

Woman's Realm Social and Personal Fashions Literature

Living & Leisure The Woman's Realm

LEGENDS
Will it be possible, in years to come, when grandsons listen to our tale of war? That they will understand our legends are most eloquent of battles, but are dumb. And do not tell of women's hearts made numb with misery, of cottages stripped bare. Of wheatfields trampled, of children made to stare. Upon the skies where murder's engines hum? Time is a casuist, who loves to draw Rock-scars with delicate flowers, and to turn a plundered city to some other shape.

Cutting the horrors under grass and fern:
Urging a wean to build her faith-lined nest
Where once a mother wept, and
—Richard Church, in the London Sunday Times.

Check over all ready-made garments that you buy before they are worn. See that the buttons are fastened on tightly. They may need an extra stitch or two before being subjected to the wear and tear.

Use lime juice in place of lemon juice for cooked or uncooked cake frosting or filling.

In Geneva, Switzerland, a special depot has been set up to arrange distribution of Canadian Legion Educational Service courses to all British prisoners of war in Germany, including those in the University level.

When sizable pieces from a roast are all used, grind remaining meat, mix with salad dressing and put away in a covered jar in the refrigerator for sandwich filling. Save the bone from the roast, put in cold water to cover, add salt, an onion, carrot, bay leaf and a bit of parsley and simmer for a couple of hours to get fine stock for soup.

The secret of silk worm culture was brought to Europe about 522 A.D. by two Nestorian monks who smuggled out of China a quantity of silk worm eggs concealed in the hollows of their pilgrim staves.

HINTS ON ETIQUETTE
If you do not care to have the customary "Lohengrin" or Mendelssohn wedding marches played at your wedding, you can choose some other dignified music.

Vacating your living quarters? Rental officials of the Prices Board say that tenants who have been given notice to vacate by September 30 next can leave any time before then—provided, of course, that they give their landlords the notice required by the laws of the province in which they live.

For example, monthly tenants who find new quarters in June and give their landlords notice before July 1 then may leave at the end of July.

Kitchen Life Lines—Start cooking frozen foods while they are still frozen; don't thaw them first. Wash leafy vegetables quickly. Don't soak them. Heat canned foods quickly, because they are already cooked, and be sure to use all the juices. Heat canned potatoes in their skins. A nature's jacket holds in the good. Cook vegetables in boiling water—but no more than enough to prevent burning.

The greens have "it" and so will you if you eat 'em. Rich in desirable food elements are lettuce, a.

watercress, spinach, dandelion leaves and turnip and beet greens. They are delicious when young, tender and crisp.

ART'S ROMAN PREMIERE
The art of painting is said to have been introduced in Rome from Etruria by Quintus Fabius in 291 B.C.

Lingerie can be laundered by gently squeezing out of warm sudsy water. The shoulder straps will usually need a little extra rubbing with a soft brush.

HOME NURSE
Occasionally the home nurse may find herself in a situation where it is impossible to get pasteurized milk to feed the baby or small child, writes Mary Beard, director of Nursing Service, American Red Cross. In this case she may make raw cow's milk safe by one of three methods:

(1) Short boiling. Put milk into a kettle large enough to allow for occasional stirring, bring it to a rolling point, and boil for three minutes. Cool quickly by placing the kettle in cold water and changing the water as it takes up the heat. Put milk at once into the refrigerator, or make it up according to the baby's feeding formula, then refrigerate it.

Cool Milk Rapidly
(2) Double-boiler heating. Use a kettle that has twice the capacity of the quantity of milk to be heated—for example, quart size for two quarts. Put the cold milk into the top of the double boiler with cold water in the lower compartment. Leave the water to boil until the water in the upper kettle is just beginning to heat as soon as the water does. Keep over a slow flame until the water has boiled eight minutes. Remove the top kettle and place in cold water, preferably iced. Cool milk rapidly by changing water as it becomes warm. Put cooled milk in refrigerator.

(3) Home pasteurization. Milk may be pasteurized in the bottles in which it is delivered. Remove the cover from one bottle, pour out a little of the milk, punch a hole in the cover, replace it, and insert a milk thermometer. Set all bottles on a rack in a pail filled with cold water, nearly on a level with the milk. Heat until the thermometer registers 145 degrees Fahrenheit. Remove from heat and leave bottles in hot water 30 minutes. If necessary, reheat water to keep at 145 degrees. After the 30-minute period, replace hot water gradually with cold until the milk has cooled, then refrigerate.

A Morning Smile
AN EAGER BUYER
In the lounge of a large hotel much of the morning's business is done. Two doctors were coming to the lounge. One remarked to the other, "I've got a great many cases of hysteria."

"A man leaned across and said: 'I'll take the lot, mister.'"

An attendant in an Aberdeen cinema found a ten-shilling note. She took it to the manager. Later the following notice was screened:

"A 10s note has been found in cinema. Will the owner please come up to the box office at 10 a.m. tomorrow?"

Now Improved PALMOLIVE Good for me and Miney, too



PALMOLIVE BATHS
soothe and refresh
even the most
sensitive
skin.



THE COOK'S CORNER

CHOCOLATE BREAD PUDDING
1 square (1 oz.) unsweetened chocolate
3/4 cup milk
2 cups bread cubes
3 eggs
1/2 cup sugar
1/2 teaspoon salt
1/2 teaspoon vanilla
1 tablespoon butter
Method: Grate the chocolate into a small pan containing some boiling water. Melt. Add this to the bread cubes and allow to stand for 10 minutes. Beat the eggs slightly and add the sugar, salt and vanilla to them. Place the egg mixture in a greased baking dish and add the milk and bread mixture to this stirring well. Add the butter and stir again to mix well. Place the baking dish in a shallow pan containing some boiling water. Bake in a moderate oven (350 deg. F.) for about 50 minutes, or until the pudding is set. This is nice served hot or cold, and with or without cream.
Note: This is one made with canned fruit.

FRUIT PUDDING
1 can drained canned fruit
1/2 cup sugar
1/2 teaspoon salt
2 cups milk
1/2 teaspoon vanilla
3 eggs
Slices stale bread
Method: Add the sugar, salt and

Ellen's Diary By An Island Farmer's Wife

James said since I was beginning another year of my life, I might as well begin it like a farmer's wife should: By bringing the cows from the pasture this morning. I suppose by rights I should have commenced it yesterday but then there are folks who do get by on their nerves.

I made the remark while we stood a minute at the bridge watching a hawk swoop down almost to the bend in the stream. I can not say for certain whether it was the one we disturbed or interrupted on her way to the stream with her ducklings on our first excursion for wild strawberries or cherries. I was also too far away to see if there were more beyond and besides Pard who was at our heels, sometimes, as in this very instance, battles, as in wrong time. A lift of startled wings and a quick retreat beyond our sight. I did help James bring the cows and then stood at a designated spot in the barn-yard while he and Pard put them in their respective stalls for the latter were again used in the work of cultivating the potatoes.

This was the evening of the ice-cream social at Brenda's—in the public hall there, and all those ladies accustomed to contributing to the fund were expected to do so. The ice-cream of course was obtained after awaiting the usual apparatus of the maker and the usual After breakfast—creamy—was cleared away, I decided I had before the heat of the day. As our range, like others who have grown old in the service of Alderlea, "is what it is used to be" it needs stoking with the very choicest of hardwood to make the dial register the heat required for baking. I gathered a few sticks of maple and also chosen perhaps for their appearance of a bit of birch and slipped them in the stove by way of increasing the oven-heat for the cake-making. Now, a cake is no trouble at all, especially one to be eaten with ice-cream. But for the moment I had forgotten that this was strawberry time! I shook down the remaining sugar in the container and read it critically. I must have at the very least a level cup. Indeed when it was for the very best cause as this was I wanted a generous cup, right from the bottom of my heart, over. It could not be and running the always does. Naturally general I'm getting on—well—old and forgetful and so makes allowances a bit of being sugar, carefully heaped a scant just such a day. I made a delicate design, green and pink and white on the top of the cake cake then set it away to harden. In the evening I had a very last thing before chasing the two cats—Tabby and Darkey—out, I would cut and silver cake-basket, that has graced many such gatherings down through the years.

After dinner Rob came in the car, with James, after the sculler. They had both been away in the morning, with Mr. Brown the neighbor, on a search for cattle. James, tired with one on his trip, arranged definitely on his own trip. In the evening I had a very last thing before chasing the two cats—Tabby and Darkey—out, I would cut and silver cake-basket, that has graced many such gatherings down through the years.

vanilla to the milk and stir in the eggs which have been well beaten. Dip slices of stale bread into this mixture and line a quart-size baking dish with them. Arrange layers of bread and drained canned fruit to fill the dish. Pour any remaining liquid over the top. Set the dish in a pan of hot water and bake in a moderate oven (350 deg. F.) for about 30 minutes, or until cold with cream. Serve hot or to once more take his place and

Dorothy Dix Says—

SHORT VISITS MAKE FRIENDS

Month's Stay The Limit, Couple Of Weeks Is Better To Avoid Wearing Out Welcome

DEAR MISS DIX—Is there any way to get rid of a guest who is overstaying his welcome? Mine came for a two month visit and I have done my best to make it pleasant for her, but she has already stayed five months and is planning for two months more and I am on the verge of nervous prostration.

I like her, but five months of even my own mother would be too much. Why, on my part, don't guests make their visits like guests, few and short and long between?

MARY B.

OPEN SEASON NEEDED
ANSWER—I wish I could help you, but inasmuch as nothing short of dynamite will dislodge a permanent guest from your hearth room and the law does not permit you to use such drastic measures, there is nothing you can do about it except to grin and bear it. Personally, I have always thought that there should be an open season in which we should be allowed to do what we feel like doing to people who come and camp down upon us and stay, and stay, and stay, until they wear our nerves to tatters, and we feel that the only thing on earth we want is to see their backs. And bad case to them!

All of us have had experience with these pests who think that an invitation to spend a week-end gives them carte blanche to sponge on you for months and months. In vain do you hand them hints that should be like Archimedes' lever and move a mountain. It doesn't faze them. It is no good saying that your mother is in poor health and you think they should go to see her. Futility to tell them that another guest is coming and you have no other room. It doesn't even do my good to go to bed and call in the doctor. They just simply will not move on.

So there is nothing you can do but to possess your soul in patience. But your plight is a warning to all visitors not to stay too long. Keep moving. There is nothing truer than the old saying that short visits are the most pleasant. It is better to make it a couple of weeks.

DEAR DOROTHY DIX—I am a girl just graduated from high school and as I look forward to the future I wonder if there is any chance of being an old maid. Naturally I would like to marry, have a home of my own, a husband and children, but I want a career more than I do a home. I feel that I could devote more time and give better service to the profession which I have chosen if I remain single. What would you advise me to do?
A PREDETERMINED OLD MAID.

MANY FAMOUS WOMEN WERE SPINSTERS
ANSWER—How can you ask such a foolish question as whether it is a disgrace to be an old maid? You know little of history and less of modern times if you are not aware that many of the most famous and honored women the world has ever had have been old maids. Susan B. Anthony, Florence Nightingale, Emma Willard, dozens of famous actresses and writers and doctors and business women whom I could name, have all been spinsters. And in these days whether a woman marries or not calls for no more comment than whether a man does. It is a matter of her own choice.

But if you are ambitious and want to follow a career, I strongly advise you not to marry, both for your own sake and the man's. No woman can serve two masters. Kipling's dictum "he travels the fastest who travels alone" applies especially to women.

DEAR MISS DIX—I am engaged to be married to a young man who is very desirable in many ways, but he has one trait that worries me. He says that his own happiness is the most important thing in the world to him and must come before mine. That I must do just as he says and give in to him after we are married. He is very stubborn and dictatorial about any matter in which we disagree. He never considers me. What chance of happiness will I have in such a marriage?
ALICE.

ANSWER—None at all. You would be nothing but an unconsidered slave. Don't marry him.

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Street Address _____

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Get One-Half More Jam or Jelly from the Same Amount of Fruit ... use CERTO

YOU'LL find it so profitable and convenient this season to make your jams and jellies with Certo. This way you'll get up to one-half more jam or jelly from the same amount of fruit than you will if you use old-fashioned jam and jelly making methods. And you'll get simply lovely jam or jelly—firmer, more sparkling and better tasting.

There are other important wartime reasons, too, for using Certo. It's so much quicker, so easy that even beginners find it very easy to use.

Certo Makes Fruit Go Further—Saves Your Time and Energy

WHAT CERTO IS
Certo is fruit pectin—the natural jelling substance in fruit—extracted from fruits in which it is most plentiful. It allows you to make jam or jelly from fully ripe fruit instead of the under-ripe fruit called for in old-fashioned recipes.

Look for Book of 72 Tasted Recipes under the label of every Certo bottle.

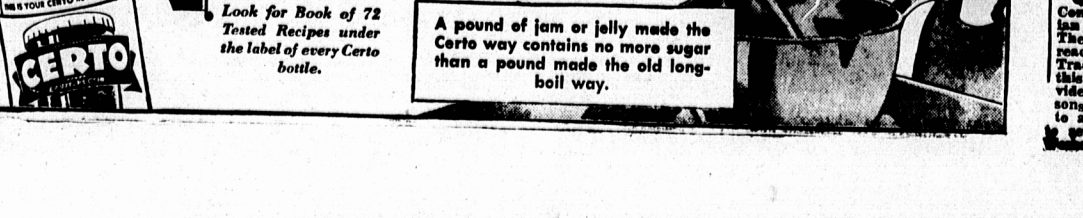
A pound of jam or jelly made the Certo way contains no more sugar than a pound made the old long-boll way.

SUCH A VERY SHORT BOLL—It's quite astonishing how Certo cuts down boiling time. Certo jams need only a one to two-minute full, rolling boll. Certo jellies only a half-minute to a minute! No long, tedious, boiling and stirring. You economize on time, on effort and on fuel.

50% MORE JAM OR JELLY—During this very short boll practically no fruit juice boils off in steam as it does when you use the old long boll. The saving is so great that you get an increase of about 50%—or one-half more—jam or jelly without any increase in the amount of fruit you use.

RETAINS NATURAL TASTE AND COLOUR—Long boiling spoils the natural fruit taste and dulls the natural colour. But boiling time with Certo is so very short it cannot spoil either taste or colour. The luscious taste and lovely colour of the fresh fruit are both retained in Certo jams and jellies.

ENDS GUESSWORK—You and guesswork when you make jams or jellies the Certo way. You get easy-to-follow recipes that give exact quantities and timing—full directions for every step. Different fruits need different handling. Follow exactly the Certo recipe for the fruit you are using and you'll get splendid results.



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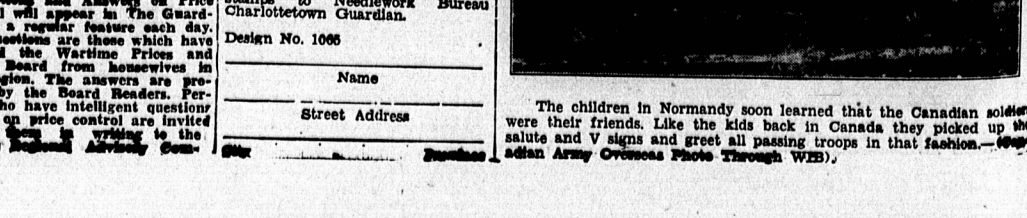
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The children in Normandy soon learned that the Canadian soldiers were their friends. Like the kids back in Canada they picked up the salute and V signs and greet all passing troops in that fashion.—(Special Adm. Army Christmas Photo Through WED).