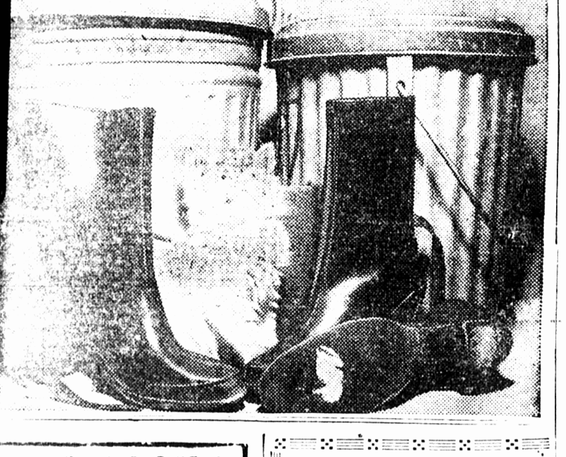
Woman's Realm / Social and Personal / Fashions / Literature

REGULATIONS AND VOLUNTEER CAMPAIGNS CHANGED LIVING HABITS IN 1942



Government regulations and volunteer campaigns during 1942 have brought every civiliaan into Canada's war effort. The standarization of tin cans which brought the pre-war number 115 (pictured above at left) down to seven and saved many tons of steel for munitions work, has made changes on retail shelves. Small sizes of tins, except in baby foods are disappearing from the market and many products are no longer packed. An order simplifying clothing and freezing fashions will save materials and labor. A victory fashion approved by the Wartime Prices and Trade Board is pictured above. A campaign to save electrical power for war industries in Ontario and Quebec and continue for the war's duration. A young housewife is pictured above turning off her electric water heater. During 1942, government health officials turned their attention to nutrition and every effort has been made to introduce good nutrition into war industries in the interests of efficiency. Above a young war worker is shown saying "thumbs down" on a mid-day meal of a soft drink and chocolate bar. She has chosen a good meal, advised by Nutrition Services, Department of Pensions and National Health which is opening 1943 with a nutrition campaign. Below at right is pictured one of the teen-age girls who volunteered to help over-worked farmers harvest their 1942 summer crop. Shortage of labor is throwing an added burden on volunteers who are being called on to undertake a wide range of work as well as maintain the necessary community social services.

At left a Home Economist in the Dominion Department of Agriculture's kitchen proves that good cookies can be made under the sugar ration introduced in 1942 along with rationing of tea, coffee, butter and gasoline. Also pictures at left is a kitten standing guard over rubber boots which like everything made of rubber stands high in importance on the salvage list. 1942 saw a major drive for the collection of metals and rubber which was followed up by a drive for fats and bones.

THE COOK'S CORNER

RABBIT A LA KING

1 rabbit or 3 c diced cooked meat.
2 c. cream
4 tbsps butter
2 tbsps. flour
1 green pepper, chopped
1 lb. mushrooms, cut in pieces
2 egg yolks
1 tsp. minced onion
1 tbsp. lemon juice
1-2 c chopped pimentos.

Wipe dressed rabbit with damp cloth, place on rack in kettle, add 1-2 [illegible] salt, barley cover with [illegible] water, cover kettle, and simmer 1 1-2 to 2 hours, or until meat is tender. Let cool in broth, then remove meat from bones and cut in [illegible] pieces. Heat cream in [illegible]. Blend flour with 2 tbsps butter, stir in cream until [illegible]. [illegible] remaining butter in skillet, add green pepper and mushrooms and cook a few minutes over low heat. Beat egg yolks, stir in small quantity of the thickened cream and add to rest of sauce. Now add mushrooms, green pepper, onion, lemon juice with paprika and salt to taste, add diced rabbit and pimento. When mixture is thoroughly heated, serve over toast or in patty shells.

* * *

FRUITY BUTTERSCOTCH PIE

1 c. dried figs or raisins.
3-4 c brown sugar or honey
3 tbsps butter
2 1-4 c milk
4 tbsps. cornstarch
2 tsps. vanilla extract
Few grains salt
2 egg yolks
Baked pastry shell
Meringue

Rinse dried fruit, plain, and if figs are used, clip stems. Put through food chopper, using medium knife. Cook and stir sugar or honey and butter in top of double boiler over direct heat until melted. Remove from heat, add 2 cups milk and scald over hot water, stirring to dissolve sugar. Combine cornstarch, 1-4 cup milk, ground fruit, flavoring, salt and egg yolks; beat to blend. Stir into hot milk; cook and stir thick. Pour into baked shell and cover with the meringue made of beaten egg whites sweetened with sugar. Bake in slow oven 300 degrees F.) 30 minutes. Serves 6 to 8.

A Morning Smile

A very innocent and obliging curate moved to a Yorkshire parish where many of his parishioners bred horses and sometimes raced them. Shortly after his arrival he was asked to invite the prayers of the congregation for Lady Grey. After the curate had prayed three Sundays for her the church clerk told the good man that he need not do it any more.

"Why?" asked the curate. "Is she dead?"

"No," replied the clerk, "she's won the steeplechase."

* * *

A maiden lady lived in the country with one maid. One morning the bell rang. The maid admitted the visitor, an evacuee officer arranging for homes for children evacuated from London, then rushed upstairs.

"Please mum," she blurted out breathlessly, "you've got to have two babies, and the man's downstairs!"

To relieve distress of MONTHLY

Female Weakness

AND HELP BUILD UP RED BLOOD!

Lydia E. Pinkham's Vegetable Compound TABLETS (with added iron) have helped *thousands* to relieve periodic pain with weak, nervous, blue feelings — due to functional monthly disturbances. They also help build up red blood and are a fine tonic for the stomach. Pinkham's Tablets are made *especially for women. Well worth trying!*

Home Service

Low-Calorie Foods Reduce Poundage

Fat Girl Left Alone at Parties

"Ruthie's fat but awfully nice," the hostess said. But the men prefer the slender girls somehow!

If you're a "Ruthie" you needn't accept such a fate. You can lose two pounds a week, choosing foods that cut you down to 1200 calories a day, instead of the high quantity—maybe 4,000—you get now.

It's easy. When you know your calories you can have just as much to eat. Sliced chicken has only 100 calories a serving (creamed chicken has 435) and a baked white potato (100) is as filling as a sweet potato (200).

Desserts, too, may be on your reducing menu as long as they're low-calory—such as apple snow, 125 a cup—but NOT chocolate blanc mange, 431!

By being smart about your food you win a smart figure; soon everyone admires yours!

To know your calories, see our 32-page booklet. It has a calory chart, 42 delicious low-calory menus, recipes for slimming desserts. Includes a 3-day liquid diet to st[illegible].

Send 20c in coin for your copy of "The New Way to a Youthful Figure" to Charlottetown Guardian Home Service, Address. Be sure to write plainly your name, address, and the name of booklet.

Name

Street Address

City Province

BUDDIES GAVE A HAND

American soldiers from the corn belt helped British farmers harvest their 1942 crops.

New *under-arm* **Cream Deodorant** *safely* **Stops Perspiration**

1. Does not rot dresses or men's shirts. Does not irritate skin.
2. No waiting to dry. Can be used right after shaving.
3. Instantly stops perspiration for 1 to 3 days. Prevents odor.
4. A pure, white, greaseless, stainless vanishing cream.
5. Awarded Approval Seal of American Institute of Laundering for being harmless to fabric.

Arrid is the largest selling deodorant

39¢ a jar Also in 15¢ and 59¢ jars

Guaranteed by Good Housekeeping

ARRID

Dorothy Dix Says—

ADOLESCENT WIFE NEVER GIVES HARDWORKING HUSBAND A BREAK

War Widows Need Own U. S. O. Plan To Fill Spare Time With Mates In Service

DEAR MISS DIX—I am 24 years old. My wife is 21. We have been married four years and have two boys. I love my wife and she loves me, but she is very unhappy and discontented because I can't be a romantic cinema lover all the time and she a glamour girl. That is her idea of what marriage ought to be, instead of doing housework and taking care of children.

Now for the last two years I have not put in less than fourteen hours a day, seven days a week, at my job. Lots of the time working at night. That doesn't give me much time to spend with her, or to take her to places of amusement, and when I come home I am so dog-tired that the only

wants me to act like the great lovers do in the thing I want to do is just to rest. But my wife movies and tell her how beautiful she is, and how proud I am of her, and how much I love her, and make a great fuss over her. I try to do this as much as I can, but I can't say it is enough for her. She is forever asking me if I love her, and if I don't think she is pretty and so on and on. And if I don't respond with enough enthusiasm, she says she made a mistake in marrying me and threatens to leave.

I try to do everything possible to be a good husband and make her happy, but I just don't feel sentimental after working hard all night. But what can a man do with a wife like that?

UNCERTAIN.

ANSWER—I dont' know, unless you have the patience to wait for her to grow up and get adult, and that type of woman frequently never does. She is still adolescent when she is 70 years old, and when she has false teeth and wrinkles and grandchildren she still smirks and oggles men, fishes for compliments and wears clothes thirty years too young for her.

She never faces the realities of life, or considers that she has any duty toward her husband and children. When her children are babies she enjoys playing with them as if they were dolls, but when they are older she resents them because they hate her. Her sole aim and ambition is to have pretty clothes, to be always going somewhere in crowds and having a good time, and to be admired and flattered. And as she is even as God made her, we should not expect more of her than we do of a pet kitten.

However, sometimes these child-wives do eventually grow up and accept the responsibilities they have assumed when they married, and make sane and sensible wives and good mothers. But the miracle doesn't often occur. Generally the cases of arrested development stay that way to the end of the chapter, and the poor husband has to go through life dealing with a wife who is all emotion and no sense.

Evidently your case is another one of the tragedies of the too young marriage. If you had waited until now to marry, the chances are you would not have picked out a pretty face without trying to find out what was behind it. And if your wife had waited until she had had her fling of beaux, love-making and parties, she might have been willing to settle down and not expect a hard.worked, tired man to stage a petting party every time he came into the house. She would have known that no man wants to kiss before breakfast.

WAR WIDOWS NEED CANTEEN PROJECT

DEAR MISS DIX—We are two attractive young women whose husbands have been in the foreign service for the past two years. Now there are lots of entertainments and amusements for the soldiers at home, but nothing is done for the girls who are left behind. We are left flat. Because we are married we have no opportunity to enjoy an occasional date. As we are doing war work it is after dark before we get home, and it is not safe for two girls to be out at night alone. Also, we have so many bills to pay that we don't have any money left over for any entertainment for ourselves.

Have you any suggestions that might help us? We feel that we are entitled to some relaxation after our long day's work that will not cause talk. After all, the boys at camp are in a crowd and it is not like being alone. It certainly does get monotonous reading night after night. We are still young and enjoy dances and parties. We realize that these are war times and that we have to sacrifice lots, but surely not everything. Do you think an occasional date with a married man would be harmful?

LONELY WIDOWS.

ANSWER—There is no denying that the young wives who are left behind are having a much duller time of it than the boys in the Service. There are parties and dances and excursions and sight-seeing trips and diversions galore for the boys as long as they are at camp, and when they are sent to the front they have plenty to occupy their time and attention; whereas the girls at home live in many places in a practically Adamless Eden, with little to do of an evening but sit at home with Mama and Papa and knit sweaters, which is a useful but not an exciting way to spend their time.

When the girls happen to be temporary war widows, the hardships of their position are increased. For the unmarried girls have the priority over such male bipeds as the draft has passed over, yet they, too, have feet that long to dance and to dress up and go places.

But, alas, no one seems to be able to suggest anything to ameliorate their condition and that will be a remedy for their loneliness, for they are already fed up with feminine society and dancing with other girls is a mockery of enjoyment.

But in their desperation, I trust that the lonely widows will not resort to having dates with married men. Breaking up a sister woman's home is too cruel a remedy for boredom.

DEAR MISS DIX—The fellow I am engaged to has decided that he doesn't know whether he is in love with me or the girl he knew back home, so he is asking her to come down here and he wants me to go out with her and him, all three of us together, so he can make up his mind which one of us he likes better. Would it make me look like a fool to do it?

A. D. T.

ANSWER—It certainly would, and you will be one if you let him put you in that sort of embarrassing position. If a man is doubtful about whether he loves you or not, the answer is NO. Forget him.

A Job Only You Can Do

Price Control Questions And Answers

Questions and answers on Price Control will apear 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 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 Wartime Prices and Trade Board, Chappell Building, Charlottetown.

Q.—Does butter rationing apply to dairy butter as well as creamery butter?

A.—Yes. It applies to all types of butter.

* * *

Q.—I eat all my meals in restaurants. How does butter rationing affect me?

A.—You will be served butter only when you ask for it, and then only one-third of an ounce at any one sitting.

Q.—Why was butter rationing necessary?

A.—In order to provide for an equitable distribution of available supplies. It has been forced upon the Canadian people because of the thoughtless and selfish actions of a relatively small section of the population. Rationing was necessary to ensure that decent citizens would obtain a legitimate share of the butter supplies before the hoarder gobbled them up for his own selfish use. It was the hoarder who aggravated local shortages and placed a serious strain on distribution.

War—25 Years Ago Today

(By The Canadian Press)

Jan. 5, 1918—Prime Minister Lloyd George enunciated Great Britain's peace aims in speech to trades unionists. Compulsory military services bill upheld by United States Supreme Court. German "barred zone" extended round Cape Verde Islands, Dakar and Azores.

LONDON, — (CP) — The Tottenham old folk home had their usual Christmas party, thanks to the generosity of two British tars who heard in New York the party might not be held. They cabled the equivalent of $75 to the British War Relief Society.

3-PURPOSE MEDICINE Hits CATARRH Misery Fast!

When acute catarrh makes breathing difficult—causes stuffy head, watery eyes, nasal irritation and distress, put a few drops of Vicks Va-tro-nol in each nostril and enjoy the relief it brings.

Va-tro-nol is so successful because it does three very important things: (1) shrinks swollen membranes of the nose, (2) clears out discomfort-causing congestion and (3) soothes irritation. Many catarrh sufferers say it's the best relief they've found. Try it!

VICKS VA-TRO-NOL

Living & Leisure

The Woman's Realm

LITTLE LIGHTS

(By Violet Alleyn Storey)

'God bless each little light that burns
In an unexpected place—
On an altar in a darkened church
Or in a sad, sad face.

God bless each little light and fan
Its flame and keep it bright;
There is so much of darkness that
We need each little light.

POINTS ON CARE OF YOUR FURS

Furs, for all their sturdiness and wearibility, need thoughtful care.

Wearing heavy jewelry where it rubs against fur is harmful, and should be avoided.

If you carry your bag under your arm continually, it wears away the fur of both sleeve and coat before you know it. Think about this, and find some other way to carry your bag.

Though fewer of us are driving cars today than for many moons, those who have to hop in and out of a motor car know how hard driving is on certain portions of a fur coat — the shoulder blades, elbows and lower portion of the coat which often gets far too much strain for its good.

Have an old warm cloth coat ready to swing into — and save your precious furs.

Another thing which is kind to your furs is to keep them away from heat. Shake them out after they have been in the rain and let them dry naturally —and don't crush them up in the closet, damp or dry.

Have your furs cleaned before you put them away. This will revitalize the fur and make it last much longer

STAIN REMOVAL

To remove tea, coffee, or fruit juice stains from a cloth, pour boiling water through the stain.

CUT DOWN WASTE

Every housewife can help the war effort by cutting down on the waste of fresh fruits and vegetables. Use outside leaves of cabbage and lettuce, celery tops, and so on.

Needlecraft

For The Home

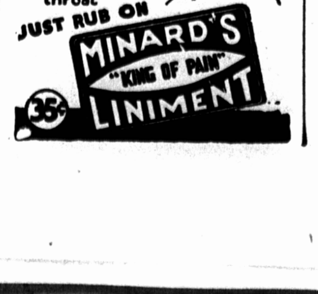
SOFT CHARM
In a Basic Dress

Figure-molding tucks — or shirring if you prefer —make this a lovely dress in itself. Also, its smart simplicity lends itself as just the right background for your jewelry and for different accessories. It's a dress you'll never tire of wearing, and your friends will never tire of seeing. Make it and love it. And note its long size range!

Style No. 2021 is designed for sizes 12, 14, 16, 18, 20, 36, 38, 40, 42, 44, 46 48 50 and 52. Size 36 requires 3 1-4 yards 39-inch fabric.

To order pattern: Write or send picture with your name and address with 20 cents in coin or stamps to the Needlecraft Bureau The Charlottetown Guardian. Style No. 2021.

Name

Street Address

City Province