

Woman's Realm Social and Personal Fashions Literature

YOU DO MAKE SUCH GOOD BREAD!

Fleischmann's fresh Yeast does it!



Canadian homemakers give credit to Fleischmann's fresh Yeast for smooth, fine textured just-right-tasting bread. Use it—if you bake at home. You'll be pleased, too. Bread is the cheapest high-energy food you can put on your table. It's a good stretcher, too, used with scarcer foods. And low in cost. Ask your grocer for Fleischmann's fresh Yeast—with the familiar yellow label—today!

SUPPLEMENT YOUR DIET by eating 2 cakes of FLEISCHMANN'S Fresh Yeast every day. This fresh Yeast is an excellent natural source of the important B Complex Vitamins.

MADE IN CANADA

A Job Only You Can Do

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 Readers. Persons who have intelligent questions are invited to send them in writing to the Editor of The Guardian, 100 King Street West, Toronto, Ontario.

Q I have to go to a hospital for 9 or 10 days soon. Must I take my ration book with me?
A No, you do not need to take your book unless you are going to stay for two weeks or more.

Q How do you compute the coupon value on net weights when fluid ounces are not stated?
A For rationing purposes 4 ounces net weight avoirdupois equals 3 fluid ounces.

Q I recently purchased a 3 1/2 pound jar of syrup and the grocer took 4 "D" coupons. Did he take the right number of coupons?
A No, he should have only taken 3 "D" coupons for 2 1/2 pounds of syrup. There are 12 fluid ounces in each pound.

Q "D" coupon is worth 15 fluid ounces of syrup, as you only purchased 42 ounces the correct number of coupons you should have surrendered is 3.
A We have lived in the same apartment for five years. The walls are very dirty but the landlord refused to do any decorating for us. What can we do about this?
A This is a matter of personal arrangement between you and your landlord.

Q To settle an argument, will you please tell me if it is legal to make a gift of a rationed food to a friend and to receive a gift of another rationed food in exchange.
A The ration regulations permit casual gifts and exchanges of this nature.

Q I understand that the first two E coupons are now valid for the purchase of tea or coffee. Does that mean that the regular green tea or coffee coupons are no longer valid?
A No. The regular green tea or coffee coupons in ration book 3 remain valid until declared invalid.

Q My butcher's deliveryman always insists upon seeing the coupons removed from my ration book when he delivers meat and will not accept loose coupons I leave out for him. Is he right in making such a demand?
A The deliveryman is quite right. It is against the law for him to accept loose coupons. The coupons must be removed from the book by him or in his presence.

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THE COOK'S CORNER

APPLE DUMPLINGS

1 recipe short-cake dough
4 apples
1-4 cup boiling water
1-2 tsp cinnamon
4 tbsps. sugar
1 tbsps. butter
2 tbsps. brown sugar
Prepare shortcake dough, roll to 1/4 inch thickness, and cut in 4 squares. Pare and core apples, put one in centre of each square of dough. Put 1 tablespoon sugar in cavity of each apple, sprinkle with cinnamon and dot with butter. Fold dough over apples, envelope fashion, and moisten edges with milk or water and press dough into place. Put 1 tablespoon butter in pan for baking dumplings, melt brown sugar in it, add boiling water, then place dumplings in pan and bake from 30 to 40 minutes, basting occasionally with syrup in pan. Test apples with fork to be sure they are tender. Serve plain or with cream or lemon sauce.

Shortcake Dough

1-2 cup flour
2 tbsps. baking powder
1-2 tsp. salt
1 tbsps. sugar
5 tbsps. fat
Approximately 1-2 cup milk
Sift flour, measure and sift into mixing bowl with baking powder, salt and sugar, add shortening and work in with tips of fingers a pastry blender or slow speed on electric mixer. When mixture is of the consistency of small dried peas, add milk gradually, and make a soft dough.

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Living & Leisure The Woman's Realm

DON'T YOU PASS IT ON

Did you hear a bit of scandal? Don't you pass it on! Did you note the shrug of shoulders? Don't you pass it on! Let it go from out your life. Ere it causes tears and strife. Being dangerous as a knife, Don't you pass it on!

LOW-NECKED FROCK WORN WITH BLOUSE

NEW YORK—Among the new important dress fashions is the low-necked dress that may be worn with or without a blouse. Pin-fashions have lost none of their popularity, and appear in many new colors and styles. Newer, however, are the variations of the jumper. Worn with a blouse, they are demure street and afternoon fashions. Without a blouse they are beach dresses play costumes or informal evening frocks.

COFFEE CARE

Good idea to buy ground coffee in small quantities. It loses its flavor quickly when not in hermetically sealed containers and also gives a stale tasting brew for breakfast. Ever keep coffee in a glass jar in the refrigerator? Try it the next time you buy a week's supply. Knowing housewives keep their coffee pots immaculate, too. Boil out with a little soda in the water to remove stains.

WORK TURBANS HARD ON WAVES

"Because I have to wear a safety turban all day, my scalp perspires and the waves keep my hair and curls," complains a girl worker. "What shall I do?" Wear a vented head covering. Or perfume one that isn't that of the best solution. If that isn't feasible, there are tricks to use. Why not really sealed containers and also give a stale tasting brew for breakfast. Ever keep coffee in a glass jar in the refrigerator? Try it the next time you buy a week's supply. Knowing housewives keep their coffee pots immaculate, too. Boil out with a little soda in the water to remove stains.

BERTHA COLLARS ON CHEMISE DRESSES

NEW YORK—The bertha collar, wide or narrow, are one reason for the acceptance of the chemise-type dresses. These slim sleeveless dresses have bertha collars and a draped bodice. The puffed sleeves caught up with a drawing are in spring prints in dresses of this type.

ON THE SHIRT FRONT

Men's shirts that are shrunk or have worn out, can be made into children's blouses or boys' shirts. Even handkerchiefs can be made into shirts. By stitching the shirt cuffs together, pocket holders can be devised.

A Morning Smile

You Never Know—A concert was being held in the village school-room, and it became Sandy's turn to give his bagpipe solo. When he had finished, he heard a voice that died down a voice from the back shouted: "Give us Annie Laurie, Sandy!"

ALWAYS TIRED?

Look of Energy Can Drag You Down — Make You Feel and Look Old! Why go through life with that "dragged-out" feeling? You know how good you feel when you wake up in the morning. You, too, can shake off that tired feeling if you go through life with that "dragged-out" feeling. You know how good you feel when you wake up in the morning. You, too, can shake off that tired feeling if you go through life with that "dragged-out" feeling.

DESIGN NO. 107

This lovely fascinator is crocheted in a simple stitch. The full edging adds a touch of glamour. Pattern No. 107 contains 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, Newfoundland.

Dorothy Dix Says—

MARRIAGE'S CIVILIZING EFFECT

Nothing Else So Strengthens Moral Muscles, Produces Efficiency, Deflates Ego

WEDLOCK AND PROSPERITY

Of course, one of the most obvious advantages to marriage is that it is first aid to prosperity. Very few men ever save any money as long as they are single or make much headway in their careers. It is the wives who saw up the holes in their pockets and who are the spur in their sides that set them going.

COMPANIONSHIP DELATES PERSON'S EGO

But it is in the upper brackets that marriage gets its beneficent work of lifting up to a higher plane. It deflates our egos, for one thing. Before marriage we think ourselves just about all right and expect everybody to admire us as much as we admire ourselves.

ASHES OF LIGHTING

"You're wanted over at the works sir; the Personnel' department." He took a sidelong and baleful glance at Moreton. "Since—since that accident, it appears that you are ordered to have to a tightening-up of the works' pass system."

CHILD'S ENSEMBLE

Your youngest glamour girl will be "the sweetest lady in the Easter Parade" in this dainty little frock, with its charming yoked collar.

WHAT GIVES COCOA ITS CHOCOLATE FLAVOUR?

All good Cocoa like all good Chocolate is made from Cocoa Beans. The strength of flavour is decided by the amount of essential oils and rich, nourishing Cocoa Butter contained in the Cocoa Powder you use.

NEEDLECRAFT For The Home

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My Growing Can't Wait for Peace

Adults and Children must have the VITALITY ELEMENTS stored in QUAKER OATS!

Less meat per day means less protein and Vitamin B1... basic vitality elements essential for growth... energy... stamina

To replace meat in the daily diet serve bowlfuls of delicious Quaker Oats! Use it in baking and as an extender in meat loaves. Quaker Oats is as high in protein, per ounce, as pork chops or egg! Higher than any other natural cereal, whole-grain or otherwise!

And Quaker Oats is an excellent source of Vitamin B1. Provides also iron, phosphorus and other vitamins of the B complex—elements seriously reduced in the diet when less meat is used.

Give your family the daily benefits of full-flavoured, whole-grain Quaker Oats! They'll love it! And it's so good for them. Order a large, thrifty package today!

Delicious! Whole Grain QUAKER OATS Truly Canada's Favorite Breakfast Food

Needlecraft For The Home

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3 Good Reasons Why

Most Young Mothers Use this Way to Relieve Miseries of Children's COLDS

Thanks to its effective penetrating-stimulating action (as illustrated), time-tested Vicks VapoRub promptly helps relieve coughing spasms, muscular soreness or tightness, congestion and irritation in the bronchial tubes!

The very moment you rub soothing, vaporizing VapoRub on throat, chest and back at bedtime, it starts to work—and keeps on working for hours as it invites restful sleep. Often by morning most of the misery of the cold is gone!

Try it. And you'll understand why the time-proved home remedy for relieving miseries of children's colds is dependable... VICKS VAPORUB



ACCESSORIES STRIPED

NEW YORK—Stripes are good for accents on dark winter suits and lighter southern clothes. Several stores have worked out striped accessories in sets of a blouse, turban and bags or gloves. One fashion-wise store features brown and white for both North and South in a candy-stripe bumper hat and gilet of rayon taffeta.

Meat that has been twice frozen is tenderer than after one freezing... experimenters show

FIGHT BINDING