

Home Service News

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We'll take it and like it—

FOR years now we've travelled about like gods in the glorious comfort of the modern automobile. We've swooped from here to there with an effortless joy. We've dashed through wind and rain and come what did, with not an atom of discomfort to our precious selves.

But now the beautiful shining bubble begins to break. The modern automobile is not to be used so casually, so ubiquitously. On very special, necessary occasions we will take it tenderly out on to the roads again . . . but as for this carefree dash to the grocery; the little trip over to get some ice-cream, that jaunt down to see Lil—well, just "gone are the days."

And now we are set down upon our poor little unaccustomed feet—which we are sure were only made for taking us about in the home, for dancing us about a ballroom, for wafting us down the theatre aisle, or even for walking us around the golf course. And now here we stand on the hard road and no means of getting where we want to go except by WALKING! Blocks and blocks—we can never, never do it. . . .

No, perhaps not—judging from samples of



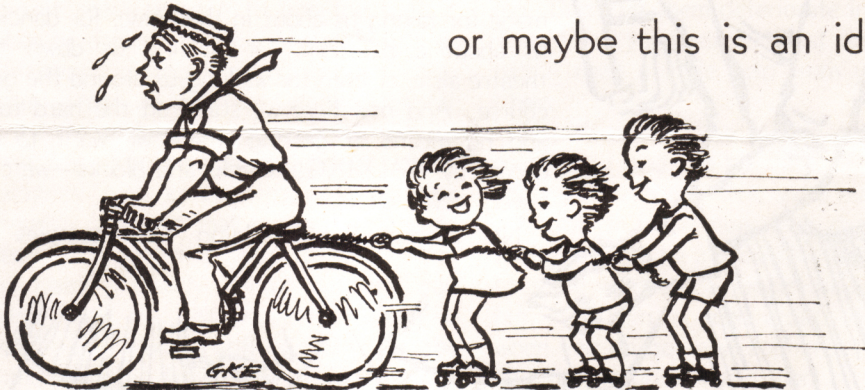
walking one sees about . . . those peculiar means of ambulatory travel glimpsed on local town pavements. And all these are "walking." Of course, they are fairly successful ways to get from car to shop and back again—but now that we're going to cover blocks and blocks—and perhaps even miles, we might as well know how to walk.

We've all read, from time to time, those little articles on Walking, and we've thought that we really should do something about it . . . but do we? Do we walk "tall" as if we were squeezing through a narrow space—do we always keep our chin up—our shoulders back—our abdomen tightly in? A "fine carriage" it used to be called in the days when walking was an art cultivated as part of a young lady's deportment. This artificial way of looking at it is far from our standards of today—but, even so, there's still a way of walking beautifully and healthfully—and it's still worth thinking about.

Of course, one important thing to consider is proper footwear. Shoes are meant to act as a protection and as a means of support. Most will, but some of the cute little sandals of today don't do much more

than decorate. This doesn't mean that our shoes should be heavy, solid, unattractive—but only that they should be comfortable, a good fit, have an adequate sole and those famous "sensible" heels. No need to tell you, of course, that for some time now shoe fashions have favored the smart low heel. So it's comparatively easy to choose really good, healthful shoes with all the style you could want. Foot health is to be cherished wisely—so do make sure that your shoes are right—right for WALKING.

And now let's walk as it should be done. Pull yourself up to your full height—no slumping—no round shoulders. Chin up—tummy in. . . . Put a natural swing into it and you'll realize the smooth co-ordination of muscle that good walking is. It's a complete exercise in itself—one of the very finest known. And with all the walking we'll be doing from now on—and all the fresh air we'll be breathing down into our lungs—we can be sure of a genuine improvement in health. So what we thought was going to be a whole heap of suffering—might be a good thing after all. In fact, I think we're going to like it.



or maybe this is an idea—

O dear papa, three children cried,
You promised, don't you know,
That next when you should take a ride,
All three of us should go.
I did, that father said, you know I never speak at random—
So get your roller skates—we'll go off at tearing tandem.

—Lines from an old Picture Book.

Making the Slip Cover

by JULIA RODNEY

"Henry," said Mrs. Jones, "please will you help me with the slip cover?"

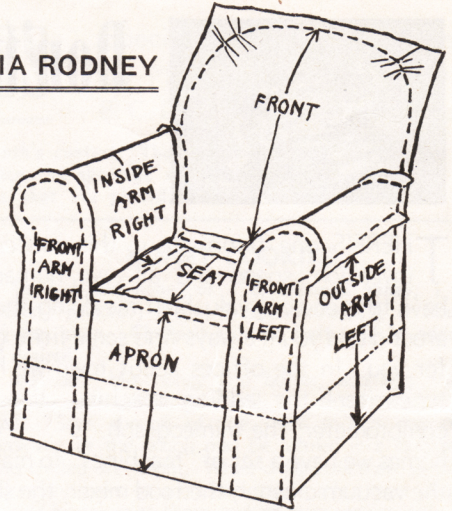
"No," answered Mr. Jones, "I wouldn't be any help. I don't know a thing about it."

"Oh, dear," said Mrs. Jones, "I can't do it by myself. I just don't know where to begin."

Then let me help you, Mrs. Jones. There is no reason for you to be so upset. A slip cover is not really difficult to put together if you have a few rules to follow.

After you have decided upon the type of cover, the material and color, you begin **the pattern**. Of course, you can buy paper patterns to fit nearly every type of chair, but even these require fitting, so, if possible, I should advise using the block pattern method. For both you need about five yards of unbleached cotton of a firm weave. This is for the "practice" cover. To cut the block or paper pattern directly from your good material is a little risky for a beginner, so I should cut one from the unbleached cotton. In this way you avoid unnecessary handling of the material in fitting.

Now you are ready to **measure the chair**, and you should measure accurately, with a steel tape, the width and length of every part of the chair, namely: Back, Front, Outside Arm, Inside Arm, Seat and Apron



PIN FITTING AND MARKING

(that part across the front). Decide where you want the seams to be—usually they are in the same place as the original seaming. Take all measurements from the wooden frame of the chair, which you can feel if you poke hard enough. All outside measurements are taken from the floor, that is because of the irregularities in the woodwork on the lower edge of the chair. The length of pleating or frill is deducted later.

And, Mrs. Jones, if you read that again and take another good look at your chair, we'll start adding up the measurements.

For instance, starting with the back:

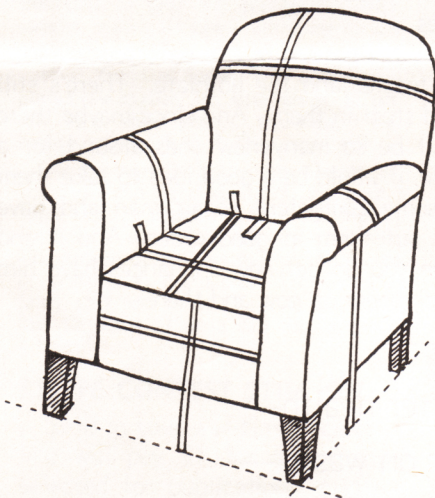
Width: $32'' + 2''$ (1'' allowance for each seam) = $34''$.

Length $40''$ (top to floor) + $1''$ (for top seam) + $1''$ for bottom seam = $42''$.

So the block pattern for the back of the chair would be $42'' \times 34''$. Crease this piece lengthwise down the centre, notch the top and bottom at the crease and make the name on it.

Carry out this plan for every piece, noting carefully every step. When the seat measurements have been taken, add $3''$ for tuck-in on each side and the back.

When you have all the blocks cut, you are ready to **pin fit**. Find the centre of the back of the chair and place the Back pattern squarely on the chair, pinning carefully. Next place the Front, then the Outside Arms, the Inside Arms, the Apron, and, lastly, fit in the seat. To make a



MEASURING THE CHAIR
Showing "Tuck-in" Allowance

pattern for the front of the chair arms, pin on a piece of paper and draw the shape on it, adding 1" seam all around afterwards. Perhaps the most difficult part of the fitting is the place where the front meets the inside arm, and there is no place to tuck in the extra fullness until you have a smoothly fitting sea . . . and you will appreciate the cotton pattern, if you find that you have cut too deep.

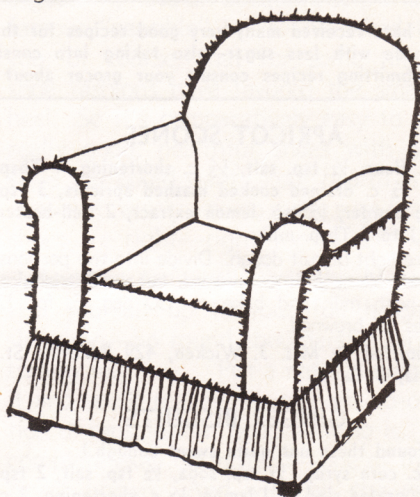
When all is fitted, **mark** with pencil between the pins on each side of the seam. Remove the pins and cut the seam allowance to 1" exactly.

Now it is a simple matter to place these cotton patterns—the exact size of your chair—on the material for the finished cover. If you are using a chintz with a large pattern, be sure to place the pattern so that the design comes in the centre of the back, of the front, of the seat, and on the arms. This is very important.

There are various types of seam finishes apart from a plain seam. Summer slip covers are sometimes finished with French seams, especially if they are laundered frequently. Other finishes used are bound seam, the corded seam and moss fringe. To make cording, cut bias strips 1½" wide, fold over a cord—and, here's a tip, that soft kind of clothes-line rope makes a very good cording—and stitch close to the cord. Place this along the seam with the stitching, 1" from the edge, and baste to one side of the cover. Place the other side on top and baste again, sew along the basting. Moss fringe is sewn in the same way. Here you can see the value of the exact 1" seam allowance.

Leave the seam open at the back on one side, from the widest part to the floor. This opening allows you to remove the cover easily and is usually closed with a zipper. Other fastenings, such as snaps or hooks, may be used, or you can even just sew it.

And, lastly, the skirt or frill, which can be gathered, box-pleated, knife-pleated, or trimmed with colored bands, braid, or fringe.

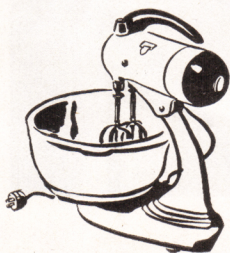


FINISHED COVER, USING TUFTED FRINGE

So, Mrs. Jones, to summarize:

1. Measure accurately and cut the pattern large.
2. Pin fit closely and mark well.
3. Measure seam allowance carefully.
4. Cut according to the pattern, with the weave of the material and design in the correct place.
5. Make openings long but fasten closely.
6. Use pre-shrunk fabrics only, and none too light in weight.
7. Ease in bias cuts, do not stretch.
8. Be sure of the fit before you stitch.
9. Don't make the skirt more than 2½" from the floor.
10. Don't forget to press the finished cover.

And now we're sure you do know where to begin—and where to finish the job, too. Good luck!



Women who own the MIXMASTER tell us the more they use it the more helpful it becomes, and the more they enjoy it. They say that scarcely a week passes but what they find some **new** way to make cooking, baking and getting the meals easier and better.

WAR-TIME RECIPES

Specially Selected and Tested
by MRS. M. A. FOULDS
B. C. Electric Home Service Dept.

I have received many very good recipes for this month's contest. The recipes asked for are those made with less sugar—also taking into consideration the shortage of dates, nuts, etc. Before submitting recipes consult your grocer about items that are plentiful.—Mrs. M. A. Foulds.

APRICOT SCONES

2 c. flour, $\frac{1}{2}$ tsp. salt, $\frac{1}{3}$ c. shortening, 1 Tbsp. sugar, $\frac{1}{2}$ c. drained cooked mashed apricots, 3 tsp. baking powder, $\frac{1}{2}$ tsp. lemon extract, 2 well-beaten eggs, 1 to 2 Tbsp. milk.

Make light biscuit dough. Divide into two portions, pat and roll each into a round, cut in 8 triangles. Brush with milk and bake at 450 deg. F. for 12 minutes till browned.

Submitted by Mrs. J. Wicken, 429 Belleville St., Victoria, B. C.

GINGER BISCUITS

(I found these not quite sweet enough.)

$\frac{1}{2}$ c. corn syrup, $\frac{1}{2}$ tsp. soda, $\frac{1}{2}$ tsp. salt, 2 tsp. ginger, grated rind of 1 lemon, $\frac{1}{2}$ c. shortening, 2 c. flour, $\frac{1}{2}$ c. fine oatmeal, 1 tsp. lemon juice.

Heat in a saucepan the corn syrup, lemon juice, rind and shortening. When melted add remaining sifted ingredients. Knead till smooth and cool. Roll out thin. Bake in a moderate oven.

Submitted by Miss Frances M. Everest, 3670 Quadra St., Victoria, B. C.

Prizes of \$1 each have been awarded for the above recipes.

WHEAT GERM AND APPLE BREAD

(This is a very good recipe. The amount of sugar could easily be cut in half, as at this time of year the apples are much sweeter than when new crops come on the market.)

$\frac{1}{2}$ c. fat, 1 c. sugar, 1 c. ground unpeeled raw apples, 2 c. flour sifted, $\frac{1}{4}$ tsp. salt, $\frac{1}{2}$ c. wheat germ, 1 tsp. soda, 1 tsp. baking powder, 3 to 4 Tbsp. sour milk.

Sift dry ingredients together. Cream fat, add sugar and blend well. Add the ground apple and wheat germ. Lastly, add the dry ingredients alternately with the sour milk. The amount of milk depends on the degree of moisture in the apples. The batter is fairly stiff and thick. Bake in a greased loaf tin $4\frac{1}{2} \times 10$ " in a 325 deg. oven for 1 hour.

RECIPE CONTEST STILL ON

Send in your war-time recipes—We will pay \$1 for each recipe selected for publication. Address to Home Service Department, B. C. Electric.

HONEY COOKIES

$\frac{3}{4}$ c. liquid honey or 1 c. creamed honey, 1 c. butter (packed), 1 egg, 1 tsp. vanilla, $2\frac{1}{2}$ c. flour, $\frac{1}{2}$ tsp. soda. Chopped nuts or fruit may be added if desired.

Method: Mix honey and butter, add egg (unbeaten) and vanilla, mix well, add flour sifted with soda. Save enough of the flour to roll out the cookies; or the dough may be formed in a long roll and chilled over night. When chilled slice off in thin slices and bake on a greased pan in a hot oven. Care should be taken as these cookies burn very quickly.

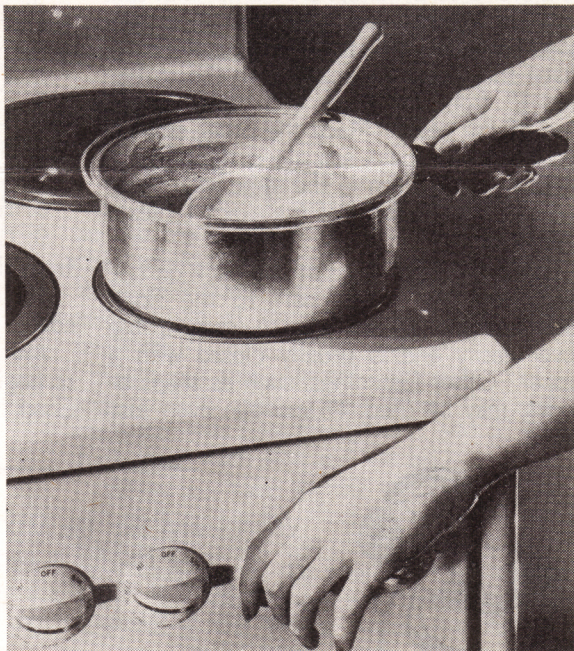
Submitted by Mrs. Thomas Ross, 312 Arnold Ave., Victoria, B. C.

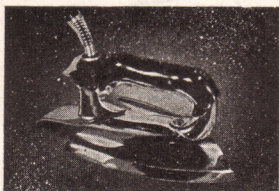
JIFFY COOKIES

Thoroughly blend $1\frac{1}{3}$ cups canned, sweetened condensed milk, $\frac{1}{2}$ cup peanut butter, and 3 cups moist, shredded coconut.

Drop by teaspoonful onto a greased baking sheet. Bake 15 minutes in a moderately hot oven of 350 deg. F. This makes 30 cookies.

Submitted by Miss P. Pickford, 124 Moss St., Victoria, B. C.





Don't Neglect Your Electrical Help!

THERE'S one thing about this modern age of scientific invention, speed and all—we human beings no longer have to spend our valuable time doing the "dirty work." Look around and you'll always find some little gadget ready to do it for you. In the offices about town we have the well-known typewriter—the adding machine, the addressograph, the comptometer, the mimeograph. . . . And right in our own homes we have a set of "machines" to make life easier. We've the vacuum cleaner, the food mixer, the shining electric or gas range, the refrigerator—and perhaps a washing machine, a dishwasher, an ironer. There are hotplates, toasters, irons and all the others, too—ready to work for you at the turn of a switch.

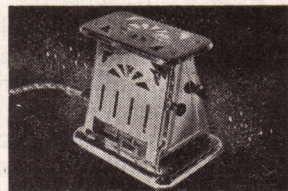
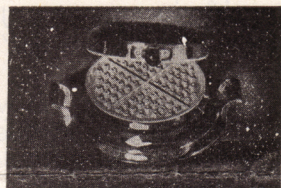
But you say yours aren't ready—your cleaner doesn't clean, the hotplate won't heat, the toaster hasn't toasted for the last week? This is terrible!

No, don't bother to explain. Just listen a minute. . . . What do you suppose would happen in an office if the typewriters, the adding machine and all wouldn't work? Doesn't seem possible to imagine such a calamity, does it? Well, a wholesale lack of efficiency like this couldn't happen. You know, as well as I do, that every month or so the fix-up, clean-up man comes with his little bag. He inspects and adjusts these machines and keeps them all running smoothly. Doesn't that maybe give you an idea? I could bet that your poor old toaster has been gradually giving out and you didn't know it. Just one little "stitch in time"—and it would still be giving you the grand service it did when it was in its prime.

cleaner doesn't

And so would the cleaner and the hotplate. . . . But you didn't help them out. You could have looked into the situation long before this, had the repair man inspect them—fix them up—keep them **running smoothly**. Take a tip from the office—conserve and maintain your "home machines," too. Don't let them deteriorate in any way. They'll give you their very best service—but they'll need a little help from you sometimes.

No, it's not too late to save your cleaner, the toaster and the hotplate. There's still good stuff in them. And since maybe there won't be so many new ones around for a while, it would be a good idea to take them to some competent repair man and have him put them in good order. And if and when you do get new appliances have him check them up now and then.



For better health—
For war on waste—
REFRIGERATION