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

Good Eating for the Lunch Boxes

and so easy to mix!

ALL-BRAN RAISIN BREAD

1 egg
¾ cup sugar
½ cup molasses
1 cup sour milk or buttermilk
2 tablespoons melted shortening
1 cup Kellogg's All-Bran
2½ cups sifted flour
2 teaspoons baking powder
1½ teaspoons salt
½ teaspoon soda
½ cup chopped raisins

Beat egg well. Add sugar, molasses, milk, shortening (melted and cooled) and All-Bran; mix well; let stand until most of moisture is taken up. Sift flour, baking powder, salt and soda together; add to first mixture with raisins; stir only until flour disappears. Bake in greased loaf pan lined with waxed paper in moderate oven (350° F.) about 1 hour.

Extra good and so different! This rich brown loaf has that heavenly nut-like flavour only Kellogg's All-Bran can give... and that marvelously soft, light All-Bran texture. Perfect for the lunch boxes because it's packed with nourishment and keeps *fresh*. Clip the recipe now and get Kellogg's All-Bran from your grocer today. 2 convenient sizes. Made by Kellogg, London, Canada. Helps keep you regular—*naturally!*

Kellogg's All-Bran

Living & Leisure

THE WOMAN'S REALM

FAITHFULNESS

I must take my turn at the mill,
I must grind out my golden grain;
I must work at my task with a resolute will
Over and over again.

HOME NURSE

The job of the home nurse is to keep her family in good health and feeling fit, as well as to take care of them when they are sick. You can do to them no greater service than to safeguard their hours are considered essential for provide them with comfortable and attractive quarters that are conducive to restful sleep.

Some people require more sleep than others, but in general eight hours for growing children. Bear adults and from ten to fourteen hours for growing children. Bear in mind that it is not alone the number of hours one sleeps that keeps him feeling at his best, but how soundly he sleeps and how completely relaxed he is as well.

It is rather surprising that so many people continually disregard the needs of their bodies for sleep, and rest and then wonder why they do not feel like work, or why their work is so boresome and uninteresting.

There is little doubt that home, office and school would be much pleasanter and more satisfying if every one got his full requirement of sleep. How many times have you traced a short temper and lack of patience back to a poor night's rest, or a series of poor nights?

Every individual should have his own bed and his own room, if possible. One can relax more completely when alone than when sharing a bed or a room with another person. There should be free circulation of air in the sleeping room, although health authorities no longer advocate wide open windows in the coldest weather as some did a few years ago.

A clean, comfortable, well-made bed is essential for restful sleep. The very best springs and mattresses one can afford are an investment for the home that will pay for themselves many times over in the course of years.

18-YEAR OLD WAITRESS HAS PERFECT TEETH

The discovery of an 18-year old Iowa girl with a perfect set of teeth is reported by the American Dental Association's Magazine.

She is Lois Price, a waitress of Jeffreson, Iowa. The story of Miss Price's perfect teeth is described in an article by Dr. A. G. Barker, D.D.S., who says, "During the years of my dental practice I have examined the teeth of approximatel 25,000 people. Of that vast multitude I have found but one person whose teeth have fullfilled all the necessary specifications."

Dr. Barker lists the following specifications, all of which Miss Price meets:.

"A perfect set of teeth must be absolutely free from dental caries (decay). They must be sized shaped and set true and properly in the dental arch. They must have have proper shade, colorings and translucence to blend perfectly with the eyes hair and complexion.

"They must have perfect cusps grooves, pits fissures and marginal ridges. They must occlude perfectly. The roots must be set sound, dense well-formed process covered by healthy pink gum tissue."

LOVELY WORDS WILL CHEER US UP

Every so often some speech authority comes out with the five or ten most beautiful words in the English language, writes a commentator.

It isn't going to take any speech authority to decide what the most beautiful phrases of the post-war world are going to be. We'll all agree on those. How about;

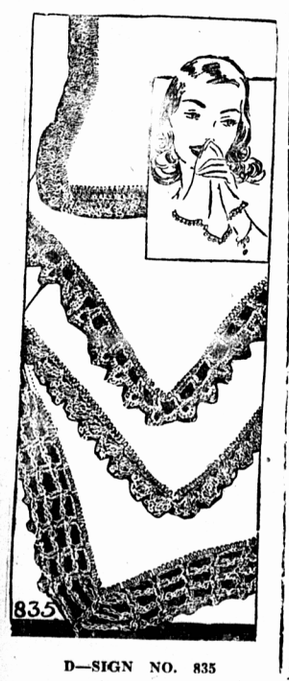
"Fill 'er up."
"Just charge and send it please.'
"Is the roast beef rare, waiter?"
"Send me a case, please."
"Remember when they used to be rationed?"
"Send a cab right away."
"We're driving to the mountains for the week-end."
"Apartments for rent."
"Experienced maid wants work."
"I told my butcher off this morning."
"I never smoke anything but ——." (Name your brand.)
"Waiter, will you bring me more butter, please?"
"The customer is always right."
"I haven't canned since the war."
"January White Sales—Sheets, Pillow cases, towels, drastcially reduced."
"It isn't worth repairing."
"Please. Thank you. I'm sorry" coming from those who serve the public.
"I really shouldn't have a second piece of that chocolate whipped cream cake. But its simply delicious."

Beautiful phrases—aren't they?

BIG PAPER PRODUCER

The production of paper in Canada dates to 1803.

DAINTY HANDKERCHIEFS



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Here's a SENSIBLE way to relieve MONTHLY FEMALE MISERY

Lydia E. Pinkham's Vegetable Compound not only helps relieve monthly pain but *also* accompanying nervous, tired, high-strung feelings—when due to functional periodic disturbances. It's one of the most effective medicines for this purpose. Pinkham's Compound *helps nature!* Follow label directions. *Try it!*

Lydia E. Pinkham's VEGETABLE COMPOUND

PATTERN OF THREE

By Mary Hastings Bradley

CHAPTER XII

"I thought things might be different," Kay said.

"Different? How? No, I don't change, Kay." He couldn't very well pretend that he had after the touch of her set him off. He said gruffly, "I haven't got over you if that's what you mean.'

"Thats not quite what I mean." She wasn't looking at him. She was looking away; there was something queerly harried and uncertain in her face. She came out with, "I thought that everything might be all right now—between you and Eve."

"It's right enough." He hated probing, even from her. "Eve's one thing. You're another. That doesn' change."

He hurried to get away from that. He said, "Eve has interests —lots of them. She's always going in for things. It's art now. She bought at 'Tentative.' He laughed then brushed all that aside. "Why didn't you tell me when you came on? I didn't know about your mother."

She did not answer for a second. When she spoke it was not to explain her silence but to give him the few facts.

"Oh, and I was so grateful for the money I could send her—your money, Dick. That's what I came home on. I don't know what I've have done without it."

He exploded, "Oh, for God's sake!" against her gratitude but she went on, "She thought I was doing splendidly in New York and she was so pleased about it. She thought I was too generous—"

"You take another thousand," he urged and at the shake of her head he burst out, "Kay, I beg you! It' little enough for you to do If you knew how I worried, thinking how precarious your margin is. Take it as an insurance for my peace of mind. I want you to have your life. I want you to be free of me, but I can't bear you to be so alone—"

She said "Free of you!" with an accent that went to his heart. He felt there the savage thrust of a hope that had been biding its time and he spoke before resolution could overtake him. "Kay, you mean you're not happy there?

"Happy?" She looked at him as if asking how he could ask that. Her voice came in a mutinous rush breaking past her volition. 'Happy?' I've been something dead."

She leaned forward looking up at him, her face quivering with emotion. "No use pretending, is there? Not after—oh, I didn't know what it would be—I just knew it was the thing to do. I thought I could make a go of it—I tried, I tried! But it can't be helped," she said, her mouth twisting. "It's the way out."

"For you," he agreed dully though so low. "I took it for you.

"For you." Her voice was stormy, No, that isn't true, not quite true. It was my own pride—"

"Your pride?"

"I couldn't stay and be in the way. And I was in the way. You had your home, your wife. You ought to have—to have a child again—"

"A child—?"

"Haven't you wanted another child?"

"Good God, no! What put that into your head?"

She said, Your wife."

"Eve?"

"Yes. Here in this office. She told me—"

Kay's voice stopped as if she had caught it back. Kendall was aware of some quick change in her. He was too aghast to decipher it. He had a horrible incredulous feeling that Eve had come to plead with Kay.

Kay went on, constraint now in her tone and a kind of careful cautiousness in her spurt of phrases, "She came in one day and got to talking. She said how lonely she was and how much—how much she wished —how much it would mean if there were another child—how it would help—"

"Dick knew immeasurable relief. It was astounding that Eve could talk like that, could bare her heart, but that she could showed that there was no glimmer of suspicion in it.

His words came strongly, vigorous with their repudiation of his first fear. "Doesn't that show you, her saying this to you, that she never dreamed—? You've always been afraid that she was worrying."

"Yes, it showed me." There was something ironic, something evasive in Kay's voice, some secret complicated derision. She persisted. "But it made me think ahead for you and wonder—haven't you ever wanted—?'

"How could I think of it What would I want with another child? All that is past. If that's why you went away—"

"Rather a cheat, wasn't it? My notion of your future."

That same queer note of derision soundede in her. She stood up putting her hat back on her head, buttoning her coat. "But it was the thing to do just the same. And this time I'll stay and you'll really forget me."

The word, "stay" went through him; he felt the blackness of the months he had lived through, and all this deprivation, this denial, this frustration appeared a folly of delusion.

He said, "Oh, come back to me, Kay! I ought not to ask it, but I do. It's what you want, isn't it? I want you near me in this room, near me as you were before. No that isn't all I want. I'm a man, Kay, a man who loves you madly, but that's all I'll ask or want you to give. I'd rather have what I have of you than any other woman's love and that's God's truth. Companionship isn't such a thin thing—not ours, my girl."

He broke off. He said violently, it's playing with fire.'

"But if you need me—?'

"Need you? I need you as a man needs the air he breathes, as he needs sun and light and warmth. But don't come for that," he said, his voice very close to her "Don't come unless you need me, too."

"That's fair enough. I was trying to hide." Her low tone held self-mockery.

"Do what you want" he insisted doggedly and thought, "Contemptible! I've put on all the pressure I could—"

"Oh, what I want!" She faced him now, her head tossed back, her eyes darkly bright. "Didn't you say that I'd come home?'

He caught her hands gripping tem. 'Oh my girl, my girl. Don't ever be sorry.'

Dorothy Dix Says—

GIRL SCOUTS' NOBLE WORK

Establishing "Thinking Day" Helps Young To Mold Own Fate

The Girl Scouts—may Allah bless them and their tribe increase—have set apart a day for serious mediation which they designate as Thinking Day and which should be a red letter day on all of our calendars.

For now, thank heaven, we are likely to get some reforms that really reform, and to have the juvenile delinquency problem solved at last, because, as everyone knows, the follies and crimes of youth are seldom committed with malice aforethought. They are just the result of thoughtlessness. Nothing is more true than the old aphorism that wrong is wrought by want of thought, as well as want of heart.

What great subjects these youngsters are going to mull over in their hours of soul communion, we have not been told, but anything that takes their minds off of dates and lipstick and crooners for even a few hours, and makes them ponder upon the realities of life, is bound to do a lot towards securing the happiness and well-being of the girls themselves, and to keep their mothers from acquiring gray hair before their time.

One of the greatest mistakes that parents make is in believing that they can do their children's thinking for them, and that when they tell Mary and Johnny that they must do this and they mustn't do that, and that this course is the wise one to take and the other the wrong one, that they will accept Father's and Mother's verdict and be guided by it. This is a cheerful theory, but it doesn't work out in real life. The only code of conduct by which modern youth is held is the one it works out for itself.

So that's why it is so important that boys and girls should be taught to think for themselves. Father and Mother may wear themselves to skin and bone trying to impress upon them the responsibilities of life and make them see that sooner or later, in one way or another, each of us must settle our account with fate, but their admonitions roll off of the youngsters' consciousness like water off a duck's back. For, with the optimism of inexperience, they believe that they can dance without ever having to pay the piper.

The trouble with youth is that it never believes that misfortune can happen to it. Every girl sees herself as perpetually young and beautiful and gay and the life of the party, so she feels that she can snap her fingers in Mrs. Grundy's face, and pick up men on the street and drink too much, and go on wild parties, and still be received everywhere and eventually marry a fine man.

Her parents may salt her down in their tears and it will not move her, but if you can make any girl think of what a loose life invariably brings a woman to, she is as safe from temptation as if she were walled up in a convent.

Nor would there be so many of these boy and girl marriages, when teen-agers without a penny between them, rush into wedlock, if they would stop and give what they are about to do even fifteen minutes' serious consideration. No girl who looks at a child wife, tied down with babies, shabby, bored, disillusioned, would ever put herself in the other's shoes if she would think out what an unsuitable marriage means to a woman.

So three cheers to the Girl Scouts for setting apart a day for thinking! Goodness knows, it will fill a long-felt want.

Girl Guide News

GIRL GUIDE CAMP—1945

(1st, 2nd, 3rd, 6th, 7th, 11th and 12th Guide Companies)

Sixty-six girls and ten staff members arrived home Friday morning after completing ten days of Girl Guide camp at Holland Cove. Mrs. Harry Cudmore was Chief Commandant at this very successful camp and was assisted by Group Commandants Louise Avard and Sue McKinnon.

All names in the camp were those of stars or other heavenly bodies. Aurora Borealis was chosen as the name of the whole camp. The camp was divided into two sections, one called the Milky Way and the other, the Big Dipper. Each tent had its own name. All staff-members were given names of stars. Mrs. Cudmore was the Great Bear. Two Little Bears, Margaret Coffin from the Big Dipper and Jane Rundle from the Milky Way were chosen by the Guides themselves.

The star names of the staff members are as follows.

Louise Avard — Spica—Assistant Commandant; Sue McKinnon — Vega — Assistant Commandant; Margaret McLennan — Mars — Quartermaster; Florine Evans — Altair — Assistant Quartermaster; Fairlie Prowse — Venus — Assistant Quartermaster; Nancy Simpson — Neptune—Life Saver; Fleur Hillion — Pegasus—Assistant life-saver; Kaye McEachern—Hercules —Campfire leader and librarian; Joan Williams — Jupiter — Handicraft instructress.

Much badgework, including First Class and Second Class work was accomplished at this camp. It was with great pleasure that First Class badges were presented to Betty King and Joan Munroe on the last day. Joan Munroe was presented with her First Class badge just one year after being enrolled as a Tenderfoot Guide in the 6th and 7th Companies; this showed very consistent work. Betty King was also presented with the all-round card, at the closing of camp, showthat she had attained seven other badges other than those necessary for First Class badge, and the St. John Ambulance.

Other tests towards the First Class badge were passed by many of the girls. These included Local Knowledge passed by Mr. Harris; Estimates passed by Miss Jessie Fullerton; the swimming of fifty yards, and the throwing of a forty-five-foot life line passed by Mrs. Cudmore.

Swimmers Badges were awarded by Nancy Simpson to the following girls: Joan Munroe, Heather Lantz, Florine Evans, Isabel Howatt, and Ardith McLean.

• • •

Two of the younger guides Barbara Rupert and Carol Creelman received their Second-Class badges after finishing their tests at camp.

Star lore was taught by Mrs Cudmore and those who received the Star Lover's badge were Sue McKinnon, Jane Rundle, Mary Ramsay and Betty King.

The Athletes badge was awarded to a large number of girls by Nancy Simpson. Those who attained this badge were Jessie Hynes, Eleanor Kays, Laura King, Donna Shaw, Suzanna Palmer, Sally Cudmore, Margaret Wheatly, Joan Judson, Norah DeBlois, Ruth McEwen and Jane Rundle.

Joan Munroe, Florine Evans, Mary Myers and Betty King worked very hard to attain the much coveted Pioneer badge.

Besides badge work there were also many activities which provided the girls with fine entertainment. On Tuesday morning, July 31, several girls set out at five o'clock on a two mile hike. When they reached their destination they cooked their breakfast over an open fire, returning to camp by the way of the shore.

• • •

Another very enjoyable time was had when twelve Guides went on an overnight hike Wednesday, August 1. The girls left camp that night with their bed rolls and food for breakfast strapped to their backs and hiked about two miles to a point near the South Shore Church. Mrs. Cudmore and several of the staff members accompanied the girls. The night was clear and peaceful, and all enjoyed a restful sleep under the stars.

Every night before retiring the girls gathered around the campfire and sang songs, talked and laughed. Songs were led by Kay McEachern; Helen Cutcliffe took care of the humorous side. There was a camp paper several evenings, which every one enjoyed immensely, and poems by Mr. Rupert for the camp. Initiation of new campers and new members of the staff was a very exciting event at campfire for two nights. Helen Cutcliffe directed this activity, and the girls who went through these ordeals well earned their rights to be called "old campers".

On Wednesday the camp was honored by a visit from Provincial Camp Adviser Jessie Fullerton and Mrs. Bert Patterson. A formal inspection of the camp was made by them during their visit. Miss Fullerton passed the estimates test for two of the Guides working on their First Class badges. There was also a half day hike on Wednesday at which girls trying for their first class badges cooked meals over open fires. This test was also passed by Miss Fullerton and Mrs. Patterson.

• • •

To take care of the more serious side of the girls lives at camp there was Morning Worship each morning at nine-thirty, and Guides Own every evening which was directed by the Guides themselves. All benefitted much from these services. On Sunday morning, July 29, a very fine and impressive service was held in the main building. The staff members planned the worship and there was a choir of several Guides. The Girl Guides enjoyed very good food at their camp and much of the credit goes to Mrs. McNeil, the camp cook. The girls were treated with her delicious blueberry pudding twice during their stay.

There was a vote taken for the "Best All Round Camper" the last night of camp, and Helen Cutcliffe won this honor. She was heartily congratulated by all.

A large number of visitors were entertained Sunday in spite of the wet weather, and the girls were very glad to see their parents and friends. Several guests remained for supper.

On Friday morning, August 3, camp broke up. Before leaving prizes were presented to the patrols and tents receiving the most points for the work they had done during camp.

The girls were all sorry to leave camp and are eagerly looking forward to next summer when they can again enjoy the healthy outdoor life at Holland Cove.

MODERN ETIQUETTE

By Roberta Lee

Q. Is it all right to close a social letter with the phrase, "With best wishes I am sincerely"?

A. "Omit the "I am" which is understood, and add the word "yours." "With best wishes, (then on the line below) "Sincerely yours."

Q. When dining at a place where dancing is included, what should one do with the napkin when rising to dance?

A. Leave the napkin by the plate, unfolded.

Q. Isn't it permissible to use the telephone to accept an invitation?

A. Not unless the invitation is extended over the telephone. Otherwise, it should be accepted by letter.

MORNING SMILE

ALL AT SEA

Asked to address a mission to seamen, a young preacher thought to add point to his remarks by drawing illustrations from the sea.

He spoke of the captain at his wit's end while navigating his ship through a shallow, twisting channel abounding in swift currents and rocks.

Ultimately, to the captain's despair his ship was driven on a bank, and the preacher, now thoroughly worked up, exclaimed dramatically: "What shall we do now?"

"Goodness knows," said an old sailor who had been listening open-mouthed in the front row. "For the last fifteen minutes ye've been drivin' stern foremost!"

"Every time the baby looks into my face he smiles," said Mr. Meekins.

"Well," answered his wife, "it may not be exactly polite, but it shows he has a sense of humor."

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HOUSEHOLD SCRAPBOOK

By Roberta Lee

Disinfectant

A splendid sickroom disinfectant can be prepared by putting a teaspoonful of iodine on a small saucer, stretching a piece of gauze over the top, and placing where the air will carry the fumes into the room.

Casseroles

When baking food in a casserole, do not take it out of the refrigerator and place it at once in a hot oven. Allow the casserole and the oven to heat together and there will be no breakage.

Removing Walnut Stain

If a washable garment has black walnut stains on it, rub the stains with household ammonia before laundering.

COOK'S CORNER

MEAT PIE

1½ pounds shoulder lamb
1 onion, diced
3 tablespoons shortening
6 carrots
4 large stalks celery
½ teaspoon salt.
1 cup water
Dash of pepper

Method: Wipe the lamb and cut into 1-inch cubes. Brown this with the onion in the shortening. Clean and scrape the carrots and cut in quarters, lengthwise, then cut the celery stalks into 1-inch pieces. Add the prepared vegetables to the meat along with the water and the seasonings. Turn into a baking dish(cover and place in a slow oven (275 deg. F.) for about 2½ hours. Now remove from the oven and cover with the following topping meanwhile heating the oven to 375 deg. F.

BISCUIT TOPPING

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
4 tablespoons shortening
¾ cup milk (about)

Method: Sift the flour, measure and sift again with the baking powder and the salt. Add the shortening and cut this in with two knives or with a pastry blender until the mixture is in fine crumbs. Stir in the milk until mixed to a soft dough. Roll the dough out on a lightly floured board to about ½-inch in thickness and cut into rounds with a floured cutter. Place on the heated meat filling. Bake in a moderate oven (375 deg. F.) for about 2½ minutes.

HOW CAN I !!

By Anne Ashley

Q. How should silverware be cleaned?

A. Scouring silverware will scratched it. To clean it without scouring use an old aluminum pot. Put water, common salt, and baking soda in the pan. Use 1 tablespoon each of salt and baking soda for each quart of water. Place the pan over a flame and heat until the tarnish disappears from the silver. Then wash in hot, soapy water.

Q. How can I make lacquer that has been used for refinishing brass fixtures?

A. By dissolving ten cents worth of gum shellac in enough alcohol to make a thin solution. Apply this with a small soft brush.

Q. How can I remove the coating that sticks to the vessel in which rice has been cooked?

A. Add a cupful of wood ashes and then fill with water and leave to soak.

BETTER ENGLISH

D. C. Williams

1. What is wrong with this sentence? "Humor is a distinctive feature of the book."

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

3. When one of these words is misspelled? Ostillate, ossify, ostentation.

4. What does the word "impeccable" mean?

5. What is a word beginning with se that means "alluring" or "tempting"?

ANSWERS

1. Say, "is a distinct feature." Pronounce a-koo-ter, a as in at, stressed, oo as in cool, accent on second syllable. 3. Oscillate. 4. Exempt from the possibility of being wrong. "God is infallible, immaculate, and absolutely perfect." 5. Seductive.

PRAGUE, Aug. 3 — (AP) — The People's Court — a special tribunal to try traitors — has imposed its first death sentence in Slovakia. Emerich Nahnahacuk, waiter from Presov, was hanged upon conviction of being a Gestapo informer.

WITH BRITISH FORCES IN GERMANY, Aug. 3 — (AP) — More than 1,000,000 tons of German explosives useless for Allied weapons in the war against Japan are being dumped into the North Sea, British officials said today.

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MOTHERS FEEL SAFER

One Mother writes: "With a family of children constantly getting scratches, cuts, or bruises, I have proved Mecca an invaluable healer. I cannot praise it too highly. I keep a tin of Mecca upstairs and another downstairs." 62

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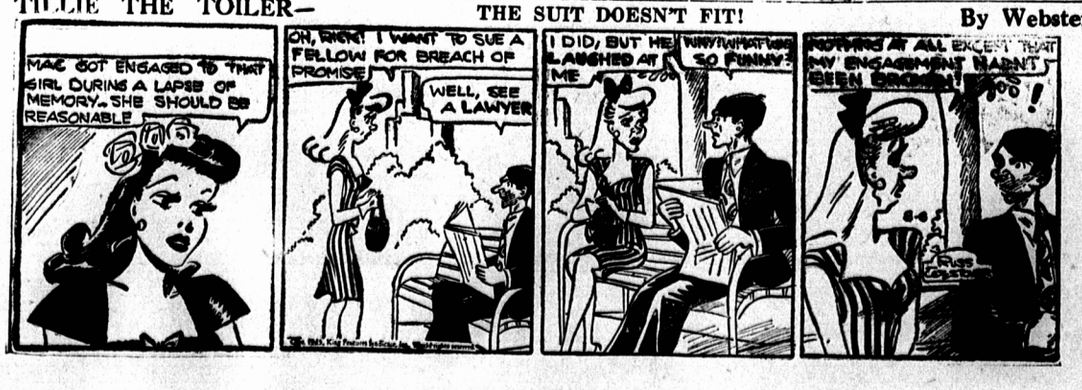
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