

Woman's Realm Social and Personal Fashions Literature

Living & Leisure The Woman's Realm

Oh, friends, dear friends, as years go on and heads get gray, how fast the guests do go! Touch hands, touch hands, with those that stay. Strong hands to weak, old hands to young around the Christmas board, touch hands, touch hands. The feast is over, the fire is out, for every guest will go and every fire burn low and cabin empty stand.

Forget, forgive, for who may say that Christmas day may ever come to host or guest again. Touch hands!

(John Norton's Vagabond, William Henry Harrison "Adirondack" Murray.)

DECEMBER—MONTH OF THE NEW BIRTH

The pre-Julian calendar began with March. Consequently, December was the tenth month, as its name implies. After the time of Julius Caesar, however, it became the twelfth and last month of the Roman calendar, but still retained its old name December. The last month was looked forward to with some anticipation as the turning-point of winter when the days started growing longer. The Romans believed the 25th to be the day of the winter solstice, and named it "Dies Natalis Solis Invicti," this reason that the early Christians chose December the twenty-fifth to commemorate the Birth of Christ. It appears that in the early Church there was some division of opinion regarding the exact date of our Lord's birth, and different bodies held the festival at different times of the year. Eventually, however, our present Christmas was adopted by all, and the festival which had been held on that day, although entirely heathen, was strikingly similar in meaning. It must have been an easy matter for them to convert the Birthday of the Unconquered Sun, which wakes all nature from its winter sleep, into the Birthday of the Unconquered Son of God who brought, and still brings, new life and hope to all.

CEREALS VITAL IN DAILY DIET

Canada's official food rules say "eat a whole grain cereal every day and there's no sound reasoning back of that bit of advice. Canadians derive approximately one-third of their energy from cereal foods and spend about one-fifth of their food money for them, and it is only common sense that part of the food budget be spent on those cereals which give the most for the money. When it is realized that the so-called refined cereals, such as ordinary white flour, provide little else besides energy value, whereas the whole grain cereals provide just as much energy, and, in addition, provide valuable amounts of the B vitamins, iron, calcium and protein, at no extra cost, it isn't hard to decide which type of cereal is the better buy. Nutrition services recommends that at least half the cereals and bread bought be of the whole grain variety.

Rolled oats and rolled or cracked wheat are examples of whole grain cereals, and of course, there are others sold under various trade names. A combination of equal parts rolled oats and rolled wheat makes an excellent breakfast porridge, but the use of the whole grain cereals is confined to breakfast time. They can be used as well in desserts, cookies and muffins; to replace bread crumbs in casserole dishes and meat loaves, and for thickening soups and gravies.

MOths AND BUTTERFLIES

Most people call moths "butterflies." Yet there are about nine times as many moth families as butterfly families. Because the butterflies fly by day, while moths are night-flyers, the former are common sights to the most casual observer. There are numerous ways of telling them apart, however. Butterflies fold their wings high over their backs when at rest, while moths fold theirs down flat. Butterflies have club-shaped antennae and those of moths are feathered.

OPENING SCREW TOPS

The screw tops of bottles in which fruit is packed are often very hard to move. This is frequently due to the fact that one cannot get a proper grip on the tightly-screwed metal cap.

In such cases cut a strip of emery or glass-paper twice as wide as the screw top is deep and long enough to go all round. Fold the emery-paper over so that there is a rough surface on both sides. Now bind this tightly round the screw top with string, and you will be able to get a splendid grip so that the screw top is easily removed.

NINE USES FOR CORN SYRUP

Thicken the syrup with corn starch and use as a pudding sauce, adding a little grated orange or lemon rind.

Substitute the syrup for water in making seven-minute cake frosting.

Use to moisten mincemeat.

Use as liquid in making rice and tarpon puddings and Brown Betty.

Use for part of the water in making gelatin salads and desserts.

Use instead of water in baking apples, making apple-sauce or in stewing dried fruits.

Add pectin to fruit syrup and make jelly.

ALbany Man Is Frost-Bitten

MIDDLETON, N.S., Dec. 18 — (CP) — Lost in the woods near here for 18 hours in bitter winter weather, Ralph Sherry, 20-year-old native of Albany, P.E.I., yesterday found his way to safety at nearby Albany. Both feet one hand and an ear were severely frost-bitten and he was taken to hospital for treatment. He strayed away from a gang logging logs just before dark Wednesday.

GAY EMBROIDERY DESIGNS



DESIGN NO. 798

Here is a variety of embroidery motifs suitable for towels, napkins, etc. Simple stitches are used, and they work up quickly. Hot iron transfer pattern No. 798 contains about 25 motifs measuring 1 x 1 to 3 1/2 x 5 inches each with 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. 798
NAME _____
CITY _____
STREET ADDRESS _____

A Morning Smile

The house-to-house canvasser knocked repeatedly on the cottage door. There was no answer. Presently a little boy entered the garden.

"Is your mother at home?" asked the canvasser.

"Yes, sir," said the boy.

The canvasser knocked even louder.

Presently he turned again to the boy.

"I thought you said she was at home," he asked with some warmth.

"So she is," said the boy, "but I don't live here."

A young man was sitting on a sea-side hotel veranda near a young, pretty widow, with her 4-year-old son. Presently the little fellow ran up to the man.

"What's your name?" the little boy asked.

The reply began given, the next question was: "Is you married?"

"No, I am not."

The child paused a moment, then turned to the man and said, "What else must I ask him, mummy?"

WINSLOW NORTH W. I.

The third annual meeting of Winslow North W. I. met at the home of Mrs. C. L. Cudmore with 7 members and 3 visitors present. Meeting opened with Ode and Creed followed by roll call answered with questions and answers on famous men. Minutes of the previous meeting and of the last annual meeting were read and adopted. The President gave his report. The Treasurer's report showed the receipts for the year \$55.82 and expenditures \$41.96 leaving a balance of \$13.86. The Secretary reported buying two War Savings Certificates. It was decided to donate \$2.00 to T. B. League. Mrs. A. B. Roberts was appointed to fill out the questionnaire for December. Mrs. Jean Carter reported the following sent to the Red Cross: 1 armoire sweater, 29 pairs gloves, 16 pairs socks, 8 suits primings, 2 green sweater sweaters, 8 girls blue dresses, 1 red sweater, 15 girls green dresses, 2 pr. children's mitts, and 5 quilts and 1 Afghan donated. The following officers were elected: President, Mrs. C. L. Cudmore. Vice-Pres., Mrs. Albert Younker. Secy-Treas., Mrs. Walter H. Roberts. Secy. for Red Cross, Mrs. Jean Carter. Director of the Women's Home Service, Mrs. Irving Laird, Mrs. Oliver Nunn. Auditors, Mrs. A. D. Shaw, Mrs. Stanley Younker. Organist, Mrs. Arthur Roberts. School Committee, Mrs. Irving Laird, Mrs. Stanley Younker. Sick Committee, Mrs. A. B. Roberts, Mrs. Walter Roberts. It was decided to answer roll call at the Dec. meeting with an exchange of 10ct. Christmas gifts. Mrs. Earl Clark was appointed to have the program and place of meeting was understood. Collection amounted to \$5.65. Six members paid their dues for the coming year. Program consisted of a reading on Science by Mrs. Walter Roberts. Meeting closed with the King. Lunch was served by the hostess.

Home Service

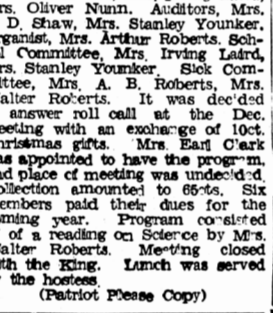
Have a Winter Garden of Indoor Plants

So cheerful and colorful, a winter garden in your home tiding you over into spring! And so easy to raise, if you choose the right plants! Clivia miniata, with its clusters of scarlet, lily-like flowers, looks delicate but is one of the hardiest. After a long and vigorous blooming period it puts forth lily red berries. Yet it asks so little care! A light window while it flowers; less light and less water afterwards. It can go on for years without re-potting. Then, later in the season, you can bring in branches of sunny forsythia, make its plump flower buds open just for you! Simply place it in deep water, and sprinkle often if air is dry.

You can even make the humble carrot work for your garden! With its bottom third in a dish of water it will sprout delightful, feathery leaves.

Our 32-page booklet gives simple rules for growing these and many other lovely flowering and foliage plants indoors—begonia and cyclamen, narcissus and violet, to name only a few—as well as brilliant ivy, ferns, rubber plants. Has directions for all-year care; for window boxes, too.

Send 30c in coin for your copy of "Making Plants and Flowers Grow Indoors" to Charlotte-town Guardian Home Service, address, Be sure to write your name, address and the name of booklet.



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Name _____
Street Address _____
City _____

Dorothy Dix Says—

THRILLS OF WAR JOB NEVER CAN MAKE UP FOR SHATTERED HOME

American Girl Foolish To Stress How Man Proposes So Long As He Does

Dear Miss Dix—Probably I should feel satisfied with a loving husband, two darling little children and a nice home, but I am bored to death with the same old routine, day in and day out, with not enough to do half the time.

My husband leaves early in the morning and doesn't come home until late at night, generally after I am asleep so I hardly see him. We moved to the city four years ago and I have made few acquaintances. I am a country girl, strong and healthy, and need work to keep me content. Just taking care of my children and washing and ironing my husband's shirts doesn't give me enough to do.

I feel that I would be much happier and that I would be doing something for my country if I could get a good job to care for my children and get a job in defense work. Maybe, if I wasn't a mother, I would like to go to work. My husband would feel like giving me a little more of his time. Or maybe I would feel more content with a life of leisure if I found out what working at a job means. What do you think of my idea?

P. B. O.

ANSWER—I think your idea is all wet and that you carry it out to home to an evening. The balance of your life in regretting it. I know a lot of other women who are abandoning their homes and families to go into war work because it is more exciting to work in a crowd than it is in the kitchen, and because they get more money for punching rivets, or sewing on airplanes than they do for darning the children's socks and changing the baby.

But when they find out that their husbands are running around with other women because there isn't any home to an evening when work is done, and their children are growing up to be little hoodlums, they are going to realize that they made the sorriest bargain that a woman ever makes.

Because, you see, you can't throw up the job of wife and mother if you happen to get tired of it, as you could that of being a stenographer, or a model, or a clerk in a store if you got bored with it. After the novelty has worn off, marriage is permanent. It is a life contract. And it imposes on the woman who takes it an obligation that she can't flunk. She can't turn her husband and her children over to some other woman to take charge if she ever expects to get them back.

You should approach your problem from a different angle. First, spend a little of the leisure time you complain of as hanging heavy on your hands in trying to appreciate your husband and understanding that he doesn't work from early in the morning until late at night just for the fun of the thing. He does it to make you and his children comfortable; lay up some money that would keep you safe if he should die, and to give his youngsters an education. I can't pretend to be a man, but I think his wife is giving him a raw deal when she considers that he is neglecting her because he doesn't loaf around the house all the time and hold her hand.

One of the reasons you are bored is because you are lonesome. No matter how fond a woman is of her husband and children, she wants the society of other women and you seem to have made no effort to get acquainted with anyone since you have moved to the city. Join some church and take a part in all of its activities. Whenever you see in the paper that women are making a drive for any philanthropy or cause, write the woman at the head of it a nice note saying that you would like to help in it, and you will be received with open arms.

Right now is the psychological time for any woman to establish social contacts by joining the Red Cross or any of the branches of war work. Doing these things will give you plenty of occupation and they will not take up all of your time, as holding down a regular job would.

As for your saying that you would get a good job to care for your children, that makes me laugh. Just try to find one. Even a cook now is a hard job to get. If you are intelligent and capable, competent girls are not nursing babies. They are making munitions.

And, finally, remember this: Contentment depends upon our point of view on our lot in life. No matter what we do, it becomes a routine, and whether we get tired of it, or keep our enthusiasm for it, depends upon the way we look at it.

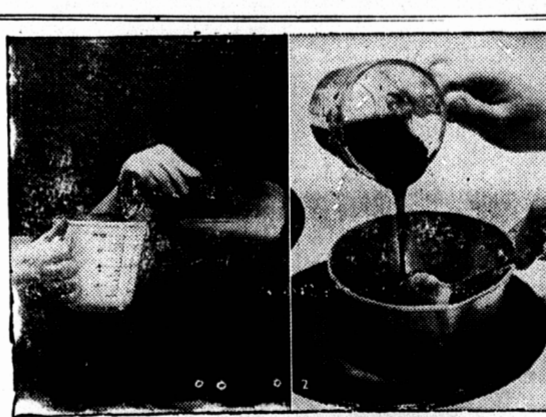
ART OF LOVE-MAKING GIFT OF NATURE

DEAR MISS DIX—Why is it that, as a rule, the young men who would make fine and noble husbands do not know as much about love-making as the fickle, dashing Casanovos who can sweep a girl off her feet? Don't they realize that this is just as important as being a gentleman, or a good provider?

The finest and kindest boy I know has asked me to marry him, but I refused because he hadn't made me fall in love with him. With pecks for kisses, he didn't give love a chance. Couldn't you tell the boys, who have lost girls they wanted for the same reasons, sweethearts, that their girls refuse them? I am not being silly or emotional, but I know that I could never be happy with him.

ANSWER—The art of being a great lover who measures up to a romantic girl's ideal is a gift that their fairy godmothers do not bestow upon many men. Hence the one who lacks it are no more to be blamed for not making love the way they do in the movies than they are for not having a tenor voice or a Greek profile. Nor is there any way they can cultivate it and make the talent seem natural. You can't imagine a lad who has taken a correspondence course in seduction, for instance, being able to do any kissing that has any pep in it. Nor can you figure a girl falling for a line of courtship that has been memorized from a manual of "How to Propose" and been rehearsed before a mirror, with advice about when and how to go into a clinch.

The excuse that many American girls, who are able to afford the luxury of marrying foreigners is that their own countrymen are such poor lovers, whereas European, especially those of the Latin countries, have developed the technique of wooing to such a degree that it is a



There are two good reasons for using care in measuring ingredients. Perfect results depend to a large extent on accurate measuring, and guesswork means waste of precious foodstuffs. The pictures above bring out some important measuring points.

1. A pint of milk, Canadian measure, contains not 2 cups but 2 1/2, while a Canadian quart contains 40 ounces or 5 standard measuring cups. For accuracy in measuring, the cup should be held at eye-level.
2. In measuring honey, molasses or syrup, the cup should first be greased lightly. The syrup will then pour readily and none will stick to the sides of the cup.
3. The cold water method of measuring fat is quick and accurate.

Santa Rides Again— They're Missing Something



THE COOK'S CORNER

CORN SYRUP FROSTING

In the top of the double boiler warm 1-2 cups corn syrup until it will pour in a fine stream. Combine 1-4 teaspoon salt with 1 egg-white plus 1-2 egg-whites. Then add the warm corn syrup slowly to the egg-white mixture, beating constantly with a rotary beater. Beat until stiff enough to spread, then add 1 teaspoon vanilla and a few drops of cochineal to give it a delicate pink color. Spread on the top and sides of the cake.

MAIDS OF HONOR

1-2 cup sugar
1-4 cup butter
1 egg, separated
1-2 teaspoon salt
1-4 cup milk
3-4 cup pastry flour
1-4 teaspoon almond extract.
1-4 teaspoon baking powder.
Cream butter, add sugar, creaming well. Add beaten egg yolk and beat thoroughly. Add milk and flour alternately then add almond extract and fold in the stiffly beaten egg white. Line small tart pans with pastry. Place a little red jam or jelly in each tart and fill with the cake mixture. Bake in a hot oven 400 degrees 20-25 minutes. Makes 24 tarts.

PASTRY FOR TARTS

2 cups pastry flour
2-3 cup shortening
3-4 teas. teaspoon salt
1-4 cup cold water
Sift flour and salt, cut in shortening, add cold water. Chill before rolling.

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 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, Chappell Building, Charlottetown.

Q Am I allowed to tear coupons from my ration book and give them to the grocer?

A. Consumers may not tender loose coupons to merchants, no merchant accepting them. Coupons must be torn out of the book in the presence of the storekeeper, or the storekeeper himself may detach them.

Q Can you tell me when the first ceiling price was put on coal?

A. Dealers must not charge more for coal than the maximum price they charged for the same quality during the basic period, Sept. 15th to Oct. 11, 1941. This regulation has been in force since Dec. 1, 1941.

Q We have rented our flat for three years. Then we wanted a

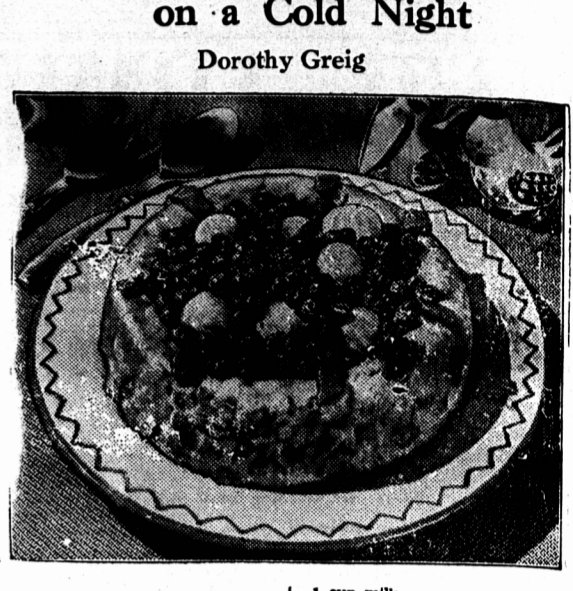
pleasure to listen to it and worth whatever it costs.

So it really seems that the girls will have to lower their standards of love-making rather than try to cultivate boys up to them, and to content themselves with a plain, honest proposal of marriage, unadorned by any frills and furbelows, from a chap who will be a good provider and a kind and faithful husband, even if he does say it with beef steaks instead of orchid.

Considering that the time of courtship at best is so short, whereas marriage generally lasts for years and years, and that no man keeps up the high-pressure love-making after marriage, it does seem the girls are foolish to put so much stress on how a man pops the question. It doesn't make any real difference how he says it, if he says "be mine."

MEATLESS DISH FOR SUPPER on a Cold Night

Dorothy Greig



This is the dish to cheer the soul of any women on the watch for foods that are nourishing, economical—and easy to put together. It belongs in the same category as meat in type of nutrition. It includes condensed pepper pot soup to give more nourishment and as a final flourish, it is garnished with peas and onions.

Baked Pepper Pot Mould
Filled with Peas and Onions
1 can condensed pepper pot soup
1 cup milk
1 tab. spoon pimiento, diced
2 cups bread, cubed
Beat the eggs slightly and then add the milk, diced pimiento and bread cubes (made from bread at least one day old). Pour mixture into a greased ring mold (about 7 inches in diameter) and let stand for 15 minutes. Bake in 350 degree oven for 35 to 45 minutes until firm. Unmold on a hot platter or chop plate. Fill the center with peas and onions and garnish with pimiento. Buttered brussels sprouts may be used for the center instead of peas and onions if desired.

Needlecraft For the Home

A VERY SMART TWO-PIECE That's a Little Wonder-Worker for the Figure

You can bring yourself into line with today's slim, trim silhouette by making this two-piece, easy-to-seam and draped at the waistline.

Style No. 3195 is designed for sizes 12, 14, 16, 18, 20, 22, 24 and 26. Sizes 36 requires 3 7/8 yds. 38-inch fabric.

room upstairs for ourselves, and so gave tenants three months' notice. Since then we have advertised the other rooms for rent but there is absolutely no demand. It is legal for us to rent the flat again, seeing that we cannot rent two rooms?

A. No, you cannot legally rent the flat again according to regulations. But you may make application to your County Court Judge for permission to re-rent the flat. Only when you have secured his permission may you go ahead.

3195

To order pattern: Write or send picture with your name and dress with 20 cents in coin or stamps to the Needlecraft Bureau, The Charlotte-town Guardian, Style No. 3195.

Name _____
Street Address _____
City _____ Province _____

BYRNES ROAD SCHOOL

Report of Byrnes Road School for Month of November

Grade 9 Josie MacInnis, 2 Peggy Fisher.

Grade 8 1 Eileen MacInnis, 2 Gerald Clark, 1 Gerald Young.

Grade 5 1 Norma Woolridge - Marlon MacInnis, 3 Eileen MacInnis, 2 Olga and Evelyn Woolridge, equis. 3 Pearl Kenny.

Grade 2 1 George Clarkin and Leith Woolridge equal. 2 Gerald Young, 3 Eileen MacInnis.

Grade 1 1 Francis MacInnis, 1 Norma Woolridge, 3 Emmanuel Byrne, Perfect Attendance, -Pearl Kenny, Gerald Kenny.

Teacher, Mrs. E. Malone.

SOLDIERS RUB OUT TIRED ACHES

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