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

HOW CAN I MAKE COFFEE GO FURTHER?

FIRST thing, buy coffee that gives you more flavor ounce for ounce—super-rich Chase & Sanborn Coffee!

Then, always keep coffee in an air-tight container. Scour the coffee-pot absolutely clean. Get the proper strength by measuring coffee and water accurately. Make only the exact amount needed—and always serve coffee soon after it's made.

But remember—*start* by getting super-rich Chase & Sanborn Coffee! Quality coffee goes further.

CHASE & SANBORN COFFEE

THE COOK'S CORNER

PUMPKIN PIE

2-3 cup brown sugar 2 eggs
1 teaspoon ginger
1 teaspoon cinnamon
1-4 teaspoon nutmeg
1-2 teaspoon salt
1 1-2 cups cooked, sieved pumpkin.
2 cups scalded milk

Method: Cut pumpkin and remove seeds and stringy portions. Peel, cut in pieces, and cook in water until tender, then mash and put through a sieve. Dry pumpkin uncovered over boiling water.

Beat the eggs slightly and beat in the sugar, spices and salt. Measure the pumpkin and add to the egg mixture along with the scalded milk.

Turn into an unbaked pie shell and bake in a hot oven (450 deg. F.) for 10 to 15 minutes, then lower the temperature to moderate (350 deg. F.) and continue baking until the custard is set, or until a knife inserted in the centre will come out clean —about 20 to 30 minutes longer. Allow to cool, before serving.

GRAPE CONSERVE
(Grape Jam with Orange)

Wash Concord grapes well, and drain and pull grapes off stems. To 4 lbs. stemmed grapes allow: 1 1-2 lbs. sugar, 1 cup seedless raisins, 1 orange, 1 cup nut meat (these are optional) and 1 teaspoon salt. Slip the skins from the grapes and keep them separate from the pulp. Peel the orange and discard the seeds. Chop the orange pulp and peel fine, also chop the nuts fine. Boil the grape pulp stirring constantly about 10 minutes or until the seeds begin to float. Put through sieve to remove seeds. To the grape pulp add the sugar, raisins, orange and salt and bring to boil rapidly, stirring to prevent scorching, until the mixture begins to thicken. Add the grape skins and boil 10 minutes longer or until somewhat thick. Stir in the chopped nuts, pour at once into hot sterilized jelly glasses and seal with paraffin or put into glass jars and seal.

The above is a delicious accompaniment to hot scones or Johnny cake

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 War Time Prices and Trade Board.

Q. Can you tell me why our meat coupons do not entitle us to more boneless stewing meat than sirloin tips? On the meat chart they're in the same group.

A. The meat ration chart is made up on the basis of bone-in content and not on money value. Both these meats that you mention are free from bone and are therefore placed in the same rationing group.

Q. Can storekeepers cut a pound of butter in half?

A. There are no Wartime Prices and Trade Board regulations forbidding a storekeeper to cut a pound of butter in half. That is up to him.

Q. Is it permissible to sell jam and jellies at church bazaars or at sales of home-baked goods?

A. No. This is contrary to the regulations. No sales of any rationed commodities can take place without the surrender of coupons.

Living & Leisure

The Woman's Realm

CONTRAST

A Flying Fortress reels above the clouds
And, crippled, spins and takes its final lunge;
Another, torn and battered by the foe,
Makes in a sheet of flames it ghastly plunge.

In this heroic raid brave flyers die,
No squawks or protests mark the bitter fray . . .
Yet in a plant back home the workers quit
To make demands on working time and pay!

—Hi Phillips in New Cork Sun.

A laundry bag lining for a hamper saves reaching and stooping to fish the last hankie out of the hamper and in the case of a wicker hamper, it is an insurance against snagging and tearing clothes. One can very easily be made at home from an old sheet or some worn material from your scrap bag. Use the inside dimensions of the hamper as a guide, and stitch up a laundry bag shaped to fit the hamper. Hooks on the hamper top and loops on the bag will hold the top open; a fastening arrangement at each corner is sufficient for small hampers, additional fastenings are desirable in the centre of long sides of large hampers. Then when washday rolls around, unhook the bag and lift it out, clothes and all. To rid it of the dirt, grime and perspiraiton it will inevitably pick up from the dirty laundry thrown into it wash it every few weeks along with your other clothes.

LLOYD GEORGE'S APPLES

A writer from the London New Statesman found Mr. Lloyd George looking more patriarchal, but as fit as ever. It was at Churt, and they went to see his apple orchards. The writer could find no words for them. The acres of apples are a splendid and astonishing sight. Trees could not carry more or more perfect apples. But the really remarkable fact about them you only realize as you notice that the paths between the orchards are made of sand, as loose and good for digging as the sand on the seashore. It is out of this sand that these gloriously laden trees are growing.

Here are some rules on removing spots from clothes so as to lengthen their life:

Spots caused by chemicals should be treated before the garment is submerged in soap and water. When using a solvent, it's advisable to work from the outer edge toward the centre. Hems make good guinea pigs" — try solvent on their undersides before applying it to the soiled surfaces.

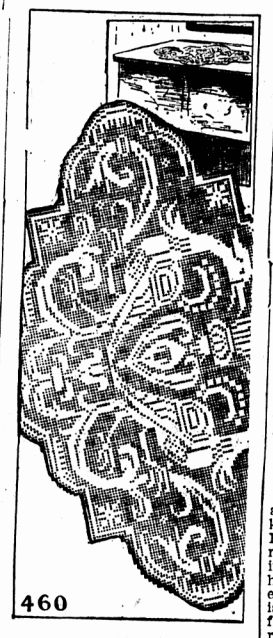
Renew your sponge pads frequently, and be sure to work in a strong, clear light. To simplify the removal of spots, it is suggested that a cupboard be equipped with small china bowls, bone spoons, crochet hooks or knitting needles; a small glass rod, one or two clean pads of material, a fountain pen filler, blotting paper, and some of the simpler agents for removing spots.

Most people who wear glasses are discouraged by film from oily secretions of the skin and perspiration from the eyebrows which clouds the glasses every so often and can't be removed with the familiar little polishing rag. Yet very few people are aware that the best way to deal with this nuisance is simply to wash the glasses. Modern metal frames on glasses are absolutely rust-proof and take to water like a duck.

So, if you wear glasses, get into the habit, when you're doing the dishes, of giving your glasses a swish or two through the soapy suds. Then rinse, dry with a lintless towel, and presto —you've saved yourself a lot of eyestrain and bother.

NEURALGIA
Relieve the Pain with cooling, soothing Mentholatum. Also for head colds, chapping, burns and bruises. Jars and tubes, 30c.
MENTHOLATUM
Gives COMFORT Daily

OVAL CENTERPIECE WORKED IN FILET CROCHET



DESIGN NO. 460

This beautiful oval shaped centerpiece is done in filet crochet. It may be made in two sizes. Pattern No. 460 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.

Design No. 460
NAME - - - - - - - - - - -
STREET ADDRESS - - - - -
CITY - - - PROVINCE - - -

Dorothy Dix Says—

MARRIAGE NOT REFORM SCHOOL FOR TRANSFORMING OUR HABITS

All Young Folks Polyannas Expecting To Mold Mates To Meet Romantic Dreams

One of the reasons there are so many unhappy marriages is because we are all Pollyannas, male and female, when we pick out our wives and husbands. Life offers no other such example of deathless optimism as that which makes otherwise sane and sensible men and women choose mates of whose manners and morals and general personality they disapprove in the fatuous belief that as soon as they are married to them they can make them over to their hearts' desire.

In no other of their affairs do they show such lopsided reasoning. No man would buy a fancy roadster and expect it to turn into a serviceable truck when he got it home. No woman would purchase a green dress with the set purpose of dyeing it red, because a red dress was what she wanted and needed. But every day we see young hopefuls, and men and women who are old enough to know better, for that matter, blithely stepping to the altar with those who do not belong to their class and with whom they have not a taste, habit or a thought in common, yet with whom they expect to be perfectly congenial after marriage.

WOMEN EXPECT MARRIAGE TO CHANGE MEN

Millions of girls marry drunkards in perfect confidence that there is some magic in the marriage ceremony that will keep them from ever thirsting for a highball again. Other millions of girls marry shiftless ne'er-do-wells, who have been too lazy to even support themselves in perfect faith that they can turn them into go-getters. And still other millions of girls marry grouchy, sullen men with mean dispositions, whom they have had to handle with gloves before marriage, in the belief that after marriage they will be little rays of sunshine in the home.

And men show just as little gumption in picking out their mates as women do. They also, are sold on the idea that they are miracle workers who can change a girl from what she is into the kind of a wife they want her to be. So you see poor young men anxious to get along in the world marrying wasteful, extravagant, clothes-mad girls in the belief that after marriage they will be penny-pinchers.

CHARACTERS DEVELOPED IN ADULTS

Of course, none of these transformations ever take place. By the time a man and woman are old enough to marry their characters have set. They are what Nature and their mothers have made them. While occasionally a husband or wife may be able to polish up their rough diamond or lop off a few excrescences from their mates, for the most part men and women stay the same before and after marriage.

The drunkard continues to drink. The I. W. W. sits fast on the do-nothing stool. The girl who was a spender makes a wife who keeps her husband's nose to the grindstone. The bossy girl henpecks her husband's life out of him. And the couple who were always quarreling when they were "keeping company" make the husband and wife who fight like the Kilkenny cats.

UNION SETS FAULTS DEEPER

For marriage is no reform school. It possesses no magic that changes the dispositions of people. It cures no faults. Rather it sets them deeper. Nor is there any myth falser than the old one about a fine husband being able to raise an inferior wife up to his level, or the influence of a good wife weening a husband from his vices.

Almost always it is a noble experiment that ends in failure, for there is nothing that a husband and wife resent so much as finding out their mates are not satisfied with them and think them poor, weak creatures who will need a lot of alteration before they come up to expectations. Being made over is a painful process that leaves one's vanity sore and bleeding and which few marriages survive.

The moral of all of which is: Be doubting Thomas instead of Pollyana when you pick out your mate. Select the kind of a husband or wife you want to begin with, instead of taking a chance on altering one to suit you.

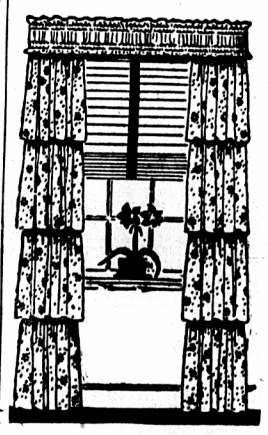
MALTA'S BELLS

Malta's bells, those that are left, are ringing again; the need for keeping them mute has passed. Barbaric bells! Any one who has not heard them crashing and booming over Malta's straggling streets has missed an unforgottable experience, states the Manchester Guardian. Cascades of sound pour down from the twin-steepled churches and roll their brazen discord over the sun-baked roofs. On the many "festa" days to the noise of the bells is added the spluttering explosions of hundreds of maroons and crackers. And all the while, in the steeple the uncontrolled bell-ringers keep up their attack of sound. Boys and youths, they ring every bell together and enjoy the effect.

THE SOLDIER'S PAL— MECCA OINTMENT
Should be in every kit—relieves sore feet, etc.

Home Service

Make Personality Curtains for Your Home



LOVELY CURTAINS

What could be daintier for a girl's room than these sweet curtains. They are of shirred valance and tiered flounces of percale, chintz, sateen or gingham.

Learn to make your own curtains and add personality to your home.

There's no need to worry about expense because you can easily learn to make them yourself—which allows you a lot of individuality in that you can pick any material you desire.

Add this touch of individuality to your home by making your own smart curtains and draperies. Know what fabrics, colors and styles to choose for various types of windows. A graceful swag valance may be just the thing that is needed in one place; a gaily decorated cornice in another.

Our 32-page booklet helps you with these questions and has step-by-step directions and diagrams for new ideas in window treatments. It also tells you how to make different varieties of curtains.

Now is the time of year for freshening up your house so start with your curtains first! Really quite an inexpensive project when you make them yourself!

Send 15 cents in coins for your copy of New Ideas In Making Curtains and Draperies to the Charlotttown Guardian Home Service, Address. Be sure to write plainly your name, address and the name of booklet.

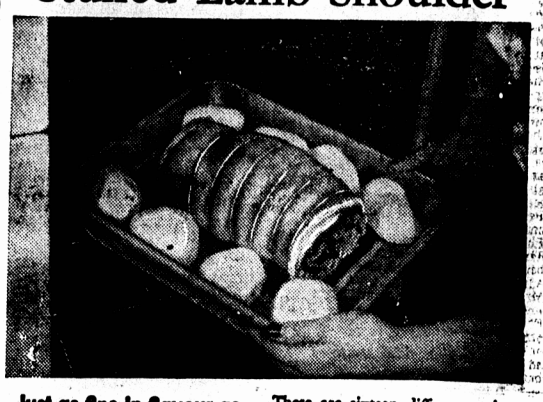
Name
Street Address
City Province

WEEKLY WARTIME FOOD HINTS

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

By Martha Logan

Stuffed Lamb Shoulder



Just as fine in flavour as the traditional Leg; is the Roast Shoulder

Even with 1¼ pounds to the coupon; many of us these days think twice before ordering a roast of lamb. Actually; a Roast Shoulder of Lamb extended with a savoury dressing is one of the really good ways of making your coupons stretch. A 5 pound roast; before the bone is removed, gives you at least three generous meals for a family of six. Serve it hot once; cold once with a delicious green salad and mint sauce or Indian Chutney; then use the balance for a savoury stew; Indian curry or hearty meat pie.

These are sixteen different recipes just for lamb left-overs in Martha Logan's famous handbook of meat cookery "Meat Complete." Send 10¢ for your copy to Swift Canadian Co. Limited, Dept. MH40 Moncton.

MARTHA LOGAN'S DRESSING FOR A SHOULDER OF LAMB

1 cup bread crumbs
2 small onions chopped
2 tsps. chopped fresh mint
1 tbsp. fat
1 cooking apple chopped
2 to 4 tbsps. milk
salt and pepper

Mix all ingredients thoroughly and pack into cavity made by removing shoulder bone. Roast uncovered in a 325° oven allowing 40 minutes per lb.

MEAT is material of war

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

SPEED THE VICTORY
BUY VICTORY BONDS

A Morning Smile

RECOMMENDING HIMSELF

Two Negroes were attending a political meeting where a candidate was making a speech.

In a few minutes one said: "Mose, who is dat man?"

"I don't know," Mose answered, 'but he sho do recommen' hisself."

Captain—Well, Private Smith, what did you have for dinner?

Private—Taters, sir.

Captain (to sergeant) —What does he meant by "taters," sergeant?

Sergeant —It's only his ignorance sir. He means "spuds."

It hurt my pride to hear her say—
"BETTY'S DRESS LOOKS HALF-WASHED!"

CUFFS, HEMS, EDGES COME BRIGHTER when you wash clothes the Sunlight way. Just touch stubborn spots with Sunlight Soap. This puts an active film of soap in contact with the dirt, and as the clothes are washed Sunlight's "extra-soapiness" quickly loosens even deepest grit and grime.

NO RUBBING NEEDED with Sunlight, either! My, how that saves the clothes! Try Sunlight next washday! See how much brighter and sweeter-smelling clothes come. How even the most soiled spots come out dazzling. Not streaky . . . not "half-washed" looking . . . but BRIGHTER ALL OVER! And see how lovely colors stay, too!

TRY ME FOR SPEEDIER DISHWASHING. JUST FEEL HOW MUCH MORE SOAPY I AM. THAT'S BECAUSE I'M ALL PURE SOAP

FOR A COMPLETE WASHING JOB YOU CAN'T DO WITHOUT SUNLIGHT

A LEVER PRODUCT

Needlecraft

For The Home

AN APPLE FOR THE TEACHER
And a Prize for Sister in This Frock

Now that school days have rolled round again, small daughter must be outfitted. Cute little cottons like this frock just fit the bill and she can never have too many. If her Daddy is in the Navy, she will be sure to love the version with the sailor collar. If not, a little ruffling will give her that grown-up air she craves.

Style No. 3026 is designed for sizes 2 to 8. Size 4 requires 1 5-8 yds. 35 in. fabric with 3-8 yd. for the sailor collar and 1-4 yd. contrasting for other version. Pattern is hand-cut to United States Standard Measurements and includes chart with step by step instructions.

Send twenty cents for pattern. Write your name, address and style number. Be sure to state size you wish.

Name
Street Address
City Province

How to relieve MONTHLY
Female Weakness
Which makes you CRANKY, NERVOUS
Lydia E. Pinkham's Vegetable Compound is made *especially for women* to relieve periodic pain and weak, nervous, blue feelings. It has a soothing effect on one of *woman's most important organs*. Taken regularly—Pinkham's Compound helps build up resistance against such symptoms. Worth a trial!

More Than Ever YOU NEED SWANS DOWN

Do all you can to insure success in cake baking. Avoid waste of precious ingredients. Millions of women find the *best baking insurance* is Swans Down Cake Flour.

Swans Down is *different* from other flours. Made from specially selected soft winter wheat, sifted again and again through silk until 27 times as fine as ordinary flour. Rises better, more evenly. Makes simple, economy cakes look and taste like luxury cakes.

• If a cake is worth making, it's worth making with

SWANS DOWN CAKE FLOUR

S-173 A Product of General Foods