

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

DAILY LENTEN MEDITATIONS

ESSENTIAL RELIGION (By a Journalist) There are many people to-day who retain their faith in Christianity, as they interpret it, yet feel that its influence upon their inmost life, the life of heart and soul, is disappointingly small.

between man and his fellow-men, but between man and God. To "love the Lord thy God," Christ said, is "the first and greatest commandment"; the other is secondary to it.

Dorothy Dix Says— FEWER AUTOMOBILES MEAN INCREASE IN HOME LIFE Families Are Going To Become Better Acquainted, And Children Less Worry To Parents

It would be funny if it were not so tragic, that the horror of war which seems most appalling to the great majority of people is the prospect of having to stay at home and their automobiles wear out. It is the fear of that disaster that has gotten them down.

For one thing, they will re-discover the home, which has practically been a lost institution for the past 30 years and of which the present generation only knows by hearsay, and they will find it isn't such a bad place, after all.

They will find that there is something very soothing and restful in coming back to a quiet, peaceful spot where they can put on their old shoes and drop the smiles off their faces after a hard day's struggle with the world instead of having to doll themselves up and step out to a night club.

Likewise, the knowledge that the car is safely jacked up in the garage, accumulating rust and dust instead of breaking speed laws on the boulevards, is going to give many a father and mother the first good night's sleep they have had since Junior and Mamie got big enough to sit behind a steering wheel.

And when home becomes a place of permanent residence, so to speak, instead of just a hangout that they pop into to change clothes when they are rushing from one spot to another, it will give husbands and wives a chance to renew their acquaintance with each other, and children an opportunity to know their parents better than just being able to recognize them by sight.

For married people to be thrown upon each other for companionship will save many a divorce and make many a husband and wife furnish up the old line of charm they used in their courting days. And it will give children a respect for their parents they have never had before to discover that all of Mom's and Pop's ideas didn't come out of the moth balls, but are shrewd and up-to-date, and that they are good company who really do know almost as much as the teen-agers do.

Nor need girls bemoan their fate in being forced to spend their evenings at home. It is their opportunity if they only had sense enough to see it. For the boys also cannot go to places that far, far away, and that drives them for entertainment and amusement to the nearest little lady spider who sits in her parlor and spins her web.

Any maiden who has a nice, comfortable home in which she can gather together a group of her friends, where they can turn on the radio and dance, or play cards or games, or pop corn or make fudge, and who has a mother who will show the family to the background and let the youngsters raid the ice box, will never lack for dates. For the boys will literally and figuratively eat it up because it will give them good times and save their pocketbooks.

And in the home a girl has a far better chance of catching a husband than she has when she is speeding around with a boy in an automobile from roadhouse to roadhouse. Going to miles an hour the boy friend's thoughts have to be concentrated on his machine and not on Arabella. Nor is he prompted to pop the question in a restaurant with a waiter hanging around listening to the background and let the girl slide him on the sofa, looking like an angel in the freight and feeding him on chocolate cake she says she made herself—well, it is all over except sending out the wedding invitations.

So, perhaps, it isn't going to be so bad not to have new tires, after all.

DEAR DOROTHY DIX—I am a young sailor and although I am not going to be a deserting deserter, I am a bit of a trouble maker. I have a magnetic personality so far as girls are concerned. Being a sailor I have met many girls in many ports and I am afraid I have left a trail of broken hearts behind me. Now I have met the girl I would like to travel with to the end of the road, and I would like to marry her. She has given up a fellow she has been going steady with for five years for me. Do you think I would be doing this girl an injustice to marry her? JAMES.

ANSWER—Probably. Inasmuch as you are such a fascinator and are so fickle, I think it would be better to leave the girl to her old reliable steady. DOROTHY DIX.

When risen enough, snip a deep cross in the top of each bun with scissors. Bake in a hot oven (425 deg. F.) for about 20 to 25 minutes. Cool the buns and fill the cross on top of each with icing made with icing sugar plus milk or water.

If you don't wish to make a cut in the buns, the cross may be made by arranging very narrow strips of paste in a cross on top of the buns before placing them in the oven.

Method: Add the shortening and 1/2 cup sugar to the scalded milk. Stir until the shortening and the sugar are dissolved, and set aside to cool to lukewarm.

Soften the yeast cake in the 2 tablespoons lukewarm water and add the 1 teaspoon sugar and the salt. When the milk mixture becomes lukewarm, add the yeast mixture to it. Now add the beaten egg, the raisins, spices, and enough of the sifted flour to make a soft dough. When well mixed, knead lightly for a minute or so and then place the dough in a greased bowl. Brush the surface of the dough with melted shortening to prevent a crust forming on it. Cover the bowl and set in a warm place (about 82 to 85 deg. F.) to rise until double in bulk.

Now turn the dough out onto a very lightly floured board and knead it lightly. Break off pieces of the dough and form into balls about 2 inches in diameter. Place these in well-greased pans, cover and set in a warm place to double in bulk again. If a glass is desired on these buns either brush the surface with egg yolk beaten with a little water or with milk.

You May Save Lives By Saving on Sugar Says Western Writer



So you have a sweet tooth? Well, don't be downhearted. You can patriotically conserve on sugar and yet have the sweet your system craves if you use your head.

Natural fruits have sugar in them and so do vegetables. There's nothing like eating a good Canadian apple when you feel the need of nibbling something.

There's nothing like eating a good Canadian apple when you feel the need of nibbling something. And as far as getting your sugar-energy that comes to our ports these days is in grave danger.

So cut sugar whenever possible. If you're making use of substitutes, however, you must make adjustments in quantities.

Neither syrups nor molasses are as sweet as sugar, so use 1 1/2 cups for every cup of sugar given in the recipe. With honey it's a case of a cupful in place of a cup of sugar.

Then keep in mind the general rule that you must reduce the liquid one quarter of a cup for each cup of honey, molasses or syrup used.

And one final point. Since honey, syrups, etc., burn easily, do your baking in a moderate oven.

There are other ways to cut down on sugar without losing out on the sweet in your diet. Fruits, both fresh and dried, contain sugar. Fresh fruits in season in place of more elaborate desserts. And you can cut down on the amount of sugar if you put raisins or dates in your puddings and cakes.

But let's have a look at one or two sugarless recipes. Maybe you haven't yet made your marmalade and have been wondering how you can do it without sugar. Well, here's a recipe brought from Ireland where it was used in the First Great War:

ORANGE MARMALADE WITH HONEY 3 medium sized oranges 1 cup water 5 tablespoons lemon juice 2 cups honey 1-4 cup fruit pectin

Put oranges through food chopper and strain the juice. Measure about 2 cups of ground orange. Add water to orange pulp and bring to a rolling boil. Lower heat and allow to simmer 15 minutes; then add honey and when it comes to a boil simmer again for 30 minutes. Add lemon juice and liquid pectin. Bring to a full rolling boil and boil just one minute. Remove from heat and skin, and stir for about 5 minutes. Pour quickly into 8 oz. sized marmalade jars. Seal at once. Makes 6 eight-ounce glasses.

BRAN MUFFIN And here's a favorite bran muffin of one Vancouver woman who makes use of corn syrup and molasses: 1-3 cup shortening 2-4 cup flour 4 teaspoons baking powder 1-2 teaspoon salt 2 1-2 cups bran 1 cup raisins or dates

Cream shortening and syrup thoroughly. Beat egg; add molasses and oil and then add to bran mixture. Add bran and raisins, then flour, baking powder and salt sifted together. Bake in well-greased muffin pans in a hot oven (425 F.) for a few minutes, then reduce heat and finish baking at 375 F. Total baking time 20 minutes. Makes 1-2 dozen.

And here's an all-round one: Fast, Clever Way to Learn Piano

Man Prefers Girl Who Can Play The girl who plays the piano is competition for anyone—so don't compete! Be that girl yourself!

After all, playing the piano is fun, and learning it's not the chore it is made to be. Our home instruction book has a clever chart of the keyboard so you can quickly teach yourself how to read music.

The chart has a musical staff with arrows pointing from each note to the corresponding key. Placing the life-size chart behind the matching keys you discover at once the key to play for any note.

Your next step is to play popular music or semi-classical songs. The easy way to start is to play just the right-hand part, the melody, while with your left you play simple, harmonizing chords—learned a special short-cut way.

Our 24-page instruction book shows how to learn chords the short-cut way and includes a full-size keyboard chart and table of chords. Explains musical symbols, time and rhythm; has 3 airs for practice.

Send 30c in coins for your copy of "Quick Course in Piano Playing" to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

omical, sugarless dessert that I discovered in the very helpful little booklet, "Practical Nutrition for Wartime Living" prepared under the direction of the Vancouver Council of Social Agencies:

CEREAL PUDDING Out cold, left-over cereal in slices, fry, and serve with syrup.

FILLERS If you take sugar in your tea or coffee, be sure to stir it in well. One of the most obvious sugar wastes is left in the bottom of a cup.

If you like sugar in your tea or coffee, don't cut it out all at once, but try cutting down on the amount you use.

DAILY Sugar-Saving MENUS

(FOR MONDAY, MARCH 30)

BREAKFAST Stewed Apples Cereal Toast Marmalade Coffee Tea

LUNCH Split Pea Soup Crisp Biscuits Baked Rhubarb Coffee Cookies Tea

DINNER Sweet Potatoes Lamb Roll Honey Bread Pudding Coffee Tea

BAKED RHUBARB Cut rhubarb in one-inch pieces and place in covered casserole with a small pinch of baking soda and just enough water to cover bottom of dish. Cover and bake in moderate oven for ten minutes. Add sugar or honey to taste and continue cooking till rhubarb is tender. This method requires less sweetening. Some prefer a pinch of salt to the soda.

HONEY BREAD PUDDING 2 cups small bread cubes 3 tablespoons butter 2 eggs 2 cups milk 1-2 cup honey Pinch of salt 1-2 teaspoon lemon extracts or 5 tablespoons lemon juice

Place the bread cubes in a buttered casserole. Mix the milk, butter and honey and beat just enough while stirring to melt the butter and dissolve the honey. Beat eggs slightly, add salt and then stir the warm milk and lemon extract or grated lemon rind. Pour over the bread cubes. Set casserole in a pan of hot water and bake in a moderate oven (350 degrees F.) for about 1 hour, or until set. Serves 4 to 8. May be served hot or cold.

THE CLOCK OF LIFE And no man has the power to tell just when those hands will stop. At late or early hour Now is the only time we own. Live, love, fight with a will. Place no faith in tomorrow. For the clock may then be still.

When washing a material containing several colors, pour two or three drops of blue-black ink in the waters. This will prevent the colors from running.

Before using Benzine or gasoline to clean spots off material, wet the affected part with cold water. This lessens the risk of a strain when you have finished.

Waxed floors are very nice but avoid the use of too much wax. First of all it makes the floors too slippery and therefore dangerous and too much wax collects dust.

A wheel-shed placement has been invented to cut round cakes and pies into eight or teen equal-size pieces with knives made of wire.

Storage in the locker or home unit at zero or above without quick-freezing will keep ham, bacon and the like for months. Many farmers who cure their own meats prefer to store them already sliced and packaged, ready for cooking.

SOOTHE SIMPLE SORE THROAT DR. THOMAS' ELECTRIC OIL

Needlecrafts For The Home

Every little girl wants at least one jumper dress. This one has a princess gored skirt and a peasant blouse with gathered neck and bishop sleeves.

Style No. 3433 is designed for sizes 4, 6, 8, 10, 12 and 14. Size 8 requires 1-8 yards 39-inch fabric; blouse; 1 3-8 yards for jumper.

Send twenty cents (20c) coin preferred for pattern. Write plainly your Name, Address and style number. Be sure to state size you wish. Style No. 3433 Size .....

Name Street Address City Province

BY ANOTHER NAME The scientific name for the mocking bird, mimus polyglottos, means many-tongued mimic.

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A Morning Smile

A certain famous film star visited the Highlands and stopped for refreshment at a farmhouse. She was given some milk in a little bowl and when she was drinking it a pig trotted up to her. "See," she explained, delighted, "even the little peeg he recognize me."

"It's no' you he recognizes," said the farmwife; "it's his wee bowlie."

SOME RUN Puffin and blowing, the young

JEFFY KNIT SWEATER AND CROCHETED BERET



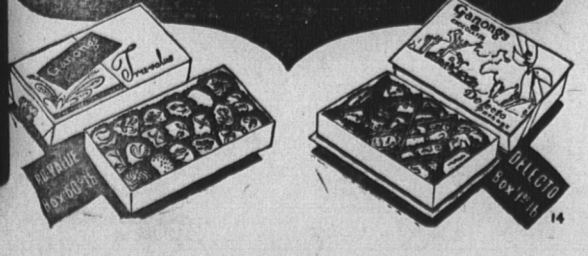
DESIGN NO. 1044 This fifty knit sweater is easily made of rope wool which works up so quickly. Pattern No. 1044 contains list of materials needed, illustration of the design and complete instructions for making sizes 32 to 40 also crocheting the beret.

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Ganong's Ganong's Best CHOCOLATES THE FINEST IN THE LAND



THEY LEARN SUGARLESS COOKING AT SCHOOL Canada's Technical schools are right in the forefront in the move to conserve sugar, and already the cooking courses in many of them are being changed to include the A.B.C.'s of sugarless—or less sugar—cooking.

Here are two of the most attractive young students at Toronto's Central Technical School—biggest in the Dominion—Ann Arkin and Margaret Lane—preparing a tempting looking sugarless afternoon tea. Fresh tea, brewed in a warm pot, is used with milk only. And here's the recipe for the sugarless-icing cakes, as perfected by Miss N. L. Pattinson, Household Economics Director and Author of "The Canadian Cook Book."

JELLY ICING Half cup stiff jelly (crabapple is good) to one egg white. Put together in top of double boiler over hot water, and when warm beat with a Dover beater until the mixture begins to stiffen. Then spread over the cake.

And here's another of Miss Pattinson's new recipes for sugarless frosting, just perfected.

SYRUP UNCOOKED ICING Two egg whites, a few grains of salt, 1-2 cup corn syrup. Beat the egg whites and salt, adding the corn syrup gradually until it stands up on the spoon. The color will be light amber, but you can add coloring to suit the decorative scheme.

Chicken fat, carefully rendered, makes excellent shortening for cake or pastry.

MATCHED ACCESSORIES Gloves, shoes and stockings, in a variety of colors for Spring, are available in matching colors at one Fifth Avenue shop. Colors are Yucca-tan, green, warm beige or red.

When selecting a baking dish remember that roods cook in less time placed in a shallow, wide dish than when placed in a deep, narrow topped utensil. So use the shallow kind for foods requiring less cooking time, such as potatoes au gratin, escaloped corn and other dishes having cooked foods in them. The deep type is advised for escalloped oysters, escaloped potatoes and steaks.

You can make an excellent one-dish meal out of baked macaroni and cheese. A green salad, a fresh vegetable, steamed fruit or dessert and a beverage would be an appetizing as well as highly nourishing meal.

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