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

Living & Leisrue

THE WOMAN'S REALM

Blue! gentle cousin of the forest-green
Married to green in all the sweetest flowers—
Forget-me-not the bluebell, and, that queen
Of secrecy, the violet: what strange powers
Hast thou, as a mere shadow! But how great,
When in an eye thou art alive with fate!

—John Keats.

Pantry mixes (gingerbread muffins and biscuits) can be stored on the shelf, saving cooking time.

Hard flower stems should be crushed or slit up for a few inches from the base when cut and put in water.

Nuts may be used to add richness to stuffing for poultry, to croquettes, creamed chicken or fish.

In cooking meat save juice by using moderate heat. Save drippings in the pan and serve with meat or in gravy.

A grain of salt dropped in a jar before pouring in apple jelly will help flavor it.

Strawberries should be washed before, not after hulling, to save the juice.

PATCH AND MEND

Through long war years Britons have looked eagerly toward the day when the shops would have dresses and suits in a wide choice to satisfy their many needs. During these hard years one-sixth of the pre-war textile labour force clothed the entire civilian population, with the aid of existing stocks—and a tremendous amount of mending and patching. Now these stock piles have been used up and Britons grow daily more threadbare.

They hoped for an increase in clothing rations. Instead they recently received a double blow; simultaneously with news of further cuts in their food ration they learned that their current supply of clothing coupons would have to last a month longer than originally stated.

Brown sugar and confectioners' sugar can be used measure for measure to replace granulated sugar in puddings, pies and custards.

Sixteen miles of telephone wire were laid over very rough wooded terrain in six minutes by the Army by reeling the wire out from an aeroplane.

China is preparing to improve its railroad systems after the war and has a commission of 14 railway engineers and administrative officials in the United States studying American railroading.

BETTER ENGLISH

D. C. Williams

1. What is wrong with this sentence? "I saw him some three years ago."
2. What is the correct pronunciation of "menial?"
3. Which one of these words is missepelled? Friendless, souless, lifeless
4. What does the word "imitable" mean?
5. What is a word beginning with imp that means "threatening"?

ANSWERS

1. Say, "I saw him about three years ago." 2. Pronounce me-ni-al, e as in me, i as in it, a as in at unstressed, accent first syllable. 3. Soulless. 4. Capable of being imitated. "The characters of men placed in lower stations of life are more useful, as being imitable by greater numbers."—Atterbury. 5. Impending.

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MORNING SMILE

Two little girls walking home from Sunday school were discussing the Bible story they had heard.

"Do you believe there is a devil?" one asked the other nervously.

"Oh no!" answered other with conviction. "It's like Santa Claus—it's your father."

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.

Q- My husband is about to be discharged from the R.C.A.F. Before enlisting he and I lived in a house we owned. We now want to regain possession. How long a notice must I give the tenants?

A. Under the new regulations affecting service personnel only, you give a three month's notice to vacate. This notice can be given only after the date of discharge.

Q. We are continually asked not to pay more than ceiling prices. At the same time people continue to sell at black market prices. Why are they allowed to do this?

A. No person is allowed to sell at prices above the ceiling set for whatever article they may be offering for sale. It takes two people to make a black market—both a buyer and a seller. If you are aware that black market prices are being charged at any particular place you should report it at once to the Regional Office of the Prices Board nearest to you.

A pinch of savory adds flavor to scrambled eggs.

Moist soap will take the itch out of mosquito bites.

The ancient Greeks and Romans used to enjoy highly perfumed food.

The temperature at which dried egg is stored is extremely important in saving flavour and cooking quality; stored at temperatures below 60 degrees Fahrenheit, dried whole egg retained its original quality characteristics for a year.

REGULAR WAYS INDUCE SLEEP

Rather than depend upon medicine to induce slumber and pay the penalty the next day of having a drugged, dull feeling, learn to pop off like an untroubled babe by establishing regular sleep habits.

The first of these is turning in at exactly the same hour and going through the same pre-retiring routines.

The exercise that you take before bedtime to induce sleep—mild walking, easy stretching or bending, provided you don't overdo it—will ease tensions that keep you awake.

A night-cap is a send-off if it's mildly hot. Most effective are milk mixed with malt or coffee substitute, strained vegetable or meat broth, or hot herbal tea.

Massage helps and if you can't command the hands of a professional, dig your own, wet with rubbing alcohol, into tension spots—particularly that spot usually snarled with working tensions, the neck.

WELCOME

There is a hotel in London where the service is perfect and everything in free. It is a reception depot for R.A.F. prisoners of war, says Britain. Hundreds of men, unkempt and bearing the marks of privation, here make their first contact with home. For the first time, perhaps in years, they find a luxurious hot bath, beds with snowy sheets, plenty of personal service. They are welcomed by Squadron Leader MacLeod, of Glasgow, a veteran of the African desert campaigns, who made a luxury hotel out of the apartment house allotted to the purpose. "Glad to see you, chum," says Mac, with a warm smile for each man. He offers them a bath, a meal, a free telegram to their families, clean pyjamas and slippers, a bag containing razor, soap and cigarettes, and tickets for the best London shows. Three orderlies wait on the tired P.O.W.'s, smiling Waafs sew on their stripes and badges, and drive them in staff cars on their official errands around London.

TO SPEED DEMOBILIZATION

HAMILTON, Ont., Aug. 26—(CP)—Rate of demobilization of R.C.A.F. personnel will be advanced from 10,000 to 20,000 monthly, Air Minister Gibson said in an interview Saturday. Facilities at Lachine, Que., and at manning pools in headquarters of Air Commands across Canada will be extended to accommodate the increase in discharges.

HOUSEHOLD SCRAPBOOK

By Roberta Lee

Use of Peroxide

Where peroxide has been used on a garment, wait until the peroxide is washed out and the stain dried before ironing it. If this is not done, it is liable to leave a rust stain.

Lemons

If a recipe requires only half a lemon, do not throw away the other half. It will keep until a use is found for it by placing it on a dish, cut side down, and putting in the refrigerator.

Ironing Board

An emergency ironing board when traveling is the hotel's dresser drawer turned upside down and padded with bath towels.

Dorothy Dix Says—

War Changes GI Husbands

Wives Should Prepare for Embittered and Disillusioned Mate

A young couple had been happily married for four years. Then the husband joined the army, and for more than two years he has been overseas. During all of that time the wife has worked hard to keep the home fires burning and to take care of the baby, and they have both solaced themselves by writing love letters to each other and planning for the day when he would come home.

At last their dream came true. The husband returned on a furlough. There was an ecstatic reunion for a day, then the husband began finding fault and criticizing everything his wife did. She had gotten fat. She had let down on her cooking and the biscuits didn't taste as they used to. And why didn't she manage the baby better? And what has become of his fishing tackle that he left in a box on the top shelf in the closet. And, for heaven's sake, why did her mother pick out this time, of all times, to come on a nice, long visit?

TYPICAL OF MANY HOMES

And the wife who had worked like a slave to do the cooking and washing and ironing and baby-tending; who had pinched every penny so that they would have something to go on when the war was over, and who had been lonely and heartsick, and who was simply living for the praise she expected her husband to give her for the way she had carried on in his absence, is hurt and angry and bewildered and doesn't know what to make of the situation.

This little story, which has its duplicate in tens of thousands of homes, is part of the tragic aftermath of war, for it is something that is bound to happen in a world where nothing is static; where everything goes on for better, or worse, and there is no magic that can ever bring back yesterday to us.

It gives a final note of pathos to the longing of the men who are enduring all the hardship of war, for everything at home to be kept just as they left it. They don't want a chair changed, or for Mom and Pop to grow a day older, or for their sweethearts and wives to even get a new hair-do. And especially they want to have exactly the same emotional reaction to everything and everybody that they had when they parted.

And this cannot be. The little home town doesn't look so glamorous to those who have seen gay Paree. Slap-dash house-keeping gets on the nerves of those who are used to military precision. And even those they love have faults and foibles they never noticed before.

No husbands and wives who have been parted for any length of time can ever take up their marriage where they laid it down and tie the two ends together so there will be no knots in the matrimonial bond. There will be difficulties that they have to smooth out; new adjustments that they have to make; disappointments that they will have to get over, for in their absence each will have idealized the other and clothed them with a perfection they never had.

This is a truth that war wives would do well to bear in mind and for which they should prepare themselves. For their husbands are not coming back to them the same men who went away. Some of them who have been through the hell of war will come out he-angels, but most of them will be nerve-racked, tired men, bitterly disillusioned at finding the world hasn't turned into an earthly Paradise, but is just the same old hard job it has always been.

It is going to take a lot more tact and charm to negotiate a second honeymoon than it did a first, so war wives had better be getting ready for it.

COOK'S CORNER

TOMATO CHEESE SANDWICH FILLING

1 can condensed tomato soup
1 cup grated cheese
1 egg, well beaten
1-4 teaspoon salt.

Method: Heat the soup, undiluted, in the top part of a double boiler. Add the grated cheese and stir until the cheese is melted. Mix a little of the soup-cheese mixture with the beaten egg and turn this back into the rest of the mixture with the salt, and cook until thick. Serve over hot toast as a rarebit, or chill and spread between layers of wholewheat bread.

VEGETABLE-CHEESE SANDWICH

1 cup grated carrots
1 cup chopped celery
1 cup chopped cabbage
1 bunch green onions chopped.
Sharp flavored spreading cheese
Mayonnaise
Salt

Method: Grate and chop all the vegetables. Mix and season with salt and moisten with mayonnaise. Chill thoroughly. Meanwhile slice wholewheat bread thinly and spread with butter and cheese. Spread the vegetable salad mixture over this and cover with a top slice of buttered bread. Don't trim off the crusts if these sandwiches are to be served to children.

Coal is India's most important mineral industry, and India ranks ninth on the list of the world's coal-producing countries.

MODERN ETIQUETTE

By Roberta Lee

Q. Is it all right to drink an entire glass of soda, lemonade, or other refreshment, or is it better manners to leave part of it in the glass?

A. One may drink all of it, but should never throw the head back in order to drain the glass.

Q. Should a woman walk on a short distance or should she wait for her escort while he is paying the taxi fare?

A. She should wait with her escort.

Q. Is it obligatory that one enclose a note with a gift?

A. It is not necessary, but a friendly note is never out of place.

HOW CAN I!!

By Anne Ashley

Q. How can I sterilae the sink?

A. Use a solution of chloride of zinc, which can be purchased at any drug store. Use one half pint to two gallons of water and put through the pipes every week or two.

Q. How can I prevent the weakening of the bristles of a broom?

A. Always hang the broom from the wall. An excellent hanger can be made by fastening to the wall two empty spools, about two inches apart.

Q. How can I remove rust from copper?

A. By applying liquid ammonia. Then polish with a good copper polish.

PALE? WEAK? because you suffer from SIMPLE ANEMIA

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ELLEN'S DIARY

By an Island Farmer's Wife

The men went early to their "stump-farming" this morning. An area like this, enclosed by woodland can become a breathless spot when the mercury in the thermometer mounts as it did today. No man within our line of vision idled today. Mr. C. was in his potato field, along each row, searching for any rascal of a plant that might lower the entire field's reputation. Mr. S.—Pat's employer—cut the first of his harvest. Judy called me to the window of her room that we might watch the first of the cutting. An imposing binder, obeying the will of a small busy red tractor and briskly following, with a sheaf under either arm, Pat at the stooking. "Pretty isn't it, Mrs. Ellen?" Judy said turning back to her bedmaking. Yes it was charming, row on row of sheaves, stook after stook across the field, and all hastening the shortening days but giving the riches of the harvest.

• • •

Pat left his work presently to make his way down the hill past the mill and up the short cut to Alderlea. "Shure an' me thurst is awful" he said opening the screen door to the kitchen. He had passed the hill-top pump. It was obvious that he wanted "to lave good-bye" with Judy. "I wish ye the best av good luck" he said at parting, "an be a good gurl--an' what more can be asked av anyone?" he said as he turned away. "An' oh yes, will ye write a line or two some time and make it swate with lots av X's for kisses" this I knew was to take Judy's mind from her going. She laughed merrily and then went back to her cleaning. She was as she said "straightening up" this morning; putting the contents of cupboard shelves in order; emptying the ash pan; sweeping the back stairs, seeming bent on doing all the tiresome chores, that ordinarily she found tedious, making up to me for any omissions through her months at Alderlea. Then rinsing and pressing her travelling gown and some of mine as well. It is only now that I recall my usual anxiety at such rinsing times when one of mine was involved. Today I found them on hangers and without crease. Regular tasks were not forgotten in her preparations for her departure—always with a thought for others comfort. Her room neat and a bit of powder or this or that toilet article left for her successor and a letter of "sealed instructions" propped in a conspicuous place, "and you'll remember to be good to her, Mrs. Ellen," then to the corner for the last time to say farewell to all there, who have been so good to her.

• • •

It seemed as if today was so full of Judy's going. I found myself wishing she was already on her way. I tried to recall some of her shortcomings; the cracked mixing bowl among the most prized of my worldly goods; the milk pitcher spout missing and one of the Sunday cups gone entirely. I tried to remember any of the other of my annoyances. Today, these either had vanished or were merely inconsequential. James has been less talkative today as if he too were anxious to have our partings over. "Ellen," he broke our silence once, "couldn't she have done well enough without more schooling? She'll only get married anway." In our selfishness forgetting that in every walk of life a term or so of extra schooling makes for a richer fuller life and is always, they say, the lightest of loads to carry. Perhaps we should have insisted on her staying and then the certainty that it will be to her future advantage to return to school-in her native Province is a very good sign that she should go. Fortunate it is for mortals that Another plans our life line if its fulfillment does come in roundabout and mysterious ways.

• • •

Many of Judy's well-wishers came this evening. Youngsters with whom she had skated last winter on Kristy's pond and with whom she forgathered on the Sabbath. A wee lad she had helped entertain on some occasions, came his bottle clutched tightly in a small pink palm. An older one wondered "who would let him grind grain in the coffee grinder, now that Judy's going." Mr. and Mrs. A. whose guest she was on many excursions and several others who had enjoyed her happy smile. "The way the months have gone," James said when the company had gone and we sat in the room as if reluctant to end our day, and then "now who'll I have to fetch the cows from the pasture in the mornings?" He forgets that no matter what changes come there is ever a someone to "fetch the cows." "My last night," she said, picking up her night light and then stopping to run her hand lovingly over the piano keys. However, if it should happen that Judy shall never return to Alderlea again, if we have no other pleasant times together through our remaining years, we have many happy days to remember. There were lazy days, when James was sure we must have been in each others way and I wondered if I really needed her energetic willing feet in my scheme of things and there were other days work rolled towards us in an endless wave and I blessed her from the bottom of my heart.

• • •

If Judy goes from our [illegible] shores never to return, I know

(Continued on Page 3)

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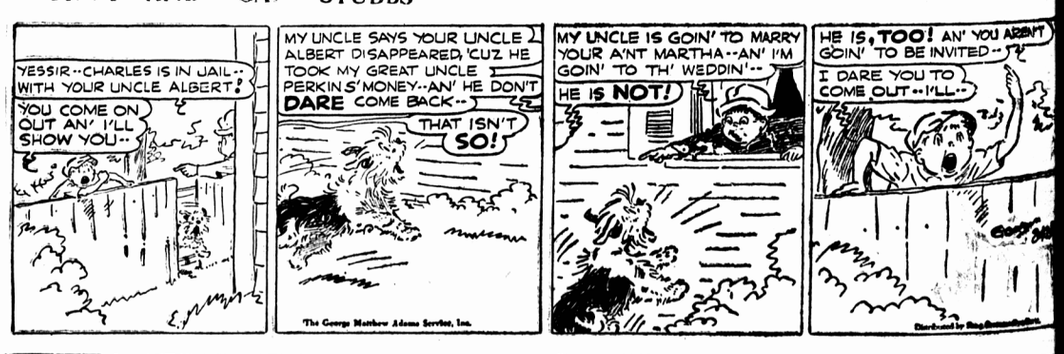

THE TOILER— By Webster

TIGHT B