

Woman's Realm Social and Personal Fashions Literature

NOW! - MY COFFEE GOES FURTHER

- when I follow these EASY RULES!

RULE #1 Buy Chase & Sanborn Coffee! Super-rich with more flavor ounce for ounce! Then - keep coffee in airtight container, and keep the coffee-pot scoured clean. Get right strength by measuring the coffee and water accurately - don't make more coffee than you'll use - and serve it as soon as possible.

And remember - quality coffee goes further. Get Chase & Sanborn Coffee.

CHASE & SANBORN COFFEE

Living & Leisure

The Woman's Realm

ALL THE ALPHABET IS HERE

God gives the grazing ox his meat, and quickly hears the sheep's low cry. But man, who tastes His finest wheat, should joy to life His praises high.

How's the breathing apparatus of your woollens? If it's choked and dirty, it means that woollen garments lack resiliency and warmth. To keep woollens in circulation longer it's important to give them careful and frequent cleansing. A good commercial cleaner is a good investment. For those doing their own cleaning it's a good tip not to try to get too much use out of each quantity of fluid. First thing you know the dirty cleaner will soil your clothes. Matting and tearing can be prevented by squeezing the fluid through the fabric. An old tooth brush or other soft brush dipped in the fluid should be used on covered buttons and belts backed with artificial leather. A thorough airing in the shade will bring garments out good as new.

BLUING HINT

Bluing added to the water when cleaning windows means that the windows will gleam all the more brightly. Cut glass will sparkle if a touch of bluing is added to the water when the glass is being washed.

BREAD CRUMBS NEED AIR

Bread crumbs should not be stored in airtight containers. This will cause them to develop a musty flavour. A few holes may be punched in the cover or a double layer of cheesecloth added to the container with an elastic band will keep the dust out and let the air in.

STOVE CARE

The porcelain or enamel parts of a stove should never be washed while they are hot, for the water may cause them to crack or chip. A gritty cleanser should never be used as this scratches the surface and will eventually lead to stains which cannot be removed. Warm soapy water will do the job and the surface should be wiped dry after washing.

TO STRETCH EGGS

Eggs are always scarce at this time of year and this year, with demand greater than ever before, the seasonal shortage is more acute than usual.

Where a recipe calls for several eggs the number used may be reduced if certain rules are followed. When eggs are used to thicken a mixture as in custards, pies, blancmanges, cooked salad dressings, etc., 1-2 tablespoon of cornstarch or 1 tablespoon flour can be used for each egg omitted. In cakes, muffins, steamed puddings and similar mixtures eggs act as a leavening agent as well as providing some of the liquid. In cutting down on the number of eggs here add 1-2 tea spoon baking powder and 2 table spoons extra liquid for each egg omitted.

GROWN IN NEW BRUNSWICK

Experimentally peanuts have been grown in New Brunswick with no difficulty. They have been grown near Woodstock, in Margerville, in Fredericton and probably elsewhere.

DON'T WASTE FOOD

Use MAGIC for Superior Baking



MADE IN CANADA

THE COOK'S CORNER

WHITE FRUIT CAKE

1 pound raisins
1/2 pound chopped mixed nuts
1/2 pound chopped glazed cherries
1/2 cup butter
1 cup sugar
1/2 cup milk
1/2 teaspoon soda
1 teaspoon cream of tartar
2 cups sifted cake flour
6 egg whites, stiffly beaten

Method: Soak the raisins in water until plump, then drain and dry thoroughly between towels. You can cut the cherries quite finely or else just in halves, if desired. Make cream of tartar in fine enough chopped. Combine all the ingredients. Cream the butter thoroughly and gradually cream in the sugar, then beat until the mixture is light and fluffy. Add the milk to this mixture. Now sift the flour and measure it, then sift again with the soda and cream of tartar. Add the sifted dry ingredients to the creamed mixture gradually. Beat the egg whites stiff, but not dry, and fold these into the mixture.

Put the batter into bread pans lined with heavy paper that has been greased. Bake in a fairly slow oven (275 to 300 deg. F.) for about 3 hours, or until the cake is done.

A Morning Smile

Talkative Boarder - Why do people say "as smart as a steel trap"? I never could see anything particularly smart about a steel trap.

Elderly Person (in his sweetest voice) - A steel trap is smart because it knows exactly just the right time to shut up.

Silence reigned.

"And so you are the noble fellow who rescued my wife at the risk of your life," said Mrs. Tightwad. "Take this shilling, my brave fellow, as an expression of my thankfulness."

"All right, gov'nor, thank ye," And then he added softly: "You know bettern I do what your wife's worth."

days about "table manners". Children are drilled in a knowledge of "good form" as to the use of the fork and napkin; proper methods of eating the various courses are taught; but training in the most important grace or habit a child must have, that of cheerfulness at the table, is too often neglected.

Has the gathering at meal time become the most happy hour of the day, and the influence on the children may be beyond estimation.

FIRST HUMANE SOCIETIES

England was the first country to form societies for the prevention of cruelty to animals.

Clear Your Nose

and keep it clear with MENTHOLATUM. It checks sinus sufferers and relieves stuffy nostrils. 30c. and 75c. sizes.

Home Service

Vitamins Are Important Part of Diet Today

DON'T GET UPSET

Be little Bobbie's tantrums and other hampers of the day leave you limp and exhausted. If so, you're probably not getting enough vitamins in your diet.

Don't think you can get your vitamins entirely from capsules and tablets, but get them from the natural foods. This is wrong. The proper foods with high vitamin content are important. So when doing your market shopping, be sure to buy the correct vegetables and fruits.

Our 32-page booklet tells you how to get the maximum vitamin values from the food you eat every day. It will answer all your questions about vitamins and will describe which vitamins are in certain foods. You may wonder what vitamins are, what they can do, and especially what the meaning of all this enthusiasm for them. After reading our booklet, you'll no longer wonder.

Foods that are rich in vitamins are not necessarily more expensive than those low in vitamins.

Send 15 cents in coins for your copy of *Vitamins to Keep You Fit* to the *Charlottetown Guardian*, Home Service, Box 100, Fredericton, N.B. Be sure to write plainly your name, address, and the name of booklet.



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Dorothy Dix Says -

WIFE CAN'T BE STAND-IN FOR HAREM EVEN TO SATISFY MATE

Married Man's Qualifications Requiring Her To Be Pretty, Pleasant, Cook, Laundress

One of the reasons why so many women fail to give satisfaction as wives is because they do not know what their husbands expect of them. Has not given them a sort of preparatory school for matrimony, on the side of the altar differs from the man on the other side of the altar even as a fourth of July illumination does from a blackout.



It is literally true that the average bride hasn't the slightest notion whether her husband wants her to continue to be a glorified, or turn into a first class cook; whether he wants her to spend her life washing spells about him, or darning socks; whether he wants her to be a snubbing companion or a yes-yes woman. And by the time the bride has crept herself out trying to find out way her husband has lost his taste for her it is too late to do anything about it.

MARRIED MAN'S QUALIFICATIONS FOR WIFE

But today there is good news from the front. The mystery has been solved. The Sphinx has spoken. A married man expects of his wife. He says he expects his wife to be healthy and not congenial to him. And she must always be ready to step out, or stay at home, as he happens to feel like doing.

He expects her to be always beautifully dressed and to make a show of their marriage and to gather about them a circle of people who will be annoyed by their noise when he is at home.

And above all, he expects his wife to be always overflowing with gaiety and high spirits and to be able to get him up and smooth out the wrinkles in his nerves and disposition when he comes home cross and tired after a bad day at the office. He says that he feels he has a right to expect all of these things from the woman he marries.

CHILDREN MUST BE KEPT IN BACKGROUND

He wants a family, but he wants his wife to devote herself to him she must keep children saved and shut up in a closet where he won't be annoyed by their noise when he is at home.

So there you are, ladies. Now that you know what your husbands expect of you, there is no excuse for your not turning out a satisfactory and stooge and slave and miracle-worker, and should be able to pull off a little trick like that.

HUSBANDS EXPECT LOVE, BEAUTY, HAPPINESS

Doesn't he expect her to look like a pin-up girl after a hard day's washing and wringing with the children, and to do the family cooking, million dollars in a hand-me-down from a basement, bargain counter? Doesn't he expect her to be a little ray of sunshine, to brighten his life in a way, although he may never have realized it before, what isn't it, really every husband expects of his wife?

And when a man complains about his wife, and his marriage being a failure, and his wife not understanding him, isn't it, nine times out of ten, because she hasn't been able to be a dozen different kinds of woman, divorcing their old wives because they failed to discover the fountain of perpetual youth? Isn't the favorite alibi of the philanderer that his wife isn't a combination domestic drudge and wise-cracker?

And isn't the reason there are so many divorcees because husbands expect their wives to be stand-ins for a whole harem, and the job is too big for any one woman to fill.

QUELPH, Ont., Dec. 3 - (CP) -

Members of the washing machine section of the Canadian Manufacturers' Assn. in session here were told quotas recently granted the industry will permit annual production of about one-quarter of the machines likely to be needed in Canada next year.

Speakers said 200,000 new washers are needed now but that quotas for the first three months of 1944 provide for manufacture under certain conditions of only 15 per cent of 1940 production.

QUEBEC, Dec 2 - (CP) -

The next session of the Quebec Provincial Legislature will be convened Tuesday, Jan. 18, it was announced tonight by Premier Godbout at the Legislature.

The announcement set the date for the opening of the fifth and last session of the 21th Quebec Parliament.

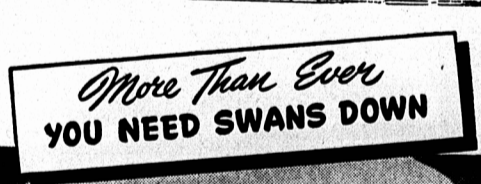
The Godbout Government held its first session in 1940 after election in November 1939.

More Than Ever YOU NEED SWANS DOWN

Do all you can to insure success in cake baking. Avoid waste of precious ingredients. Millions of women find the best baking insurance is Swans Down Cake Flour.

Swans Down is different from other flours. Made from specially selected soft winter wheat, sifted again and again through silk until 27 times as fine as ordinary flour. Rises better, more evenly. Makes simple, economy cakes look and taste like luxury cakes.

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



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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 provided by the Board's Readers. Persons 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 War Times Prices and Trade Board.

Q. We have been paying our rent by the week. Now we want to pay it by the month. Can the landlord still make us pay by the week?

A. The landlord can insist upon the tenant complying with the agreement whereby a tenant was paying the rent weekly.

Q. Can you tell me why one person could buy molasses in one town without coupons while I had to surrender two D coupons in another town, only a few miles distant?

A. Sorghum molasses and Blackstrap are not rationed. From your question it is difficult to tell what kind of molasses was purchased. However, if you are in any doubt report the transaction in full with name of the grocer to the Wartime Prices and Trade Board.

Q. I went to a store to purchase a sweater and was refused because I purchased a skirt as well. Can this be done?

A. No, this cannot be done, unless it was the store's policy during the basic period.

Q. I am a farmer and wish to sell some farm machinery. Do I have to report this to the Wartime Prices and Trade Board?

A. As you cannot get new machinery without applying to the Wartime Prices and Trade Board, it would be wise for your own security to report this in case permission would not be given to you to replace it.

FRUITFUL JOURNEY OF A LEMON TREE

How the Fruit First Reached Szechwan

A bumper crop of Eureka lemons in Szechwan was recently reported by Dr. Frank Dickinson, head of the agriculture research institute of West China Union University, at Chengtu. One eight-year-old lemon tree in his garden bore 350 lemons this spring.

Throughout Szechwan there are tens of thousands of Eureka lemon trees grafted on local pomelo root stocks, each with a bearing capacity of 300 to 400 Grade A lemons annually.

The first Eureka lemon tree came to Szechwan from Florida twenty years ago, and this is the story Dickinson tells:

"In 1923 a small upriver boat, bound for Chengtu, pulled out from the muddy shores of Chungking with a family of missionaries, household supplies, and some additional freight on board. In the freight there was a box of citrus fruit trees which had been brought all the way from Florida. The precious box of young trees was marked 'With Care and Keep Away From Boilers.'"

"Just as the boat was nearing Kiating, she was rammed by another boat which had lost its control in a rapid further up-stream. The trackers' bamboo ropes snapped and the boat with its precious cargo was carried swiftly down the river into the middle of the terrifying whirlpool, then driven on to a sharp rock, and down to the bottom of the Yangtze River went the boat and its valuable cargo."

"Members of the missionary family, together with their Chinese crew and shore help, succeeded in raising the boat and then set out to dry what belongings were left and save what they could. The box of fruit trees was set aside with the thought that a good soaking in the river would do the trees no harm."

"The trees had been carefully packed in moss, but on arrival in Chengtu two weeks later it was found that the bark from a number of the water-soaked trees had sloughed off, and the trees, when planted, refused to grow. However, one Eureka lemon tree recovered from the soaking and gradually got its roots used to local Szechwan

conditions. The original tree had never made a showy appearance, but she carried on her rough lemon root system, producing through the first few years of her life in Chengtu a goodly supply of scion wood, and thus became the pioneer and parent of tens of thousands of lemon trees in Szechwan Province.

"There was a good deal of rejoicing when the first Eureka lemon ripened. A master hand cut the first lemon into twenty-four slices and twenty-four families in Chengtu had a lick at their first lemon."

GIFT HUG-ME-TIGHT IS CROCHETED

1237



DESIGN NO. 1237

A good old fashioned hug-me-tight, of the crocheted variety, is made in ray, bright colors. Pattern No. 1237 contains complete instructions for making sizes 32 to 42.

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.

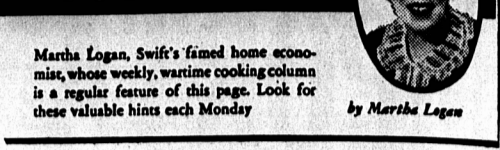
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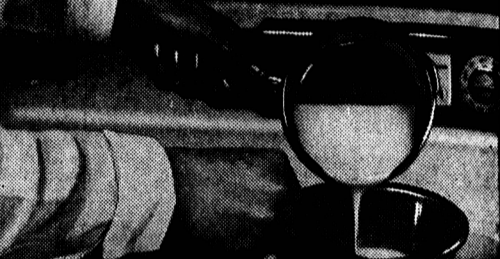
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SWIFT'S WEEKLY WARTIME FOOD HINTS

Martha Logan, Swift's famed home economist, whose weekly, wartime cooking column is a regular feature of this page. Look for these valuable hints each Monday



Sauces



A good sauce can make a party dish of leftovers

Now that we all must learn to make do with less meat or less familiar meats the importance of knowing how to make appetizing sauces, for instance, is more important than ever.

So this week's Food Hint tells you how to make the basic "Mother Sauce" or *Béchamel*. Once you can do this perfectly you can turn out a wide range of appetizing sauces, for instance:

Hollandaise Type Sauce (White base)

Strain sauce into beaten yolks of 2 eggs, return to heat for two minutes stirring constantly and slowly adding 1 tbs. lemon juice.

MOTHER SAUCE

1 1/4 cup milk or stock
1 small onion
1 sprig parsley
1 bay leaf
4 or 5 pepper berries
Pinch of mace or thyme
1/2 tbs. butter
2 1/2 tbs. flour
Salt and pepper

Simmer milk or stock, (use mace stock for brown sauce) with onion and herbs for 30 minutes. Melt butter, stir in flour (for brown sauce allow mixture to brown slightly). Stir in hot milk (or stock). Stir and cook over boiling water until thick and smooth. Strain. Season.

Barbecue Sauce (Brown base)

Add 1 tbs. Worcester Sauce, 1/2 tsp. mustard dissolved in 1 tsp. vinegar.

Bearnaise Type Sauce (White base)

Boil 1 cup cider vinegar with one onion chopped fine, until vinegar is reduced by a quarter. Allow to cool slightly. Add to Mother Sauce with 1 tsp. chopped parsley. Beat the yolk of 1 egg, stir in part of sauce, return to remaining sauce and stir 2 minutes in double boiler. Season with salt and pepper.

Brown Gravy (Brown base)

Simmer

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