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

Biscuits that melt in your Mouth WITHOUT BUTTER

MAGIC'S HONEY BISCUITS

2 cups sifted flour
½ tspn. salt
¼ cup shortening
¼ cup honey
⅓ cup milk (scant)
½ tspn. grated lemon rind, if available
3 tspns. Magic Baking Powder

Sift dry ingredients together. Cut in shortening until mixed. Combine ¼-cup honey with milk; add to first mixture. Knead on lightly floured board enough to shape into smooth ball; pat ½-inch thick. Cut with floured biscuit cutter, place on baking sheet and bake in hot oven (450°F.) 12 to 15 minutes. Mix remaining honey with lemon rind and dribble over tops of biscuits just before removing from oven. Makes 14.

FOR SUCCESSFUL BAKING

A Morning Smile

Teacher (Pointing to deer at the zoo): "Johnny, what is that?"

Johnny: "I don't know."

Teacher: "What does your mother call your father?"

Johnny: "Don't tell me that's a louse?"

MATHEMATICS

A girl of twenty who contemptlates marrying a man of forty, says a clergyman, should remember that when she is forty he will be sixty. It is, of course, better for a girl of forty to marry a man of twenty—then they'll reach sixty round abouta the same time.

THE COOK'S CORNER

STEAMED CARROT PUDDING

One cup ground raw carrots, 1 cup ground raw apples, 1 cup seedless raisins, 1-2 cup brown sugar, 1-2 cup molasses, 1 cup ground suet, 1-2 teaspoon soda, 1 teaspoon baking powder, 1 cup sifted all-purpose enriched flour, 1-2 cup bread crumbs, 1-2 teaspoon nutmeg, 1-2 teaspoon cloves, 1-2 teaspoon cinnamon.

Combine all ingredients; pour into greased mould. Steam 2 1-2 hours. Serve hot with honey butter, lemon sauce or butterscotch sauce.

ECONOMY ICE CREAM

Two cups top milk, 2 teaspoons unflavoured gelatin, 6 tablespoons sugar, 2 tablespoons soya flour may be added, 4 tablespoons white corn syrup, 1 teaspoon vanilla, 2 eggs.

Soak gelatin in two tablespoons of the top milk. Melt by setting dish in a pan of hot water. Beat egg yolks, soya flour, if used, sugar and corn syrup until thick and lemon-coloured. To this add the rest of the top milk, dissolved gelatin and vanilla. Place on bottom shelf of evaporator. Set control to coldest setting. Freeze until firm. Remove to chilled bowl, add unbeaten egg whites and heat until fluffy. Return to freezing compartment and continue freezing until firm.

FINE CHEESE RECIPE IS EASY TO PREPARE

Cubes of bread (1 1-2 inches) 1 egg, well beaten, 1 tablespoon milk, 2 tablespoons melted butter, 1 1-2 cups grated cheese, dash of paprika and mustard. Dip cubes of bread into egg, milk and butter mixture. Roll in grated cheese to which seasoning has been added. Bake in a moderately nicely browned—eight to ten minutes.

NORTH WILTSHIRE W.M.S.

The monthly and annual meeting of the North Wiltshire Women's Missionary Society was held at the home of Mrs. Roland Easter. Theme "The Light of the Knowledge of God" The meeting opened with hymn O Lord and Master of Us All. This was followed by Prayer by the President and Lord's Prayer in unison. The business period followed. Roll was called eight members being present. Minutes were read and approved. There were some additional mite-boxes received. Offering $1.70. Mrs. Bowman took Community Friendship visits. Mrs. Clark read a letter stating Presbyterial would meet in Charlottetown on Jan. 26 and 27, and Mrs D. MacDonald was appointed delegate. Mrs. Bowman read a letter from Missionary Monthly Sec'y., and subscriptions were handed in.

Election of officers was as follows:—

President, Mrs. Wm. R. Clark.
Vice-Pres., Mrs. A. Bowman.
Rec. Sec'y., Mrs. Frank Mitchell.
Corr. Sec'y., Mrs. Bruce MacDonald.
Treasurer, Mrs. George Godfrey.
Mission Band Leaders, Mrs. Walton Toombs and Mrs. B. MacDonald.
Baby Band Supt., Mrs. Bruce Noy.
Christian Stewardship Sec'y., Mrs. Keir Hatherley Associate Members Sec'y, Mrs. D. MacDonald.
Supply Sec'y., Mrs. Bruce Deacon. Temperance Sec'y., Mrs. Toombs.
Comm. Friendship Sec'y., Mrs. Bowman.
Literature Sec'y., Mrs. Earle MacRae.
Press Sec'y., Mrs. Mitchell.

A Christmas worship service with candle-lighting ceremony, with all the members taking part brought the meeting to a close with hymn Lord of Light Whose Name Outshineth, being sung as closing prayer.

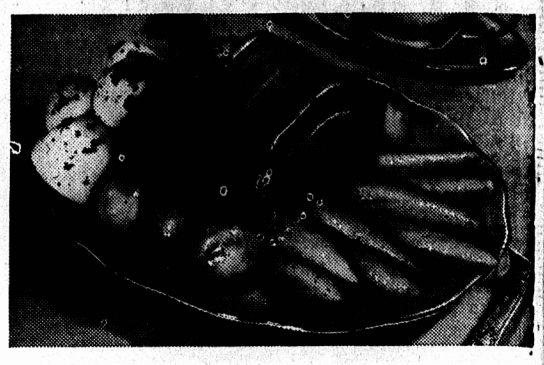
Minard's Kills pain

SWIFT'S 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.

by Martha Logan

Pot Roast, Plus



The colder the weather the more your family will like this spicy pot roast of beef

Our 'hint' for this week introduces one of the most useful [illegible] in the cook's repertoire. That of the *marinade* or "steeping sauce."

Many of the less popular cuts of meat can be given unusual and attractive flavours by soaking them in such a sauce.

Try the marinade given in the panel with a pot roast of beef ... 4 lb. beef rump or chuck ... prepare the meat as directed and let stand, covered, in cool place for 2 hours or more. Pour off liquid and save. Rub meat with mustard and brown in hot fat. Add the spiced mixture. Cover and cook slowly adding hot water as needed for 3 to 3½ hours. Vegetables (onions, carrots, celery, etc.) may be added just long enough before serving to ensure tenderness.

• • •

For other new and interesting ways of cooking meat, send 10¢ for your copy of M... Logan's "Meat Complete" to S...adian Co. Limited, Dept. MH... ...ronto

'MARINADE FOR BEEF'

1 tablespoon salt
1 teaspoon (each) grated nutmeg, ground cinnamon and cloves
2 bay leaves
½ cup brown sugar
1 cup vinegar
1 onion, sliced
1 clove garlic (optional)
1 cup apple or grape juice
Boiling water as required

Wipe meat with damp cloth and place in bowl. Mix salt and spices and rub over top of meat. Add sliced onion, garlic (if used), bay leaves, brown sugar, vinegar and fruit juice.

MEAT is material of war

SWIFT CANADIAN CO. LIMITED

a Dominion-wide organization devoted to the conservation and efficient distribution of Canada's food resources

Dorothy Dix Says—

WISE SOLDIER WILL PREPARE TO FIND ALTERED CONDITIONS

Children Grow Up; Wives, Sweethearts Look On Life Differently With Man At War

The universal desire that the men in the army express is to find everything when they return from the war just as they left it when they went away. Especially do they want their homes to be just as they picture them in their memories as they keep their lonely watches in tropical jungles or on the ice-bound islands of the North, or when they are trying to forget the fever that is burning them up by thinking how cool are the waters of the little spring from which they have drunk so often in their boyhood.

Or, perhaps, it is of some easy and luxurious way of life of which the soldier or the sailor is thinking—of a palatial home, of hot baths and soft beds, of rich food, of fast cars, of gay parties, of the boys and girls he has grown up with and played about with and, maybe, of some particular girl in a blue dress and a rose in her hair.

DREAMS KEEP NOSTALGIC SOLDIERS ALIVE

And there are thousands upon thousands of lonely men who would die of nostalgia except that they keep their starving hearts alive by feeding them upon a dream of some old farmhouse, with Father coming in from doing his evening chores and Mother putting the supper on the table, or of some little suburban cottage, with a woman standing in the door with a bungalow apron on, and little children rushing with outstretched arms down the path to welcome them home after their hard day's work.

Each man to his own memories. This longing for the past and desire to find it unchanged is one of the primal instincts of human nature. It is what sends us back, after forty or fifty years of wandering over the earth, to the place where we were born, and that always makes the return to the old home a tragedy.

For the house that we had idealized into a noble piece of architecture is a weather-beaten old cottage falling into decay. What we had remembered as a towering mountain is just a small hill. The red apples have lost the flavor they had in our childhood, and our old comrades are no longer boys and girls. They are decrepit old people, with rheumatic joints and store teeth, and whose conversation mostly runs to their ailments

DOOMED TO FIND CONDITIONS CHANGED

So when the soldiers write us, as they do continually, not to change anything just as they left it, they are following one of the deepest impulses of the human heart. But, alas, they are dreaming a dream that can never come true. For we cannot stop the clock. The hands move on and we cannot relieve even a second of our lives. Change is the eternal law of life.

The soldier who comes back after the war will not be the same individual he was when he went away. He will be older, more mature, more worldly wise. He will have seen life in the raw. He will have rubbed shoulders with death and been tried out in the fires of danger. He may be better, or worse, for his experiences, but he will not be the same. He will be changed.

And the same thing will have happened to the girl he left behind him, no matter whether she is sweetheart or wife. She will no longer be the little sub-deb whose only thoughts were of dates and dancing. She will be a woman who has lost some of the beauty and freshness of youth, whose eyes have gotten the hard and predatory look of the gold-digger, or that have grown softer and gentler in the long nights she wept into her pillow and prayed for the safe return of the man she loved.

(Continued on Page 3 Col. 4)

Living & Leisure
The Woman's Realm

THE NEW YEAR

A flower unblown; a book unread;
A tree with fruit unharvested;
A path untrod; a house whose rooms
Lack yet the heart's divine perfumes;
A landscape whose wide border lies
In silent shade 'neath silent skies;
A wondrous fountain yet unsealed;
A casket with its gifts concealed—
This is the Year that for you waits
Beyond to-morrow's mystic gates.
—Horatio Nelson Powers.

PERSONS OVER FORTY MUST EXERCISE CAUTION

It is questionable whether athletics cause or precispose to heart disease with persons over. 40. The great danger, however lies in overburdening previously damaged, rheumatic or congenitally diseased hearts. Necessity for careful physical examination before engaging in sports should be stressed.

SEEK MEDICAL ADVICE

Persons who believe they are suffering from goitre should consult their own doctor are be guided entirely by his advice in the matter of treatment.

OIL A NECESSITY

Virtually every weapon of modern warfare needs petroleum either for fuel or for lubrication.

TIP FOR WARMTH

The house will feel warmer if chairs and sofas are moved away from outside walls. There may be as much as 10 degrees difference in the temperature of the room near an outside wall.

CARE NEEDED IN WASHING FRILLS

Have you a soft spot in your heart for frilly white boudoir accessories? And yet find it difficult to keep these band-box fresh? It's really easy. Just wash as you would any fine cotton garment, rinse soap out well put the bluing in the last rinse, give a quick stir, then drop in the shaken-out, washed pieces. If they're rolled in a ball or tightly twisted they won't blue evenly. And as you iron such sheer accessoris as voil organdie flounces for beds, dont undo your work by careless handling. If your dressing-table skirt has a lining, iron that first then the top ruffle, then the skirt. Small pieces may be just right to iron without hanging to dry, if you remove moisture with a turkish towel. Eyelet embroidery or cushion-dot fabrics should be lightly but evenly dampened, and ironed right side down over a pad of Turkish towels. Embroidery comes out unflattened.

HINTS ON ETIQUETE

It may be comfortable but it is hard on furniture —yours or your friends —to tuck one foot under you or put your feet on the furniture.

MORE METAL BEDS

More metal has been released for the manufacture of household furnishings. Specified amounts may be used in making bed ends, bed side rails bed panels, angle rame cots, and couches, angle framed double and single decked bunks, mattresses, bed springs crib springs, box springs chesterfields, divans and upholstered chairs.

SWITCH TOPS

When cleaning a brass door plate or switch cut a hole in a piece of cardboard the size of the plate or switch. Hold the cardboard over the plate. It then can be cleaned without damaging the surrounding wall.

Wartime scarcities of materials and limited manufacturing facilities make the care of clothing a consumer must. You should try to get maximum wear out of each item of wearing apparel.

Follow these suggestions in caring for women's hats:

Save your hat by putting it on as a milliner does. Ease the crown gently into place with the palms

Brush felt hats with a rubber and before, if necessary. Once dust settles into a hat it is extremely difficult to get it out.

Brush fel hats with a rubber sponge made for that purpose, or use a soft-bristled hat brush. Brush fabric hats with ordinary clothes brush, or if silk, a piece of cloth.

You can freshen veils and flowers by holding them over steam from a tea-kettle. Or press veils between two sheets of wax paper.

If you get a hat rain-soaked, dry it at normal room temperature on a well-padded hat stand. Brush felt hats only when they are thoroughly dry. Fur hat may have shrink. A wool felt hat may have to be reconditioned before you can wear it again.

When the band inside a hat gets soiled it may be possible to clear it with a cleaning fluid. If not, take ribbon out of hat and wash it. If the ribbon bands is past cleaning, take it out and replace it with a fresh one.

FOR MY LADY'S FACE

Cranberry skins contain ursolic acid, a valuable emulsifying agent used in cosmetics.

The high reputation of Canadian wheat for quality will be maintained by the 1943 crop which has average baking strength and protein content, according to a report by the Board of Grain Commissioners Laboratory

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 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. I am an invalid and do not eat any meat . . . could I return my meat coupons and secure extra sugar which I need in my diet?

A. Ration allowances are based on total supplies . . . it would be impractical to allow one type of coupon to be exchanged for another . . . if you are on a special diet and require more than your allowance of sugar you should secure a medical certificate to this effect . . . take this to your local Ration Board and they will give your case special consideration.

Q. Is there a price ceiling on ice in rural communities?

A. Yes. Ice prices are controlled in the same way as other commodity Prices. It must be sold at the same price as prevailed during the basic period unless the dealer has a special permit from the controller of ice.

Q. May I make butter for my own consumption?

A. Yes, you may as long as you register at your Local Ration Board, and report monthly to the Board.

Q. My grocer was selling cranberry sauce and demanding two coupons for a 12 fluid ounce container. Isn't it necessary to surrender only one preserve coupons for this amount of cranberry sauce?

A. One "D" coupon is good for the purchase of one 12 fluid ounce container of cranberry sauce. Before Dec. 3 only 10 ounces of cranberry sauce could be obtained for one "D" coupon.

Needlecraft
For The Home

DRESSY JUMPER

A young jumper that may have gay applique to perk it up, on each pocket. The slenderizing, simple lines make it a perfect jumper for the young career woman who must be smartly dressed.

Style No. 3632 in size 16 requires for the jumper, 1 5-8 yds. 54-in. fabric; blouse, 2 yds. 39-inch. fabric.

Send 20c 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

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.

Design No. 1282

NAME — — — — — — — — — —

STREET ADDRESS — — — — —

CITY — — — PROVINCE .. .. —

FIRST AND ONLY

WEST PALM BEACH, Fla., Jan. 5—(AP)—Ailing and 50 years old, a parrot began choking, coughing and sneezing like a human being, so Mrs. A.P. Sadler was convinced her bird had asthma. But, while Mrs. Sadler sought a remedy, the parrot calmly laid an egg and the asthmatic symptom vanished. And that egg, explained the owner, was the bird's first, and last because she belongs to a species that lays once in a lifetime.

DOMINION GIANT ASTERS
45 VALUE 15
GET ACQUAINTED OFFER
Finest of all Asters. One pkt. each Crimson, Shell-pink, Azure-blue, regular price 45¢, for only 15¢, (or 6 separate colors 25¢) Postpaid. Don't miss this remarkable offer.
FREE—Our Big 1944 Seed and Nursery Book. Send for it. Send today.
DOMINION SEED HOUSES, Georgetown, Ont.

THIS CHOCOLATE IS A FOOD

Everywhere you go—Cadbury's Dairy Milk Chocolate is the favourite! At home, everyone wants more of this delicious milk chocolate food. Overseas, our boys find Cadbury's a real standby—a nourishing, sustaining treat!

Wartime shortages make it very difficult to satisfy the increasing demand for Cadbury's. We regret any inconvenience this may cause you.

CADBURY'S DAIRY MILK CHOCOLATE