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

WHEN CHILDREN Catch Cold

It is usually because their resistance is lowered.

Build up their vital reserves of strength with the aid of Father John's Medicine. This body-building medicine has been used successfully for over 85 years both in the treatment of colds and to help rebuild strength and vitality. Free from alcohol or harmful drugs, it is absolutely safe for children and adults.

Made in Canada

Father John's Medicine

Living & Leisure

The Woman's Realm

I wish there was some wonderful place,
In the Land Of Beginning Again,
Where all our mistakes and all our heartaches
And all of our poor selfish grief
Could be dropped like a shabby old coat at the door
And never put on again.
—Louisa Fletcher Tarkington.

HINTS OF ETIQUETTE

It is correct for the child to tip his soup plate to get the last of the soup, but he should be trained to tip it away from himself.

TAKE A TIP FROM BABY

When scalding milk take a tip from the directions for preparing Baby's formula and stir the milk while it is heating. If not stirred a coating of milk forms on the bottom and sides of the saucepan and this coating contains part of the precious calcium.

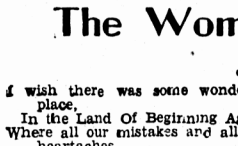
Breakfast is the most neglected meal of the day, especially by war workers. An industrial worker should take care of one-third of the day's nutritional needs at breakfasttime. A good diet consists of fruit, eggs, beverage and toast.

Boil your lemon rinds and use the extract to flavor iced drinks. Flavor soups and vegetables with bacon rinds. A few drops of lemon on your hair brush will add highlights to your tresses, soften texture of the hair.

To PLEASE A QUEEN

Sir Walter Raleigh is credited with introducing mahogany into England, presenting Queen Elizabeth with a table of the wood he had found in the New World.

That rubber gasket around your refrigerator door is important, and doubly so now because of the urgent need for food conservation. It's what keeps the cold so perfectly sealed in, and the warm air outside so successfully repulsed. To give it a longer life, coat it with talcum powder at least two or three times a year. Just sprinkle the powder on, and rub gently with your hand. You'll find this treatment is effective even after the gasket has become noticeably sticky. And another thing to remember— most people, when they clean their refrigerator, neglect the gasket entirely. Don't do it. It should be washed frequently just as the rest of your refrigerator is, to get rid of grease and oils that do subtle but infinite harm to rubber.



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PLANNING FOR 1944

Has your garden, in the past, been planned or just "thrown together" as it were? If you have put plants in where there just happened to be an empty space, why not spend these January evenings with paper, pencil and ruler. Perhaps the easiest way is to make a rough free-hand plan of the way you would like your garden to look Then try a more formal plan drawn accurately with a ruler and also to a set scale.

That clean, bright, cheery look is the very reason you decided to slipcover your chairs in the first place, isn't it? So keep that look about them. Suds them often because most slip-covers can take it. Before washing, shake and brush them free of dust, and baste the pleats in place. This will simplify the ironing and make perfect pleats. Make the job of washing them a quick, careful one. No presoaking, and wash no more than five minutes in gentle suds that are safe for anything safe in water alone. For stubborn spots work in dry flakes with fingers. Then rinse thoroughly and use turkish towels to help you get the water out. Don't, whatever you do, let slip-covers lie around damp. When you're ready to hang them to dry, use two or more parallel clotheslines and pin the pieces to both of them. This helps to dry them smoothly and quickly and in chair or davenport shape. It also prevents ugly sagging, which ironing or fitting won't correct.

RINSE AND SAVE

When the milk or cream bottle is emptied, pour in a little water, swish it around vigorously and then pour it. . . not down the sink but into the soup gravy or a sauce. The lurking food values won't benefit the kitchen sink at all but they will benefit you.

CARTONS FOR COOKIES

The waxed cartons in which butter and shortening are packed make excellent containers for ice box cookie dough and also for packing cookies for overseas boxes.

TWICE AS GOOD

When dish or hand towels wear thin match them in pairs Stitch together around the edges and from corner to corner Reinforced this way there's lots of good drying still to be got from the thinnest towels.

KEEP SEPARATE

When hard and soft coal are being used together they shouldn't meet until they go into the furnace. Separate the bin and keep the soft coal in one part and the anthracite in another. Proper proportions of each are necessary for successful results. When stoking up, use three shovels of anthracite to one of soft coal. Firing practice should be the same as when anthracite alone is used.

KEEPING WARM REQUIRES FOOD ENERGY

Important at any time to round out the three squares' a day, a good lunch is more than ever essential during cold winter months when just keeping warm requires more food energy.

Nutrition Services at Ottawa point out that if any one of the days meals is neglected it is difficult to provide in the other two enough of the health protective foods to make up a balanced diet.

Winter lunches must carry their share of health protective foods and they also need more calories than are necessary in summer time, to take care of the greater energy demands of cold weather.

An extra slice of bread will contribute energy — and protective value too—if whole grain or vitamin B, Canada approved bread is used.

A Morning Smile

CHANGE IT

An official with a very annoying manner was making an inspection of an aerodrome.

On this particular afternoon parachute practice was being undertaken by a number of pilots, and the official asked questions of one man about his experiences and sensations while falling through the air.

"But supposing your parachute fails to open while you are coming down?" he asked finally. "What do you do then?"

The pilot had had more than enough by this time. "Take it back and change it," he replied.

A bishop was accosted in a railway carriage by a reveller, who said:

"You think you know everything, but I'll tell you two things you don't know."

"Very likely," said the bishop, "What are they?"

"I'm your cook's husband and I'm wearing your shirt."

Dorothy Dix Says—

WIFE SHOULDN'T FEEL SUPERIOR

Marriage Never A Success Where Girl Starts With Idea Of Lifting Boy To Her Level

DEAR MISS DIX—I am a girl of 22, secretly engaged to a man of 30. My family oppose the match very much because we are aristocratic, while he belongs to very plain people. He is very handsome, dresses and talks well, has a high school education and good business ability, but I must admit that I wouldn't own his mother and father and brothers. I would be ashamed of them before my friends.

Also, this young man's manners are not just what I would like them to be. Do you think it wise to try to change a man's ways after you are married? I love my fiance with all my heart and feel that we are meant for each other, but I do not know whether to marry him or not. ANN S.

NO TIME TO MARRY

ANSWER—I should say not, if you are going to take such a snobbish attitude toward him and his family. Unless you can say to the man you marry: "Thy people shall be my people and thy God my God." You will find small happiness in being his wife.

No marriage is ever a successful marriage in which the wife feels herself superior to her husband. There is something in the feminine psychology that makes a woman want to look up to her husband, not down upon him, and certainly no man enjoys knowing that his wife considers herself better than he is, and that she regards him as a social inferior.

Nor are you playing the game if you marry a man whose family you are not willing to accept. Remember that after you marry him they will be your family, too. You will bear their name and their blood will flow in your children's veins.

Furthermore, it seems to me that nothing could be crueler than for a girl to marry a man with the deliberate intention in her heart of separating him from his own people, of taking him away from the mother who bore him, the father who sacrificed to educate him, and the brothers and sisters who love him and with whom he has all memories in common.

What if these people have not had the social advantages that your parents have had and their manners are not as polished? What if they are not as well educated? Some of the truest and noblest hearts in the world beat under shabby clothes. Some of the finest ladies and gentlemen I have ever known lacked parlor tricks and wouldn't have known their way among the forks and spoons at a formal dinner. Some of the wisest men and women I have ever known expressed opinions, that would have done credit to Solomon, in shaky grammar. Most of the great men in this country have come from just plain people as these you despise.

And I certainly don't think it wise to try to change a man after you are married to him, for few men take kindly to correction. Marry a man you don't need to change or accept the man you marry as he is.

DEAR DOROTHY DIX—My husband is awfully good to me and buys me beautiful clothes, and he adores both the baby and me. Our life together would be just Heaven if he didn't accuse me of nagging every time I speak to him about something that he does that I don't like. It is nagging for a wife to tell her husband what she thinks about certain things that he does that are wrong? WORRIED.

SOME WOMEN UNCONSCIOUS NAGGERS

ANSWER—Every husband has his own private definition of what constitutes nagging. Generally speaking, nagging is harping on the same string making the same suggestion over and over again, repeating the same admonition or advice hundreds of times.

For instance, it is nagging when a wife reminds her husband every time he lights a cigaertie or gets out his pipe of what an extravagance the use of tobacco is, and how injurious it is to the nerves, or how it scents up the curtains. It is nagging when she is forever throwing in his teeth the time he lent some money to a friend that never was repaid, or the night he stayed down late at the lodge, or the occasion when he wouldn't change his shoes when his feet were wet and got a bad cold.

It is nagging when, year after year his wife tries to make him go to church, or she tries to make him resign from his club, and to give up all of his little tastes and pleasures because she doesn't happen to like them. It is nagging when she never lets him rest about buying something special she wants or doing over the house, or doing anything else she has set her heart upon.

Nagging is much more common than women realize, because most women are constitutionally incapable of saying a thing once and letting it alone The majority of them haven't very much that is new to think about, and so their minds run upon one little grievance until it becomes an obsession with them. And without realizing it, they dwell on that one particular subject until it gets on their husband's nerves.

In your case, WORRIED, the remedy for the situation is clearly indicated. If your husband considers it nagging to have you tell him of his fauits, don't do it. After all, a man doesn't marry to get somebody to correct him. And if you do feel that you have to call his attention to his mistakes, do it once, and let the matter drop. Don't keep rubbing your reprimand in.

Of course, it is pretty hard for a wife to keep silent when she sees her husband doing something of which she disapproves, but if you can secure a happy home by keeping your tongue between your teeth, it is worth the price.

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 Readers. Persons who have intelligent questions to ask no 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. My small son went to a grocery store this week where there were chocolate bars on display. They refused to sell him one unless he purchased other merchandise in the store. As he only had the money for one bar they did not sell it to him. Is this lawful?

A. Certainly not! Such sales as you mention are prohibited by law. The display of merchandise on a counter does not put a merchant under any obligation to sell . . the fact that he offered the chocolate bar if your son made another purchase is illegal.

Q. I have been going to the same beauty parlor since July, 1941. A few months ago they got a new manager and he raised the price for shampoo and finger wave from 50c to 75c. Is there no ceiling price to cover this?

A. Definitely, yes . . hairdressers must not raise their prices above the prices charged by them for the same services during the basic period, September 15th to October 11th, 1941.

Q. I wish to give my tenant notice to vacate my house. How much notice must I give him and are there certain months in which I cannot as him to move?

A. You must give your tenant six months' notice to vacate . . this six months' notice cannot terminate during the period from September 30th to April 30th that is, you cannot ask your tenant to move during the winter months.

CROCHETED SCOTCH HAT FOR ANY AGE

DESIGN NO. 974

A crocheted Scotch hat for either mother or daughter may be created in a few minutes. Colorful and fits any head size. Pattern No. 974 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 Guardian.

Design No. 974

NAME - - - - - - - - - - -

STREET ADDRESS - - - - -

CITY - - - PROVINCE - - -

SWIFT'S WEEKLY 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

by Martha Logan

Carving a Leg of Lamb

Proper carving helps you get extra servings from the roast

We watched a demonstration of this modern method of carving a leg of lamb recently and were amazed by the extra slices it obtained. Try it yourself next time.

FIRST . . . be sure your knife is really sharp. The leg of lamb is placed as in the photograph. The shank bone is on the right, the thick meaty part farthest away from the carver.

NEXT . . . carve two or three large slices from the near thin side. This enables you to turn the roast so it lies on the near thin side, with the shank pointing up from the platter.

NOW . . . slice down to the leg bone, starting at the shank end, till you have as many slices as you need to serve everyone; ¼-inch thick slices are best.

MARTHA LOGAN'S MINT SAUCE

Mint Sauce with lamb is practically a must.

4 tbsps. chopped fresh mint
2 tbsps. sugar
1 cup vinegar

Place the ingredients together in sauce boat or bowl two or three hours before serving. Allow to steep. If dried mint is used, allow to stand in hot water to cover before adding vinegar and sugar.

Martha Logan

LAST . . . run the knife along the leg bone releasing the slices you have cut. Serve.

SWIFT CANADIAN CO. LIMITED

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

ROWDYISM BANNED

SHEFFIELD, England. — (CP)— Sheffield University students have, through their own organization, banned rowdyism at the annual conferment of degrees. They have their own method of enforcing the "no noise" rule and dealing with offenders. At a recent ceremony there was only one incident which a student said was to "maintain tradition."

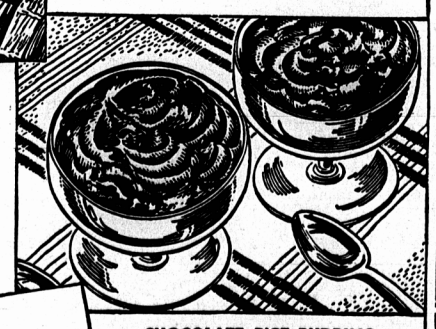
Make each package go farther!

DESPITE difficulties of production, you can still be sure that the Jell-O you do get will be full-flavored, tender, sparkling-clear . . . your Jell-O Puddings will be smooth, tempting, delicious! But reduced wartime supplies mean *less* Jell-O products. That's why you can't get Jell-O and Jell-O Puddings as often as you'd like to . . . that's why, when you do, you'll be wise to use them in such grand "extender" dishes as we give you here!

FRUITS IN JELL-O RING

1 package Jell-O, any flavor
2 cups hot water
Mixed fruits

Dissolve Jell-O in water. Pour into wet ring mould. Chill until firm. Unmould on lettuce, and fill with mixed fruits—diced oranges, apples, canned or preserved peaches or pears, halved and seeded sweet grapes, etc., as available. Accompany by a fruit-salad dressing, and Cheese Straws or crisp wafers. Six or seven servings.



CHOCOLATE RICE PUDDING

1 package JELL-O Chocolate Pudding
2 cups milk
1¼ cups cooked rice

Prepare Jell-O Pudding with milk, as directed on package. Cool. Fold in rice, which has been boiled tender in salted water, then drained and cooled. Chill in dessert glasses. Serve with top milk, or with Mint-Marshmallow Sauce. Six servings.

REGISTERED TRADE-MARK
JELL-O AND JELL-O Puddings
BRAND

If your grocer is temporarily out of Jell-O or Jell-O Puddings, please don't blame *him*. He's doing the best he can, to make his limited supplies go 'round.

JP14

Products of General Foods

THE COOK'S CORNER

CHEESE SOUFFLE

One and one-half cups milk; 1 cup soft bread crumbs; 1 tablespoon butter; ½ pound cheese; 4 eggs; ½ teaspoon salt; pepper; paprika.

Heat the milk, bread crumbs and butter in a double boiler. Add the cheese, grated or cut in thin slices, and stir until the cheese is melted. Add the beaten egg yolks and seasonings. Fold the mixture into the stiffly beaten egg whites; pour into a buttered baking dish, and bake in a slow oven (300 degrees) for about a nhour or until the souffle is firm in the centre.

CHEESE OMELETTE WITH PRESERVES

Six eggs; ¼ cup milk; 1 teaspoon salt; pepper; ¼ cup grated cheese; 2 tablespoons butter; preserves.

Beat the eggs slightly, add the milk, salt, a little pepper and the grated rheese. Heat the butter in a frying pan and pour in the egg mixture. As it cooks, lift the edges with a spatula, allowing the uncooked portion to run underneath. When all the omelet is of a creamy consistency allow it to brown lightly on the under side. Spread with preserves, fold and turn onto a hot platter.

A bombardment shell from a sixteen-inch gun weighs 2,100 pounds, of which 2,050 pounds are metal and only fifty are explosive. A standard bomb of 2,050 pounds consists of 960 pounds of metal and 1,060 pounds of explosive.—Stratford Beacon-Herald.

HAVE ANOTHER SLICE!

I'D LOVE IT— this is grand bread

Give your family *more* bread these days—at meals, between meals. Bread is an essential *quick energy* food—a good source of Vitamin B—a good *stretcher* for other foods. And low in cost! If you bake at home remember—Fleischmann's *fresh* Yeast always gives fine, smooth, just-right bread. This dependable yeast has been Canada's favorite for over 70 years. Ask your grocer for Fleischmann's fresh Yeast—with the familiar yellow label.

MADE IN CANADA

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.

New Cream Deodorant
Safely helps
Stop 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. Prevents under-arm odor, helps stop perspiration safely.
4. A pure, white, antiseptic, stainless vanishing cream.
5. Awarded Approval Seal of American Institute of Laundering—harmless to fabric. Use Amid regularly.

Arrid is the largest selling deodorant

Guaranteed by Good Housekeeping

39¢

Also 15¢ and 59¢ jars

ARRID

Needlecraft

For The Home

SMOCK OR HOUSEDRESS

Efficient enough for the daily dusting and pretty enough to wear to market.

No. 3663 in size 36 requires 4⅛ yards 35-inch fabric.

Send 20c for pattern, which includes complete sewing guide. Print number plainly. Be sure to state size you wish

Address, Pattern Department the Charlottetown Guardian.

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City Province

DEATH RATE LOW

The lowest recorded death rate for any country, was that for New Zealand in 1932 and 1933, with 6 per 1,000 population.