter has turned rancid or stale, cut it into slices, put in a basin of cool water with a teaspoon of citric acid dissolved in it. It will leave stand one hour, wash butter and add salt to taste, and it will be like fresh butter.

One time mother had no pot washer, so I cut a square of unbleached calico, hemmed it, and sewed clean white buttons all over it, and found it very effective, says a writer in the Primary Producer. On washing day it can be boiled with the wash.

Cake crumbs, toasted, are just right over vanilla ice cream, on apple sauce or in Bavarian puddings. In waffle batter, too.

Before washing a woolen sweater or cardigan, sew up the pockets with wool, otherwise these will drop and spoil the trim lock which is essential to smartness. Don't hang the sweater on a coat hanger to dry, if or condensed type.)  
Salt, pepper, paprika  
French-style bread  
Gruyere cheese  
Peel onions and cut in thin slices. Cook in dripping until tender. Add the brown stock or consommé, season to taste with salt, pepper and paprika and make very hot.  
Cut the French-style bread in slices, toast one side and sprinkle the second side with grated cheese—droll up the cheese melts; or toast the bread on both sides and sprinkle with cheese.  
For each serving, pour thoroughly heated into a hot soup cup, top with a bread slice and serve at once.  
Note: Meat extract may be used to provide a quick and simple brown stock.



## TIP TOP TAILORS

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In these war-busy days you *must* measure clothing quality by performance and service; by dependable tailoring; by lasting woollen beauty; by style that stays in the garment. All this you must have and all this you receive at Tip Top Tailors, at a price that does not begin to tell of our outstanding value.

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## 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 on price control are invited to send them in writing to the Women's Regional Advisory Committee of the Wartime Prices and Trade Board.

## 3 Halifax Boys Are Drowned

HALIFAX, Aug. 13—(CP)—Three Halifax boys were drowned in the waters of the Northwest Arm here today, and four others were saved after a home-made boat in which they were playing capsized and sank.

## EARLY DISCOVERY

Brazil was discovered in 1500 by Cabral, a Portuguese navigator.

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## Needlecraft For The Home

**THE SUIT TO MAKE OF COTTON**

Just What "Her Crowd" Approves

Nothing could suit her better, nothing could be more practical, than this go-everywhere, all-day-long outfit of skirt and jacket; made of seersucker, and it will tub endlessly without need of ironing; many other cottons, including gingham and chambray are also perfect for the purpose.

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Which makes you GRUMPY, NERVOUS

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