

# Woman's Realm Social and Personal Fashions Literature

## Dorothy Dix Says—

### COURTSHIP ENDS AT ALTAR

#### Woman Gets More Than Wooing In Security Husband Accords

DEAR MISS DIX: I am married to a man I dearly love. Before we were married he was very affectionate and never tired of making a fuss over me. He always gave me expensive gifts and showed me a good time. But since our marriage he seems to have grown indifferent and never babies me like he used to.

Do you think I am wrong in thinking by husband to baby me? I want our life to be happy and for always to be sweethearts.

UNHAPPY WIFE



ANSWER: I think the real answer to the question of why husbands get tired is because so many of them have wives who put the idiotic value on little attentions that you do. I get thousands of maudlin letters from neurotic women who tell me that they are married to good, kind men who never say a cross word to them and who still like to stare to support them in luxury, but that they feel that they are poor, neglected, downtrodden creatures because their husbands don't treat them as they did in their courting days, nor talk the mushy talk they used to.

A WIDOW

(Continued on Page 10)

## The Experts Say

BY HELEN BANNERMAN  
Canadian Press Staff Writer

OTTAWA, Sept. 10—(CP)—The home economists of the Agriculture Department, Consumer Section, tell me they receive many queries as to what they mean when they use the term "shortening" in their recipes.

According to these experts any mild-flavored fat, including butter, lard, vegetable and animal fat or hydrogenated, which is a combination of vegetable and animal fats, is called shortening.

There is, of course, a difference in these fats. Butter contains about 15 per cent water and is salted, while lard is 100 per cent fat, and vegetable fats are usually hydrogenated and whipped to incorporate some air to make them fluffy. The two latter fats are unsalted.

General speaking, any of these mild-flavored fats may be used interchangeably in recipes, without making adjustments in the amounts of any of the ingredients.

Here is an unusual type of fruit shortcake, with many nuts in it. This dessert recipe is a sugar saver, a fat saver and is substantial enough for meatless meals. On top of these good qualities, peach custard shortcake, which comes from the experimental kitchen run by the Agriculture Department, is really simple to make. Other types of fruit may be substituted for peaches, of course.

**French Custard Shortcake:** Sift and measure one cup of pastry flour or one cup less two tablespoons of all-purpose flour. To sifted flour add 1-4 teaspoon of salt, one teaspoon of baking powder and one teaspoon of sugar, and sift together. Cut 1/2 cups of shortening, fine bread crumbs. Combine one egg with 1-3 cup of milk and add slowly to the flour mixture, blending to a soft but not sticky dough. Cream a nine-inch pie tin, roll dough and the tin. Slice five small peaches and pour over them.

**Custard Mixture:** Beat one egg slightly, add 1-3 to 1-2 cup of sugar and 1-2 cup of milk and pour this custard mixture over the peaches. Bake in a hot oven, 400 degrees Fahrenheit, for 10 minutes. Then reduce temperature to 350 degrees Fahrenheit and continue baking until custard is set about 30 minutes. This makes six servings.

Recent experiments have shown that rose hips, black currants and pine needles contain amazing amounts of vitamin C. However, we can't eat black currants every day, and rose hips and pine needles certainly aren't customary articles of diet so most of us will have

to continue to depend on more familiar sources for our daily supply of vitamin C.

Oranges and grapefruit are well-known for their valuable vitamin C content, but people are not so aware of the fact that green vegetables contain vitamin C, vitamin A and iron, too. Broccoli, a delicacy of the cabbage family, has a high rating.

Raw broccoli, says the Nutrition Division, taken with its weight, contains 1.2 times as much vitamin C and 11 times as much vitamin A as do oranges. Broccoli is also an excellent source of iron.

Because vitamin C is so easily destroyed in cooking, the nutritionists emphasize the importance of using a minimum of water and cooking the greens only until tender.

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## MORNING SMILE

CATCHING

A Lancashire man, who had made his million, took his son to a famous teacher of elocution in London to be taught a refined English. Two months later he called on the teacher and said, "Well, ow's 'e doin'?"

"He's doin' fine," replied the teacher, "but doin' champion, you had 'o' thine!"

THAT'S SOMETHING

A reporter was interviewing the oldest inhabitant in the village. "Have you ever been married?" asked the reporter.

"Married!" exclaimed the old man. "Married! I should think I have. Four wives I've had. What more, one of them was a good 'un!"

## BETTER ENGLISH

D. C. Williams

1. What is wrong with this sentence? "These here apples are very good."

2. What is the correct pronunciation of "unlearned"?

3. What one of these words is misspelled? Biennial, biweekly, biology.

4. What does the word "conductive" mean?

5. What is a word beginning with ins that means "to intimate"?

ANSWERS

1. Omit here, 2. Pronounce un-learned, three syllables, not un-learned, 3. Biennial, 4. Leading or lending, helpful, "These things are conducive to good health," 5. Insinuate.

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## Wren Joan Bailey, Camrose, Navy Bride at Sydney N. S.



In a late afternoon ceremony recently at the Naval Base chapel, Sydney, N. S., Wren Joan Barbara Bailey, only daughter of Mr. and Mrs. Frank Bailey, Camrose, became the bride of Eric Walker Jardine, R.C.N.V.R., son of the late Dr. F. Jardine and Mrs. Jardine of Kensington, Prince Edward Island.

The marriage lines were read by Naval Chaplain Donald Howson. The chapel was decorated with roses, white lilies and English Hawthorne.

The bride was dressed in a white silk jersey street length frock decorated with short ruffled sleeves and a draped skirt in pleated effect. She wore a small flowered hat and an over-the-face veil, elbow length gloves and white pumps. Her only ornament was a strand of pearls, gift of the groom.

Her shoulder bouquet was of sweetheart roses and fern. The bridesmaid, Wren Blanche Rogers of Saskatoon, Sask., was in a brown and beige ensemble with a corsage of red carnations.

The best man was SBA, Don Brenton of Sarnia, Ont. Wedding decorations were played by L. SBA Laurie Strong of Kentville, N.S. During the signing of the register Wren Rose Ward of Guelph, Ont., sang Because.

Reception for the immediate friends of the young couple was held at the home of Mr. and Mrs. Frank Burchell, Sydney. The bride's table was centered with the floral decorations completed the table arrangements.

The young couple left later for a short tour of the Bras D'Or lakes. On return they will reside in Point Edward, N. S.

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## Never Doubted KING COLE TEA

It's Quality Stands Supreme

### 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's staff. Persons who have intelligent questions to ask on price control are invited to send them in writing to the Women's Regional Advisory Committee.

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

Under new regulations affecting service personnel only, you give a three months' notice to vacate.

Q. What is the ceiling price of potatoes by the peck?

A. Forty-two cents per peck. Q. When do all coupons for canning sugar become valid?

A. They are all valid now. The last ten preserve coupons to be used for this purpose became valid on July 19.

Q. Can you tell me why the Prices Board requires dealers to have a permit to slaughter cattle?

A. Chiefly so that a complete report may be kept at all times of the meat supply in Canada and to frustrate possible black market operations at a time when meat is urgently needed for home consumption and to fill commitments by the United Kingdom and UNRRA.

### HOW CAN I!!

By Anne Ashley

Q. How can I set colors?

A. To set blue, pink, green, lavender, red and purple, cook in acid water, two ounces to the tub. Black, gray, and dark blues should be soaked in strong salt water.

Q. How can I make piquante mayonnaise dressing?

A. Add to one cup of plain mayonnaise dressing, two tablespoons each of finely chopped olives and pickles.

Q. How can I remove perspiration stains from garments?

A. By mixing one part of oxalic acid to twenty parts of water and applying with a small brush.

combine the sugar, mustard, turmeric and flour. Mix together the pint of vinegar and the pint of water and use part of the cold mixture to blend the dry ingredients in a smooth paste, then gradually stir in the remainder of the vinegar mixture. Place in the top part of a double boiler and cook over boiling water until the mixture thickens and there is no raw taste of flour remaining.

Add the sauce to the drained hot vegetables. Mix well and pour into hot, sterilized jars and seal at once.

Now make a mustard sauce. First

### ELLEN'S DIARY

By an Island Farmer's Wife

We have just returned from an evening stroll—Julie and I. It was her first experience on a quiet, dark country road. Dark, but for a circle of light from the lantern, I held tightly. Earlier this evening, we went as far as Rob's with Jack and Jeanie in the car. They left us to go a distance beyond. We stopped there to inspect the new buildings. First, Karoly's poultry house, not at all imposing as these buildings go but small, snug and clean. Each matron was perched complacently on a shingling roosts and Jamie pointed out the double row of nests along a wall inviting the most diletary member of the flock to do her best in case there may be meales, fishless days to come. We visited the remodeled pigery, where a mother was telling bed-time tales to her lads and lassies. Mr. D. looked up to ask us in passing, if we had been "able to get a tableful up I guess," he said resuming his shingling. "Oh, so this is for a restaurant," Julie said, in some surprise. It will be, and the menu will contain a number of growing or fattening ration.

We admired the calves in the pasture and caught only the outline of a brand new one in a dim corner of a stall. "Come this morning," Jamie informed us. "I had come to the world unannounced, so Karoly said, when her men had risen early to go with Mr. G. in his truck to a beach a distance away for some reason. Karoly "just knew" there was "something astray" when one of the herd failed to come to the stable for milking. A bit of a treasure hunt, sometimes the lot of the farmer's wife, who I may need never have a dull moment, revealed a beautiful picture for Karoly's and Jamie's enjoyment. "The sun was only rising at the time," Karoly told me "lighting up the evergreens in a corner by the stream. It was warm there, with no breath of wind and quiet with only the murmur of the water below."

There against the background of trees, bathed in the golden light of sunrise, Karoly and Jamie found the red heifer standing guard over her first-born. There she was licking the red and white of its coat to a pretty wavelike, her tongue tipped with endorsement. Farming is full of these delights, in a corner of a meadow, in a dim stable, in the ewe's hours in a pigery or in a fold, you catch the wonders of birth. The satisfaction of it is, when you have feasted your eyes on the coming of a new life, you look up at James to say reverently: "Why, these are ours."

At Karoly's this evening, I smelled (with a mother-in-law's nose) apple jelly boiling in a shingling sauce pan on a shingling stove. At her invitation, I looked in to see if it had arrived at the sheehing stage before I went to the sunporch to see a long row of blossoming plants. We also admired her kitchen. Wall-paper in a Dutch pattern; ivory woodwork and inlaid inlaid for the floor covering. This shade is repeated here and there about the room—the red and white of the same material and back of Rob's old arm chair. Altogether contributing that touch that at once turns a house into a charming pretty home.

LET IT GLITTER

Chromium, whether on toasters or serving dishes can look very smart and modern. Don't dim its glitter by cleaning with an abrasive polish. The coating wears off easily, so its so much better just to use a damp cloth or soap and water. Put that up a gentle rubbing with a soft cloth and you will get a high luster.

A TIGER TIE

"Just put your finger on the knot please," you ask while struggling to fasten that parcel up tight. Is it still not tight enough? Book the string well to water, then go through the tying up routine. It is still wet. As the string dries it shrinks—and there is your parcel tied as snugly as can be.

PERFECT LUNCH

Right after dinner make up a casserole using the left-over meat. Keep in the refrigerator ready to pop in the oven for tomorrow's lunch. You'll have a speedy lunch and speedy use of left-overs, too.

AFTER ILLNESS FOOD IS VITAL

To speed convalescence and avoid the loss of weight which often accompanies illness, the Nutrition Division of the Department of National Health and Welfare recommends feeding patients a diet based on Canada's food rules, unless the doctor advises otherwise. Actually in many cases of illness, the protein and caloric needs of patients are higher than those of hard-working labourers. Extra body protein is required to repair the damage caused by injury, operation or illness. Fewer patients must up calories at a terrific rate—must be supplied by the diet.

The most practical way to increase the protein and caloric content of the diet is to eat more protein-rich foods. These are difficult to digest, so supplement meals with eggs and milk. Shakes given in mid-morning, mid-afternoon, and at bedtime. The patient will be able to enjoy small amounts of food at frequent intervals rather than three heavy meals.

Some forest fires travel faster than a deer can run.

Usually cows that freshen or have calves, in the fall are the best milk producers.

Persons subject to hay fever should not go swimming during these fever seasons, a medical association advises.

A magnet, an alloy of aluminum, cobalt and nickel with iron, has been developed that can lift over 4000 times its own weight.

Nitrogen and organic matter on farms are acceptable measures of soil fertility, although, so it requires other substances to improve their productivity.

American manufacturers of cellulosics and cosmetics prior to World War I depended upon European aromatic chemicals, with the supply cut off, equally good domestic chemicals were produced.

Q. When greeting guests who are to add some complimentary remark to each one such as, "How lovely your hat is, Mrs. Blank?"

A. No, and it would be poor form to do so. It would be sufficient to say, "How do you do, Mrs. Blank?" I am glad to see you.

Q. What kind of social function would it be proper to hold at about four o'clock in the afternoon?

A. Women sometimes have formal luncheons at about four o'clock.

Q. Is it correct to use "Dear Sir" and "Dear Madam" in social correspondence?

A. No; these terms are used in business correspondence.

## Living & Leisure THE WOMAN'S REALM

That night the blossoms hung along the heavy boughs; unstirred by any truant wind they lay As if such beauty they would keep Latched in bright dreams against the day.

Silent, we stood, without a word. Silent, there was no word to say. O. G. H. Valles

HAND CARE UP TO SHOULDER

Whatever care is given your hands should be given the rest of your arms, especially your elbows. "Don't draw an imaginary line at the wrists, bring your beauty care right up to the shoulder," advises a famous Hollywood makeup man.

"If the skin of your arms is excessively dry, apply a paste of equal parts of almond meal and powdered pumice, mixed with a little water. Allow this mixture to remain on your arms for about ten minutes. When you remove it with water the dry skin goes with it. Do this just before you step into the tub at night, then use a cream or lotion on your arms after bathing."

"Apply hand lotion up to the elbows, massaging thoroughly. Place a bottle of your favorite hand lotion in the kitchen and one in the bathroom. If you are in the business world, put another bottle in your desk drawer or locker."

"If your arms are too heavy for beauty, enlist the aid of a professional masseuse. Everyone feels the value of professional massage but too few recognize the merits of massage for arms and hands."

"Stand erect with your shoulders relaxed and elbows bent. Drop your hands from the wrists in a relaxed position and shake the hands back and forth for about 20 times."

To develop graceful hands and fingers grasp the corner of a sheet of newspaper in each hand and make the fingers gather the sheet into the palms of each hand by straining and reaching."

SHOES REPAIRED

Regina Women's Voluntary Services have worked out an excellent solution to the problem of old shoes that would be donated to the national clothing drive. Each week a district is canvassed for old shoes and these are brought in for the apprentice cobblers to repair. This keeps a steady but not overwhelming number of shoes at the mill, and the mill brought in can be fixed in time for donation to the drive in October.

JAM FOR BRITAIN

Despite unfavorable weather it is hoped that sufficient fruit will be ready to convert into jam for the annual Canadian Red Cross Women's Institute Jam-for-Britain project. The food situation in Britain is difficult and it will be more difficult than at any time during the war, and the jam project is therefore for important than ever. Children in the rural areas and servicemen in hospital find the jam a source of great enjoyment and a welcome addition to their slim sugar ration.

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### HOUSEHOLD SCRAPBOOK

By Roberta Lee

Woolen Blankets

Do not wring the woolen blanket after washing. Hang it on the line dripping wet, then whip it slightly several times with a wire carpet beater while it is drying, and also after it is dry. This will keep the blanket soft and light.

The Canary

If the canary refuses to use his bath, try sprinkling a little sand in the bottom of the bath before filling with water. The bird's refusal is often due to a slippery bottom.

Leather Furniture

If the leather furniture is soiled, apply warm milk with a soft cloth and then rub thoroughly until dry.

LONDON—(CP)—A Thomas Rowlandson painting "Vauxhall Gardens," bought for one pound (about \$4.50) in a junk shop, was sold at auction for £2,730 (about \$12,280).

LITTLE GIRL'S SWEATER



DESIGN NO. 1187

A cute double breasted sweater is easy to knit for a little girl 2, 4 and 6 years old. Pattern No. 1187 contains complete instructions.

To order pattern: Write or send above picture with your name and address with 20 cents in coin or Postal Scrip to Needlework Bureau, Charlottetown, Guardian.

Design No. 1187

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