

Woman's Realm Social and Personal Fashions Literature



Six Ways to make your Coffee Go Further

- 1 Buy coffee for flavor & super-rich Chase & Sanborn Coffee!
- 2 Always keep coffee in an air-tight container.
- 3 Measure coffee and water accurately.
- 4 Keep coffee-pot scoured clean.
- 5 Make no more than exact amount you will use.
- 6 Serve coffee soon after it's made.

THESE days—it's doubly important to buy coffee for flavor. In Chase & Sanborn Coffee, you get the choice coffees of the world. Compensate for flavor—ounce for ounce, spoonful for spoonful. Buy Chase & Sanborn Coffee—quality coffee goes further.

CHASE & SANBORN COFFEE

Living & Leisure The Woman's Realm

CHRISTMAS BELLS

Clearly the bells are pealing. Telling in accents clear. Once again the story Millions love to hear.

Ring out, Oh ye bells of Christmas Welcome the Christmas cheer, Bring us the wondrous tidings Sweeter each passing year.

HOLLY WREATHS INVITE SPIRIT OF CHRISTCHILD

Evergreens are synonymous with Christmas, but you should not put them in place before Christmas Eve. It should be a part of the children's Christmas duties to bring them in and hang them in the designated places. They should be left in place until Jan. 6 (Twelfth Night), when every leaf must be burned. Tradition maintains that even one leaf left to wither will encourage witches and spirits.

Holly protects your home from evil spirits. In ancient times Christians hung holly wreaths to invite the spirit of the Christ child to come and spend the holidays with them. The Christmas candle is symbolic of the Star of Bethlehem. Holly is supposed to be particularly lucky for children.

Many gardeners know that there is a male and female species of holly—the male holly has sharp, prickly-edged leaves, and the female variety smooth-edged glossy leaves. There is an old Christmas tradition, originating in the English Midlands, that if you bring in holly, the husband will rule the house for the coming year. On the other hand, if you select she-holly, your wife will have the upper hand. It is best to play safe and bring in a little of each.

KEEPING CHRISTMAS TRADITIONAL

Christmas is a rich and many-sided holiday. Just about every good and traditional goes into the making of it. It is one of our few red-letter days that has a religious quality.

For that reason parents should not overlook this aspect of Christmas. The Christmas story should be told in great detail and in a way that is meaningful to the children. The art of early Italy. Modern books depict it for children. These media of expression will help keep the true spirit alive.

PEPPER UPPEERS

Even though the season is getting late, ingredients for some types of pickles still are available and it is not all it might be this new recipe for chopped cucumber pickles will help. Peel, remove seeds and cut in small dice four cups of green cucumbers. Chop one cup onions and add to cucumbers with one and one-half teaspoons salt; cook together slowly for one hour, stirring slowly. Now add three-quarter cup white sugar, one cup cider vinegar, one-half teaspoon turmeric, one-half teaspoon seed, one cup green sweet red peppers, one cup green peppers, one and one-half cups apple and one cup celery, all chopped fine. Cook 30 minutes longer and pack in sterilized sealers.

HINTS ABOUT THE TURKEY

If the turkey is for roasting, and you are choosing it yourself, these are the points to look for: A cock bird is usually best for roasting. Examine the legs carefully. They should be smooth with short spurs. Touch the breastbone to see if it is firm, yet tender. You can tell at once if it has been broken. One, a turkey weighing between 10 and 15 lbs. will be quite ample. Another

FOR ECONOMY... BAKE WITH MAGIC!

CAKES ARE LIGHT, FLUFFY... COST IS LESS THAN 1¢ PER AVERAGE BAKING!



MAGIC BAKING POWDER CONTAINS NO ALUM

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 been asked by readers. Prices and Trade Board for housewives in this region. The answers are provided by the Board and must be read in conjunction with the questions to ask no price control are invited to send them in writing to the Women's Regional Advisory Committee of the War Times Prices and Trade Board.

Q. Is there a ceiling price on Christmas trees?
A. There is no ceiling price on Christmas trees.

Q. Can I secure extra ration coupons for my husband when he comes home for a forty-eight hour leave?
A. Yes, effective December 15th special ration cards will be issued to members of the armed services on 48, 82 and 96 hour leaves. The new cards will be issued with leave passes and must have the signature of the issuing unit. This card must be signed by the member of the Armed Forces Command with his regimental number and number of meals received while on leave. It must be then signed by the person serving these meals.

Q. You believe you are being overcharged please report particulars to your nearest local office and an investigation will be made.
Q. We have been unable to secure ordinary lamp chimneys for our lamps. Could you explain how we can get them?
A. Lamp chimneys have been in short supply for some time. Larger shipments are being made to wholesalers of lamp chimneys and they will distribute them on an equitable basis to retail outlets. Your regular hardware supplier will likely have some in stock soon.

Q. Is there any price ceiling on Christmas decorations?
A. Yes. Prices should not be higher than during the basic price period for some time. Larger shipments are being made to wholesalers of lamp chimneys and they will distribute them on an equitable basis to retail outlets. Your regular hardware supplier will likely have some in stock soon.

Q. I am a housewife and I am interested in investing my money. I have a small amount of money and I am looking for a safe place to invest it. What do you suggest?
A. The best place to invest your money is in a safe place. You should consider the following: 1. Savings banks. 2. Government bonds. 3. Life insurance. 4. Real estate. 5. Stocks and bonds.

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Dorothy Dix Says—

WOMAN'S HAPPINESS DEPENDS UPON ATTITUDE TOWARD LIFE

Curse Of Domestic Career Is Work Occupies Mother's Hands But Not Brain

Are you happy? Are you having any fun? Are you getting a kick out of life? Of course, if you are one of those who, as the homely old proverb used to say, "enjoy poor health," or whose favorite topic of conversation is telling their troubles, or who take a pride in never "resting over" any misfortune, you are simply reeling in bliss. You live in a melancholy fog and are as drunk on your own tears as you ever could be on vintage wine. You are an object of envy rather than commiseration. These words are not for you.

But there are millions of other men and women who get no pleasure out of their miseries. They want to laugh, not cry. They don't want to spend their days wandering in the valley of despond. They want to dance in night clubs. They don't want to live dull, drab, monotonous lives with no pep in them. They want to go singing down the high road.

SORROW WITHOUT REASON
Yet most of these people who so long for happiness without ever finding it have no real catastrophe. They are no victims of poverty and want. They are no victims of domestic life. They are no victims of their unhappiness. They have met with no catastrophic misfortunes, no heartbreaking disappointments. They are no victims of poverty and want. They are no victims of domestic life. They are no victims of their unhappiness. They have met with no catastrophic misfortunes, no heartbreaking disappointments.

Now being a trouble-number is a peculiarly feminine diversion. Of course there are men who engage in this sport, but they are few. Most men are too busy wrestling with the problem of how to make a living to have time to search for the crumpled rose leaf under their forty matresses of fate. They don't probe into their emotions. They just take it for granted that they are happy and let it go at that.

But it is the curse of domestic women, and they form the bulk of the unhappy, that their work occupies their hands, but not their brains; and while they are fixing the baby's bottle, or sweeping the floors, or darning Tommy's stockings, they have leisure to dwell on how fat and colorless and uninteresting their lives are, and how they are bored with them.

HAPPINESS DISH FROM OUR RECIPES
What these home-keeping women, who are so dissatisfied with their lot in life, fail to realize is that they are like bad cooks who, having been told that the material for making a soup's food cake, turn out a soggy tasteless mess that would sour on anybody's stomach. For, little as they think it, happiness is a dish we cook up in our own kitchens and we have to make our own thrills according to our own taste and tried recipes.

Take housekeeping, for example. Making a home can be the most exciting career a woman can follow, or it can be a bore. A woman can feel that she is a queen in her own house where she rules as an absolute monarch; or that she is a prisoner in it, doomed to a life sentence at hard labor. She can get excited over hanging a new pair of curtains because she likes her house more attractive, or she can take so little interest in her home that she doesn't even keep it clean.

Same way about cooking. A woman may regard cooking as the fun of her life and find as much interest in inventing new dishes and concocting ravishing sauces as she would in painting a picture or writing a sonnet. Or she may be allergic to pots and pans, and feel that getting a meal for her family is the lowest form of manual labor. In a word, a happy home is not a gift of the gods; it is something a woman makes for herself.

BABIES SHOW MOTHERS REGARD FOR THEM
And children, whether babies are little bundles from Heaven, or pests that the stork wished on them, depends upon how the mother regards them. There are plenty of women who never get any pleasure out of their children. They are always complaining about the youngsters till they turn down at home; that they keep them from going on trips and to places of amusement, and belonging to clubs, etc.

They are bored and frustrated and unhappy because they do not realize that they have their hands and are throwing away, the greatest chance of happiness that a woman ever has, because there is no love so unquestioning as that of a little child, no drama so exciting as watching its mind develop, no humor so funny as its naive comments on the world, and no ambition so fully gratified as that of the mother who looks upon her successful children who are taking their part in the world's work.

All of which boils down into saying that happiness is as we make it. We roll our own. Put that into your diaries, ladies, and make it.

Grade V — (Miss Pendergast) — 1 Reggie McCarroll; 2 Ellen Cobb; 3 Helen Pendleton.
Grade IV — 1 Marjorie Davidson; 2 Sheila Connick; 3 June Panyter.
Grade III — 1 Donald Hunter; 2 Windsor McLean; 3 Kenneth Blakewell.
Grade II — 1 Frances Pendergast; 2 Mrs. G. Hill; 3 Earl Davidson.
Grade IA — 1 Janet McCarroll; 2 Myrna Cousins; 3 Marion McArthur and Rebecca Jardine.
Grade IB — 1 Thane Munn; 2 Jimmie McMahon; 3 Ellsworth Cameron.
Grade IC — 1 Helen McMillan; 2 Donald Cameron.

Grade V — (Mrs. Semple) — 1 Elaine Hume; 2 Geraldine Driscoll; 3 Ruth DeLoe.

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Mr. Winkle Goes To War

Mr. Pettigrew asked the last question. Asking Mr. Winkle aside, he inquired "How are the boy's morals?"

"They're fine," Mr. Winkle said. He told him about Jack's visits to the USO. He said he had never heard or seen anything out of the boy about the boy.

Mr. Winkle visited his shop to see that his tools and machines were in good order. He made small repairs about the house. He had his photograph taken so that Amy could have him up over the mantel while he was away, or if he didn't ever return.

He talked with Mr. Westcott, who first laughed outright at the sight of Mr. Winkle in his uniform and then was prone to be triumphant about his prediction for him "that did I tell you?" he crowed. "You're being used as a mechanic, just like I said. You'll stay right here."

Mr. Winkle didn't argue this because the discussion took place in Amy's presence. He had explained to her the various things that might happen to him, and knew she was praying for him not to be sent overseas.

Formerly he and Mr. Westcott had considered together the large and broad scale aspects of war, and now his neighbor expected that, as an actual military man, he would have some expert ideas.

"Our anti-tank guns," Mr. Westcott inquired, "are they going to be able to stop the Germans?"
"I don't know about them," said Mr. Winkle.

"But surely in your training—"
Mr. Winkle coughed apologetically. "I never saw one."
Mr. Westcott considered. A little of his pompousness left him and he proposed, "Perhaps I shouldn't be asking such questions. You probably have your orders not to let out any military secrets."

"No," said Mr. Winkle. "That isn't it. I don't know any military secrets."
"Not any at all?"
Mr. Winkle reflected. "Well," he said, "I could tell you about the effect of various types of rough terrain on some of our transport vehicles."

"Thanks?" asked Mr. Westcott. "I've never seen a tank."
Mr. Westcott stared at him. He dropped the subject, and took up the Mediterranean campaign.
"How is it coming along?" Mr. Winkle asked.

"Do you mean to say you don't know?" demanded Mr. Westcott.
"Well," said Mr. Winkle, "I hardly ever saw a paper in camp. Since I've been here, I've glanced at the headlines a little, but I haven't read the details much."
"You're splitting," Mr. Westcott, "above all people, you in the service."

"There isn't much time to think about it," Mr. Winkle apologized. "But you don't even sound interested," Mr. Westcott complained.
"Somewhat," said Mr. Winkle. "I've come to leave that up to the generals."
"Of course," said Mr. Westcott stiffly. "Yes, of course." He gathered the forces of his indignation and scolded pettily. "All I can say is that you aren't any more of a soldier than I thought you'd be."

Too late, Mr. Winkle realized that he had offended his neighbor. That Mr. Westcott thought he meant to squelch and ridicule him as an armchair strategist. That had not been his intention at all. It was simply that he and Mr. Westcott had grown apart, that they had become strangers.

Domestically, the Winkles were as happy as they ever had been. They lived the few days he was home like a honeymoon taken up.

CUITE LAPEL ORNAMENTS ARE EXCELLENT GIFTS



DESIGN NO. 951
Lapel ornaments are favorites in the accessory field. Bells, and all-peters are crocheted and the Scottie dogs is made of pom-poms. All are created at a small cost. Pattern No. 951 contains complete instructions.

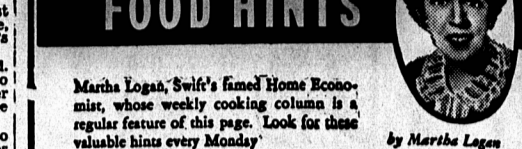
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• If a cake is worth making, it is worth making with Swans Down.

SWIFT WEEKLY WARTIME FOOD HINTS

Martha Logan, Swift's famed Home Economist, whose weekly cooking column is a regular feature of this page. Look for these valuable hints every Monday!



Merry Christmas



On behalf of my sponsors and myself, the Season's Greetings to you all!

It is now almost a year since this column was first published. In that time I have been helped and encouraged by thousands and thousands of letters from readers, many of them enclosing requests for my little book "Meat Complete."

I am happy to be able to tell you all that these Weekly Food Hints will continue through 1944. I shall strive to make them as helpful to wartime housewives as I possibly can and at the same time valuable to the war effort by showing ways of making the most of our food resources. Finally I would like you all to know how much I value letters and suggestions: : : do let me know how I can serve you best. And now a Merry Christmas to you all: : : and a Happy New Year!

Martha Logan

SWIFT CANADIAN CO. LIMITED
Makers of Premium Quality Products; Brookfield Butter, Eggs and Cheese; Jewel Shortening and Silverleaf Lard

CHAPTER XIII
Any seemed intent on making up to Mr. Winkle the period she had been grieved, and he decided to enjoy this, no matter what might happen after the war.

She acted on several buttons for him, and though the way wasn't exactly the manner in which he had learned to sew, he was delighted to have her do it. After that first morning, Mr. Winkle managed to stay in bed a long enough for Amy by getting up very early, to bring him his breakfast there.

The weather was fine and Mrs. Winkle was anxious to get a ration by going on a picnic with him every day into the woods. On these trips even Penelope, agreed to wag her tail suggestively at the soldier, though she still wouldn't accept him wholeheartedly.

They spoke little of the war and his portion of it. Not that they took it for granted, or had become fatalistic about it, but they wished to forget it during the time they spoke or moved again, he was that she looked at him defiantly, nearly with antagonism. But

(Continued on Page 8)

Needlecraft For The Home

CUDDLY TOYS
What small child wouldn't be enchanted to find his bear family under the tree on Christmas day? They are easy to make and each has its own costume.

The bears are each 14" high
Send 20 cents for PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish.

Address, Pattern Department the Charlottetown Guardian.
Name _____
Street Address _____
City _____ Province _____

OTTAWA, Dec. 17 — (CP) — A pilot who flew on to drop his bomb load on the important German industrial town of Stuttgart despite the difficulties of flying with three motors through a curtain of heavy anti-aircraft fire has been awarded the Distinguished Flying Cross.

R. G. A. P. headquarters announced tonight that he is P. O. H. W. Mitchell, of (50 Saunders St.) Fredericton, and said that after completing his mission he flew his plane safely back to base.

WAVTODHNSW
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3320

Home Service



FOR DIFFERENT! Finer Smoother Really Helps prevent friction, is medicated CUTICURA TALCUM

High-Calory Foods Made Her Fat
"Heavens, is that fat woman ME?" When the mirror shows you're not just "pleasingly plump" any more — what do you do?
Diet everyone says. And diet is right, if it's the scientific low-calory one. Skipping courses won't do, for the calories, not quantities, that build fat.

You might think it fattening to eat "whole" meals! But you can lose on them if they're low-calory foods. A lamb chop has only 100 calories, a baked potato 100, three stalks of asparagus 20, two cookies 100. A real lunch—only 320 calories.

You can even eat delicious sweet desserts! Only you'll choose dat graham pudding (100 a serving) not Brown Betty (300); lemon ice (180), not a chocolate walnut sundae (425)!

But if you don't know your calories, what damage you can do with one dish. A serving of lamb stew with dumplings has 440 calories. Two buttered waffles are 600! So get yourself a calory chart as a diet guide. Be good, don't fail, and you'll lose two pounds a week!

Our 32-page booklet gives a calory chart, three-day liquid diet to stay in, and 42 tasty low-calory menus.

Send 15 cents in coins for your copy of the New Way to a Youthful Figure to the Charlottetown Guardian, Home Service, Address. Be sure to write plainly your name, address and the name of booklet.

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SWANS DOWN CAKE FLOUR
A Product of General Foods

Today Be Extra Careful Insure Cake Success!



THERE'S no need to give up cake baking for the duration—but there is every reason to make sure that every cake you bake is a success. And there is no better insurance than using Swans Down Cake Flour.

Ordinary flours contain a tough, elastic gluten—excellent for yeast, but too resistant for cake leavens. Swans Down is made of choicest soft wheat that contains a very delicate, tender gluten. Besides, Swans Down is sifted only 17 times as fine as ordinary flour. That's why you'll be proud of your thriftest cakes—when you make them with Swans Down.

• If a cake is worth making, it is worth making with Swans Down.

SWANS DOWN CAKE FLOUR
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Name _____
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SWANS DOWN CAKE FLOUR
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