

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

## DON'T WASTE FOOD



## 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 prepared by the Board's Readers' Service. Questions are invited to ask on price control questions to send them in writing to the Women's Recreational Advisory Committee of the War Time Prices and Trade Board.

Q How can I arrange to get extra "D" coupons to buy corn syrup for my baby?

A You should go to local Ration Board office where you may exchange sugar coupons from the 1943 ration book for "D" coupons. Each sugar coupon may be exchanged for two coupons for babies under two years.

Q Is a storekeeper allowed to let meat go without collecting coupons?

A Definitely not! Black Market is not a place, but a transaction. Both the storekeeper and the customer are black-marketers when no coupons are surrendered for rationed commodities. They are equally guilty. Such actions constitute sabotage of Canada's war effort. If you know of anyone carrying on Black Market activities in your community, you should report the details to the Wartime Prices and Trade Board.

## A Morning Smile

**VIGOROUS CHAP**

Customer (heartedly) — You ought to be in the war instead of in the grocery store.

Proprietor — What makes you say that?

Customer — No enemy could stand up to the way you charge.

**NO DOUBT ABOUT IT**

The train was just pulling out of Detroit when a breathless lad dashed to the ticket window. "A round-trip ticket," gasped the boy. "Where to?"

"Where back here. Where do you think?"

to the Wartime Prices and Trade Board office. They will investigate the matter at once. This kind of dealing must be stopped.

Q I still have some sugar coupons left in my No. 2 ration book. What should I do with them?

A If you do not really need the rationed goods they represent, they should be destroyed.

## THE COOK'S CORNER

**CHOCOLATE DROP COOKIES**

1 cup sugar  
1/4 cup melted butter  
1/4 cup melted shortening  
1 egg  
1-2 cups sifted flour  
1-2 teaspoon soda  
1-2 teaspoon salt  
1-2 cup milk  
2 squares (2 oz.) unsweetened chocolate  
1 teaspoon cinnamon  
1 or 2 drops oil of peppermint or 1-2 teaspoon vanilla  
1/2 cup chopped raisins

Method: Melt the butter and shortening and add to the sugar. Beat the egg until thick and lemon colored, and add to the butter mixture. Sift together the flour, soda, salt and spice, and add alternately with the milk to the first mixture. Then add the chocolate which has been melted, along with the oil of peppermint (you can obtain this at a drug store) or the vanilla, and the chopped raisins. Mix together thoroughly and drop by spoonfuls onto a greased cookie sheet. Bake in a moderately hot oven (400 deg. F.) for 10 minutes.

**ASPIRIN**

Now - Relieve Sore Throat from a Cold Almost Instantly

Use safe, fast-acting ASPIRIN in handy 12 tablets

Full directions in each package

**ASPIRIN**

Look for the BAYER CROSS

**Today Be Extra Careful Insure Cake Success!**

**SWANS DOWN CAKE FLOUR**

THERE'S no need to give up cake baking for the duration—but there is every reason to make sure that every cake you bake is a success. And there is no better insurance than using Swans Down Cake Flour.

Ordinary flours contain a tough, elastic gluten—excellent for yeast, but too resistant for cake leavens. Swans Down is made of choicest soft wheat that contains a very delicate, tender gluten. Besides, Swans Down is sifted until it is 27 times as fine as ordinary flour. That's why you'll be proud of your thricest cakes—when you make them with Swans Down.

If a cake is worth making, it's worth making with Swans Down.

**SWANS DOWN CAKE FLOUR**

REGISTERED TRADE-MARK BRAND

## Dorothy Dix Says—

### HOME COOKING MAY BE JUST LEGEND WHEN PEACE RETURNS

#### Factories Will Need Skill Acquired by Many Women During War; Domesticity Wanes

What are women going to be and do after the war? Are they going to be willing to exchange their brass buttons and snappy uniforms for bungalow aprons? Are they going to get more kick out of pushing perambulators and listening to the baby say goo-goo than they did out of the excitement of working in crowds and going places and doing things? Are they going to like to give up their own fat pocketbooks and go back to chiseling carfare out of husbands who ask them "what did you do with that quarter I gave you week before last?"

It is anybody's guess. No political prophet, no seer, no crystal-gazer can tell what is going to happen when the unpredictable sex is called upon to adjust itself to the ways of peace, and whether, when they come home, he will find the Mrs. performing upon the gas range, or being a boss car-penter.

#### WOMEN GET NEW VIEWPOINT

The only thing we know for certain is that the war has changed the whole status of women and given them a new viewpoint of life. They have found out that they have strength, that they never dreamed that they possessed; that they have latent talents that they never suspected they had concealed about their persons; that the brains that enabled them to work out a perfect paper pattern made deciphering a blue print child's play to them.

And the question is, in the light of that knowledge, after having been independent personages, standing on their own feet and with the government clamoring for their help, are they going to be satisfied to be just the Little Woman at home?

Of course, there are millions of women who are domestic by nature. No sphere of activity is so appealing to them as the kitchen. The smell of a pot roasting cooking is incense in their nostrils. The baby's howls are music to their ears. All their ambition centers around possessing a nubby-banded, children and a bungalow.

These women will go back to making homes, but even in following their predestined careers they will not be so content as their mothers and grandmothers. They have earned their own money. They have been financially independent. And no woman who has ever toiled her own pocketbook ever enjoys rattling a tin cup before her husband.

#### BUSINESS GIRLS MISS WEEKLY PAY ENVELOPE

We see this illustrated in the cases of the business girls who give up their jobs when they marry. By the time the honeymoon has begun to pale and they have gotten their ruffled curtains up they are beginning to think, yearningly and regretfully, of the Saturday pay envelope that they have left behind. They have learned that working for their board and keep isn't what it is cracked up to be.

To a certain extent the problem of the domestic woman settles itself when she gets her man and her vine-wreathed cottage, and life will follow its pre-war pattern with her and her husband and children. But there are millions of other women who are no more born housewives than all men are born lawyers or doctors or bricklayers. A huge percentage of the feminine sex are allergic to vacuum cleaners and aluminum ware and pushing perambulators and running a budget, and to these women the war has opened up a new Heaven and a new earth.

Petrololam has furnished them with an alibi for forsaking their homes for defense plants and turning their children out to shift for themselves, while they made precision tools for the army. They have gotten a thrill out of working in crowds. They have enjoyed doing the kind of work they liked, instead of the tasks that bored them. They have seen the world, and they have seen the world as it really is. They have seen the world as it really is. They have seen the world as it really is.

Perhaps those of us who now living are seeing the last of old-fashioned homes and to another generation home cooking will be as much of a legend as feasting on nightingales' tongues.

#### INDUSTRY WILL ABSORB MANY WOMEN WORKERS

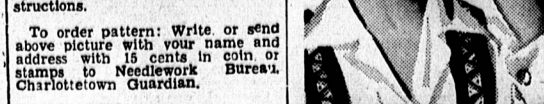
To believe that these women will ever be content to go back to pinching pennies and to cooking and washing and scrubbing and baby-tending is simply not thinking. They never will unless they are driven to it by necessity. That may happen, for with the ending of the war the cushy jobs in the defense plants will also be ended, and what this vast army of women is to do, will be one of the worst post-war headaches.

My guess is that somehow, some way, they will be absorbed into industry, for the skill, the discipline and business training they have gotten will make them more valuable than they have ever been before. They will still marry and have children, for the human equation will never alter, but the pattern of domestic life will be changed. They will not try to do both the work of a man and a woman. They will not try to do all day in a factory or office and then cook the family meals and do the family laundry. Some communal system of housing and eating will be inaugurated. The children will be turned over to baby specialists to be reared.

#### YOU WOMEN WHO SUFFER FROM HOT FLASHES

If you suffer from hot flashes, dizzy spells, irregular periods, are weak, nervous—due to the "middle-aged period" in a woman's life, take Lydia E. Pinkham's Vegetable Compound. It's helped thousands upon thousands of women to relieve such symptoms. Pinkham's Compound is also a fine stomach tonic worth trying! Made in Canada.

#### EASY STITCHERY MAKES BEAUTIFUL LINENS



Starting with the alphabet and ending with a basket of flowers, the needle-worker has a choice of motifs for towels, luncheon set and many other items. Hot Iron transfer pattern No. 628 contains 10 motifs measuring from 2 by 4 to 4 by 6 inches each with 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. 628

NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ PROVINCE \_\_\_\_\_

## Living & Leisure

### The Woman's Realm

#### GIVE THANKS

By Vera Houle

A chance to work, a chance to play, to enjoy your freedom every day. A chance to laugh a chance to sing. A chance to say just what you think.

#### HOUSEHOLD

When storing silver plated articles for an indefinite time, wrap each small piece of camphor with each article to prevent tarnishing.

When mashing meat or fat follow with a piece of stale bread to clean the mincer.

A teaspoon of mustard added to dish water will remove the smell of fish from silverware or dishes.

To remove excess fat from soup add a little cold water when cooking to bring the fat to the top where it is easily skimmed.

To make rings slide more easily on brass curtain poles rub pole occasionally with a cloth slightly dampened with a drop of machine oil.

As a substitute for a cork in a bottle use a piece of wax candle, it will not stick to the neck of the bottle.

To repair small patches of broken plaster use a paste made by coal ashes, two parts sand and mixing two parts finely sifted oyster shell. The mixture will last as long as the plaster itself.

If you dampen your duster in not water before using furniture polish you will obtain a high finish that will not show finger marks.

Removing adhesive tape from the body is less painful if first softened with gasoline or ether. Apply with a small pad of absorbent cotton.

To clean badly stained hands use a paste made of white sugar and olive oil and if convenient a few drops of lemon juice.

You must not sneeze. If you have a venereal cold you must take no notice of it; if your nose membranes feel a great irritation you must hold your breath; if a sneeze still insists upon making itself you must oppose it by keeping your teeth grinding together; if the violence of the pulse breaks some blood vessels you must not sneeze—Frances Burney: Letter to Esther Burney, 1785 Directions for Coughing, Sneezing or Moving before the King and Queen.

#### MARRY IN HASTE

It has been estimated that 90 per cent of the female population of the United States marries at least once; 50 per cent marries at 22, and another 10 per cent at 25 years of age.

#### INFECTION SPREADS FAST AT SCHOOL

There is no more dangerous medium than school for the spread of communicable diseases. It is recognized that the intermingling of children in class or during recreation, can transmit disease germs from affected children to others.

There is therefore good reason to pay particular attention to the detection of these germ carriers who transmit, in various ways, the germs of certain diseases such as diphtheria, scarlet fever, whooping cough, measles, chicken-pox, cerebro-spinal meningitis, infantile paralysis, mumps, keratin measles, croup, colds, conjunctivitis, parasites, scabies, scurvy, impetigo, etc.

When any one of these diseases is present every medical inspector or visiting nurse must order immediate exclusion from the school of any pupil suffering therefrom or who shows any evidences thereof. Parents must in such cases see their family physician to have their child treated without delay. The continuation of such absence from school is determined by the health by-laws of the district.

#### FANNING BROOK W. I.

The annual meeting of Fanning Brook W. I. met at the home of Mrs. Watson Jay. Meeting opened with "The Light of London Shine Again", followed by repeating creed. Minutes of last annual and previous meetings were approved and read. Roll call was answered with members ship dues. President and Secretary were re-elected. One new member was welcomed. A very nice address was read to President and Secretary by Miss Rena Jay, and Mrs. Lodge Birly presented them with a lovely gift each. The President made a very fitting address for the past year. It was decided to have a dance

#### HINTS ON ETIQUETTE

Whether in the U. S. Armed Force or in a job at home, the man or woman who has good manners is pleasant and co-operative, does what he or she is told and does it "with a smile" is the one who wins promotion and the respect of superiors. Such a one is a "good soldier."

**A GREAT FAMILY LINIMENT**

DR. THOMAS' ELECTRIC OIL

#### Home Service

Use These Home Decoration Ideas Immediately

#### INTERESTING ROOM

Does your home become you? Would you be radiant in a setting of gay light tints? Or would you look lovelier against an apple green background with black, apricot and cream accents? Choose your own most flattering color scheme.

Whether you're living in a colonial cottage, a bungalow, a mid-Victorian survival, or a one-room-and-bath apartment, you can make your home charming expression of your individuality, and a becoming personal background. This doesn't mean buying a lot of costly furnishings, but it does mean decorating your rooms in the colors you enjoy and find becoming.

Put in your home the things which really represent your own preferences and tastes, instead of those which you have been told you ought to prefer.

Our 32-page booklet is full of ideas for perking up tired rooms, for re-doing whole rooms, and for living gracefully in a one-room apartment.

Send 15c in coins for your copy of Personality in Home Decorations to the Charlottetown Guardian Home Service Address. Be sure to write plainly, your name address, and the name of your book.

Name \_\_\_\_\_

Street Address \_\_\_\_\_

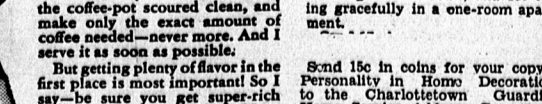
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#### HERE'S HOW I MAKE COFFEE GO FURTHER

FIRST of all—buy coffee for flavor! Use super-rich Chase & Sanborn Coffee.

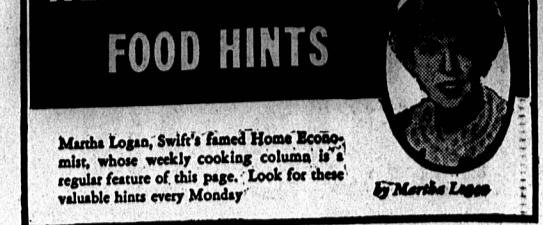
Then I make it a rule to keep coffee in an air-tight container. And to get the right strength, I always measure the coffee and water carefully. Of course, I keep the coffee-pot scoured clean, and make only the exact amount of coffee needed—never more. And I serve it as soon as possible.

But getting plenty of flavor in the first place is most important! So I say—be sure you get super-rich Chase & Sanborn Coffee. More flavor ounce for ounce. Remember—quality coffee goes further.



**CHASE & SANBORN COFFEE**

## WEEKLY WARTIME FOOD HINTS



### Stuffed Breast of Veal



Here is another way to have your roast and extend it, too!

Veal, like all meats, is best roasted at 325°, fat side up on a rack in an open pan. Allow 40 minutes per pound for this boned roast, 35 to 40 minutes for leg or shoulder. Over 6 lbs. allow about 5 minutes per pound less.

Spread out boned veal (butcher will usually remove bones on request, if meat is not already boned and rolled). Spread meat with stuffing, roll up tightly, skewer and tie firmly. Shape remaining stuffing in small balls... for cooking around the roast in final half-hour. Roast the veal as above. Carve in thin slices—a stuffing ball or two for each serving.

"Most Complete," Martha Logan's handbook of meat cookery is one recipe book you cannot do without. Send 10¢ for your copy to Swift Canadian Co. Limited, Dept. ME43, Montreal

**DRESSING FOR BREAST OF VEAL**

This dressing calls for sausage meat. (Ask for Brookfield sausage whenever it is obtainable). It is well worth while to use this low-coupon meat to extend your tender and succulent Veal Roast.

1 lb. sausage meat  
4 cups breadcrumbs  
1 tsp. salt  
4 tsp. pepper  
1 tsp. sage or other savory herbs  
2 tbsps. chopped onion

Mix ingredients. If moistening is needed, add a little warm water or gravy. Pack in roast. Use remainder for garnish.

#### SWIFT CANADIAN CO. LIMITED

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

In the near future, Christmas boxes sent to soldier overseas. Moved and seconded that \$5.00 be sent to T. B. League, 2100 to Kingston Club, also to buy a War Saving Certificate. We have had a very successful year with \$139.23 in bank and all bills paid. A hearty vote of thanks was extended to hostess for the lovely lunch and words of appreciation were heard for the lovely anniversary cake made and served by the President in honor of four years as an organized institute. Meeting closed with The King.

OTTAWA, Nov. 4 — (CP) — No. 33 Company of the Veterans Guard of Canada, comprising 48 officers and 170 other ranks under command of Lt.-Col. A. W. Dewolf, D. C. M., have returned to Canada after 15 months' duty in the Bahamas, defence headquarters. The company was formed in the spring of 1942 from existing formations of the Veterans Guard from all parts of Canada and now has been disbanded, its members returning to their homes. After leave they will rejoin their original formations.

HALIFAX, Nov. 4 — (CP) — Nova Scotia's honey crop this year will probably total about 50,000 pounds, according to H. C. Payne, provincial apiculturist.

## Needlecraft For The Home

A WAR-WISE STYLE That's Smart and Serviceable

A very becoming version of the ever-popular shirtwaister with such trim, business-like lines to it. The busy days ahead will demand a lot of your clothes and the sensible woman's choice is practical as well as fashion-wise. Make it up in either a printed fabric or in one of the new clear shades which is interesting to you.

Style No. 2073 is designed for sizes 12 to 20, 36 to 48. Size 36 requires 3 1/4 yds. 39 in. fabric. Pattern is hand-cut to United States Standard Measurements and includes chart with step by step instructions.

Send twenty cents for pattern. Write your name, size and style number. Be sure to state size you wish.

Name \_\_\_\_\_

Street Address \_\_\_\_\_

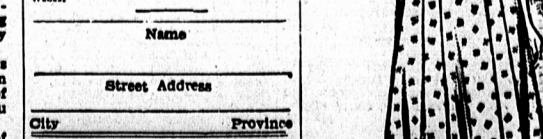
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#### CONTAINS VALUABLE MEDICATION

HELPS HEAL AND CLEAR UP TRY THIS VALUABLE PREPARATION CONTAINS GUARANTY OIL, N.E. and other valuable ingredients recognized by the medical profession.

**PIMPLES RASH ECZEMA**

**CUTICURA OINTMENT**



2073