

For HOLIDAYS and other HAPPY DAYS...

THE COOK'S CORNER

Dorothy Dix's Letter Box

TAKE THE LEAD OUT OF YOUR LEGS

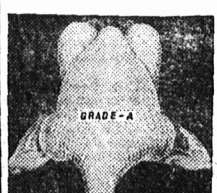


THE HOUSEWIFE - AND - HER ACTIVITIES

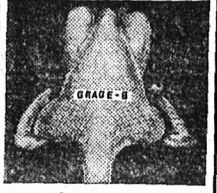


Buy your POULTRY by GRADE!

How to Buy by Grade Look for these GRADE TAGS



GRADE A - Identified by Red grade tag. Superb birds, ideal for the finest dinners...



GRADE B - Identified by Blue grade tag. Good birds, but not as well fleshed...



GRADE C - Identified by Yellow grade tag. Lowest graded quality.

There is a simple, accurate way to buy poultry... a way that assures you of the exact quality of bird you want.

Poultry is Graded according to standards established by the Dominion Department of Agriculture

There are three grades of poultry - A, B and C. Each grade may be readily identified by a coloured grade tag on the bird's breast or wing.

So - to be sure of getting the quality of poultry you desire - ask for it by grade! Then see that the grade tag on the bird corresponds with the grade you request.

Marketing Service, DOMINION DEPARTMENT OF AGRICULTURE, OTTAWA

Turkeys, Chickens, Geese, Ducks BUY BY GRADE BUY WITH CONFIDENCE

STEAMED DATE PUDDING

3 cups flour, 1 teaspoon soda, 1-4 teaspoon cinnamon, 1-2 teaspoon cloves, 1-2 teaspoon nutmeg, 1 cup molasses, 1 cup milk, 1 cup shredded suet, 1-2 cups chopped dates. Method: Sift the flour and then measure it. Sift it once more with the soda and spices...

WHITE FRUIT CAKE FOR CHRISTMAS

Three-quarters pound butter, 3-4 pound fruit sugar, 6 eggs, 4 cups flour (sift, then measure), 1-2 teaspoon baking powder, 3-4 pound sultana raisins, 1-4 pound citron peel (shredded), 1-3 pound crystallized cherries, 1-4 pound candied pineapple.

BAKED SQUASH IN ORANGE CASES

3 cups cooked squash, 2 tablespoons butter, 1 teaspoon grated orange rind, Salt, pepper, Orange juice. Method: Either steam the squash until it is tender or cut it in half and bake at a time and a half...

BUTTERSCOTCH

1 cup sugar, 4 tbsps. molasses, 2 tbsps. boiling water, 1 tbsps. vinegar, 1-2 cup butter. Stir the ingredients together and cook without stirring to the hard crack stage...

DULUTH DOUGHNUTS

One cup hot mashed potatoes, 1 tablespoon butter, 1 cup sugar, 1-2 cup milk, 2 eggs beaten separately, powder, nutmeg or grated orange rind, salt, 3 cups flour, 3 teaspoons baking powder.

IF BABY HAS A CHILL

However careful mother is in trying to prevent baby taking cold, sometimes he catches a chill from a grown-up or other child. If this happens, what is the best thing to do?

FIGHT COLDS - The Safe Way!

To be on the safe side colds should be fought before they start. Guard your children's health when colds are prevalent - give them John's Medicine. It builds up bodily resistance to colds and influenza - increases vitality and improves the appetite - builds vigorous bodies that are better able to resist colds and other infections.



There is no Jealousy Quite so Insane as That of a Mother for Her Son After He is Married, But no Young Husband Should Let it Wreck His Marital Happiness

Dear Dorothy Dix - I am married to one of the finest women who ever lived. She is good, and when I say good, I mean GOOD! She is broad-minded, generous, kind, sympathetic, understanding, everything a woman should be, and she is an angel to my mother. But my mother has her just because she is my wife and is forever trying to prejudice me against her...

Answer: I once heard a mother say that there was no jealousy on earth so fierce and terrible as mother jealousy. She said that the jealousy that a woman felt when she saw her lover or her husband deserting her for another woman was a pure and noble jealousy that was for the good of a mother's heart when she saw her child loving some one better than herself.

Evidently your mother belongs in this class of green-eyed, possessive mothers who must always be in the background and who are always willing to wreck their children's happiness in order to do it. There is nothing you can do about it because jealousy is a species of insanity that is not subject to reason and the appeal of affection.

Dear Miss Dix - We have two adolescent boys who are running true to form, doing all of the silly things and exhibiting all of the irritating characteristics of their age. My husband finds them hard to stand and gets so out of patience with them very often that he has to take them to the woods to get away from them.

Answer: The principal thing is not to interfere between the boys and their father. Men creatures understand each other and boys won't take seriously their father's strictures, or respect him less for checking them up. But, all the same, every father who has to deal with half-grown boys remembers the follies which he himself had when he was a boy.

Dear Miss Dix - My husband and I have recently moved to the town in which his people live. I am meeting them for the first time and am a fine and cultured man. He has a great deal of love and respect for his parents and his family want to do with them because I aspire to higher things and pick them up as they go.

Q. How can I bleach linseed oil? A. Mix the linseed oil with five per cent of peroxide of hydrogen in a glass vessel and shake it from time to time. A few days will be required to bleach the oil, which can then be poured off.

Q. How can I remove grease and dirt from the gas range? A. After each use, crumple a sheet of newspaper and rub over the gas range while it is still slightly warm. All the grease and dirt will rub off and the stove will always have a clean and polished appearance.

Q. How can I dry rugs after laundering? A. Rugs should not be wrung after washing. Hang them on the line and play the hose on them to rinse. Then let them drip and dry.

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Get Oxygen in Your Blood and You'll Get the Pop that Sends You Bounding Up the Stairs. People who suffer to death die because oxygen has been completely cut off from them. Just as surely you are slowly suffocating if your blood lacks red corpuscles. Red corpuscles are your oxygen-carriers. They carry the oxygen you breathe in to every part of your system. Without enough oxygen-carrying corpuscles, your kidneys, liver, stomach and bowels slow down. Your skin gets pale, flabby, often pimply. Your nerves may become jittery - you are quickly and easily depressed.

These world-famous pills help make more and better red corpuscles - and thus increase the oxygen-carrying power of your blood. Get Dr. Williams' Pink Pills today at your druggist. See for yourself how quickly this time-traveling blood-builder will give you back your pep. Price, 25c. G. F. Farnham Co., Ltd.

A Morning Smile

Visitor: "I really don't see how you manage to get along these very hard times." Farmer: "Oh, last year we all lived on faith, and next year we'll probably be living on charity."

The woman candidate at a by-election was canvassing, and called at Mrs. Grimm's. "And I hope," she said, in conclusion, "that your husband is going to support me."

Old Tissue Paper Good use can be made of old tissue paper that has been wrapped around gifts if it is kept in a convenient place and used to polish mirrors or the glass in pictures. It is also good for packing china or glass articles in trunks or boxes.

Shirring Paint To stir paint thoroughly, use a small paddle. An ideal paddle may be fashioned by cutting off one end of one leg of a clothespin to fit over the edge of the can when not in use.

Household Scrapbook (By ROBERTA LEE)

Modern Etiquette (By ROBERTA LEE)

Etiquette Gives You Poise in Public

Imagine receiving these attractive undies for Christmas? Who wouldn't adore them? Petticoats with swishy bright colored taffeta, edged with a ruffling or fine pleating are so smart 'neath the new dresses with their swirling hemlines. Of course they're lovely too in soft pastel satin crepe with feminine lace trim. The step-in... or pantie and brassiere combination can also be made of black satin as well as pastel satin and silk crepe. The black is very new 'neath your formal dresses. The separate panties and brassiere are most practical in pastel silk crepe or satin crepe with self-bias binds... monogram for French accent. But you may also indulge in black satin crepe, for these... and in lace and net for the brassiere. You're splendid choice for Christmas gifts... for any one of these garments will be a grand surprise. You'll want them all for yourself. They're such fun to sew... take the minimum material.

Style No. 2984 is desired for sizes 14, 16, 18, 20 years, 22, 24, 26, 28, 40 and 42-inches bust. Size 36 requires 1-2 yards of 30-inch material with 3 yards of lace for combination.

Send fifteen cents (15) in stamps or coin (coin preferred) wrap coin in paper and address to Charlotte Street, N.Y.

Style No. 2984 Size ...

Name

Street Address

City

State

Zip

Send for a copy of our copy of Etiquette For All Occasions to The Guardian Home Service, Address, Name, Address, and the Name of booklet.

Name

Street Address

City

To-Day's Popular Design By Carol Aimes



WOOL TOYS DESIGN NO. 710

Miss Aimes receives at least 200 votes for each design before it is accepted for this column. Send us your votes. We print all the popular designs.

Dear Readers: Any doll that is cuddlesome and soft finds favour with the younger set, but when it has funny long legs, bright colours, and little bells that jingle - well, that's surely everything a little heart could desire. And how about a ferocious watchdog for the nursery floor too? Here is a woolly little fellow that MIGHT be a pookiness, but whatever his breed, he will be welcomed with open arms by any young dog-fancier. The pattern includes full instructions for knitting doll and making dog, together with material requirements.

I suggest the following as a POPULAR DESIGN. Send 20 cents, coins preferred.

Pattern Order Form - To be used when ordering Patterns and Vols for POPULAR DESIGNS. To The Charlotte Guardian Needlework Dept. DESIGN NO. 710 Name Street Address

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part in the fight against the more deadly diseases caused by germs. Striking confirmation of this view has been provided by some experiments conducted by three workers at the London School of Medicine and Tropical Hygiene. They fed 100 mice on a normal diet. Another 100 fed on a diet part of the oatmeal in which had been replaced by dried skimmed milk. Then they dried each batch with twenty-five mice infected with typhoid and left them together for sixty days. We are told that the experiment was repeated three times. Each time the mice fed on skimmed milk resisted the infection approximately twice as well as those without the milk.

In the first experiment only 9 per cent of the mice without milk survived, compared with 18.5 per cent of those who had oatmeal. In the second the proportions of survivors in the two groups were 19.5 and 56.3 and in the third 39.5 and 75.5.

Another interesting discovery was that the does fed on skimmed milk were more fertile than those without it, and the young gained weight more rapidly and were less liable to die in the first weeks of life. As the British "Lancet" points out, in a comment on this research, the results are suggestive. If the addition of skimmed milk alone to the diet can double the power of resistance to infection, might not other foods enhance them still further?

We have not yet reached the stage when dieticians can provide us with a diet that will enable us to resist all the attacks of germ infections. But these experiments give rise to the hope that we may one day do so.

HINTS ON MAKING FLAKY PASTRY

Keeping puff or flaky pastry uncooked for any length of time is not recommended, as unless it is made with a pure vegetable fat it is likely to ferment. It can be kept for a day or two if the following precautions are taken.

1. Make the pastry rather dry, to lessen the risk of fermentation. 2. Wrap it closely in greased or greaseproof paper, to prevent the formation of a crust on the surface.

'TUBBLING' The reason for this is that the fat has not been rubbed completely into the flour. The bubbles, are caused by the mixture of gluten with water without any fat being present.

With regard to the second part of this query, the cause of pastry having an unsightly covering on the top may be that the pastry exists kept too long after making before it was used. Another possible reason is that too much flour has been used in the rolling out.

Flaky pastry will shrink if it is not left to stand for a time after the final rolling. The remedy for this is to cover it with a very slightly damp cloth or with greaseproof paper and leave it to stand on a plate, after it has received its final rolling, before it is finally shaped and used.

Flaky pastry will also shrink if it is stretched too much over the plate or pie-dish before being put into the oven. It should be very gently eased on to the edge of the plate or dish - the edge having been dampened with cold water or white of egg.

2984 3125 14-42 81B-11012

Every Day Styles For The Home Sewer



Name

Street Address

City

State

Zip