

A Magazine of Service Published by the B. C. Electric Railway Company, Limited, Victoria, B. C.

**THE RUBBER FAMINE IS HERE: Old tires of every size, shoes, rubber bands, etc., are being rationed.**

**TEA AND COFFEE ARE RATIONED**

**Your transit system needs your co-operation**

**SAVE ALL COUPON RATIONING**

**EMPTY BOTTLES SUGAR**

**TAKE PART OF YOUR CHANGE IN WAR SAVINGS STAMPS**

**War-time Economy**

**DON'T WASTE CURRENT...**

**WAR WORKERS First**

**Stretch that**

**FOOD DOLLAR**

**IT'S GOT TO LAST**

**long, long time**

**YOUR GROCER:**

**sorry—we haven't any—**

**SUGAR is rationed**

**Tires are precious**

**You have 1 oz. of tea OR 4 oz. of coffee a week.**

**Gradually the war restrictions hem us round.**

**Some things we once considered necessities have vanished completely—others are slowly dwindling away.**

**Quality varies, too. Meat is very**

For good and all the foreknowledge is what is called the loss of the United States. Very obvious to believe there is no danger, too, as long as we are here, too, a "diminished" with what the side. The defence of the Sea to the Gulf of operation, with ships, United States and the threat of raids is the Pacific coast line. The need for the United States in the British Columbia and the Pacific. The American authorities and those at Washington are working hand in hand. Others must have full information of the situation.

expensive—and it's not the only thing. Stockings are terrible—those long cotton tops—and the depressing way some sag at the knees! And when you do find a pair that seems possible—"Sorry, not in your size"—or—"no, not in that color." And, of course, no new bathing caps this year—at least not after summer really began and we rushed out, too late, to buy one. . . .

Shopping is a pretty thankless task all right. . . . And when, patriotic to the last gasp, you carry all your own parcels, you feel like a real heroine. The bus—or street car—may be crowded, too, unless you're wise enough, and kind enough, to shop **between** the rush hours.

There comes a day when you've saved something out of your wartime budget for a new dress. . . . You put a lot of thought and planning into that—it has to be "just right." You find one in nearly the style but quite the wrong pink . . . or "We have very few in your size—just a green and this brown. . . ." You're sure that brown is not good for your individual type of morale

—and you'd meant to wear last year's green. . . . Maybe you could fight it out with some material and a pattern? Some of your clothes you'll be making over, anyhow. There are all sorts of wartime ways to cheer up that same old black dress. **Lots** of things will have to last long beyond their normal lifetime, and so they will—with your help.

Meals are a problem, too—how to keep them inexpensive and yet just as appetizing and nourishing as ever. Only a strong Canada will win through, and it's up to the home keepers to care for family health. This is a war job that calls for real ingenuity.

Yes, we're putting up with lots of little struggles and inconveniences—but we know they're really nothing—nothing compared with what they're going through "over there." And, although sometimes we worry and complain, we're pretty thankful it's no worse. . . . Of course we will have it harder than it is now—but we're ready to stand up to anything that means we're closer to the day of Victory. . . .

## Special Appeal for Hospitality for Week-End Leave



THE Hospitality Committee of the Auxiliary Services is making a Special Appeal to the citizens of Victoria to register with the Committee in cases where they have a spare bed in their homes. The Committee is receiving requests to find homes for boys who are on 48 hours' leave and who would appreciate the hospitality of a home for that length of time. Although hundreds of homes are on the Hospitality Register, there are very few where a boy can stay overnight, and in order to fill this need the Committee needs help.

Will anyone able to fill such a request kindly phone Miss Ellen Hart, G arden-5425?

# Setting the Table

by JULIA RODNEY

AN INFORMAL MEAL FOR THE R.A.F

Second in a Series of Four Articles

Mr. Brown told his wife one evening that he had invited two young men of the R.A.F. for dinner the next night. . . .

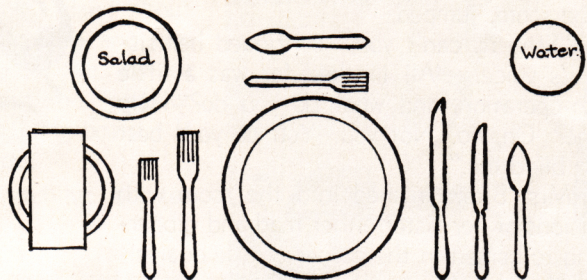
"I expect they're homesick," said Mrs. Brown. "I'll try to have everything just as they'd like it—"

"And no fuss," counselled Mr. Brown. "I want them to know us as we really are—"

"Of course," answered Mrs. Brown. "This will be just an informal family dinner."

So she decided on a plain pale blue linen table cloth with napkins to match, and used her Willow Pattern dinner set. The cover arrangement was very simple, with plenty of flatware, but not too much to confuse. The bread and butter plate was set lower than for a formal dinner, and the dessert spoon and fork placed across the top centre of the cover, English fashion; the water glass at the right of the soup spoon.

For a table centre Mrs. Brown chose a round glass bowl and filled it with a posy of garden flowers, keeping blue as the dominant color. Four pale yellow candles in china holders completed the arrangement. The whole table setting was very simple, with plenty of space for the plate of bread, the butter dish, and two condiment sets. "Hot mats" for meat and vegetables were at each end of the table, the carving set for Mr. Brown and serving spoons ready for



Mrs. Brown. The dessert would be placed on a small table to the left of Mrs. Brown, along with the coffee maker, cups and saucers, cream and sugar.

"It is so much easier," she thought, "if I don't have to jump at the end of every course—and the best solution is to have the little table within reach, with a shelf below for used dishes."

The menu was as simple as could be—just soup, roast and vegetables, salad, a cold dessert and coffee.

"Of course," thought Mrs. Brown, "this is just the same as our usual evening meal, and, really, extra guests should not make any difference in a well-run home. The less fuss I make, the more attractive the meal will be to these young airmen. . . . Real hospitality is just sharing whatever you happen to possess, no matter how much or how little—and in my family we must learn to share it gladly, easily and charmingly—nowadays, especially—with the men in uniform. . . ."

## RECIPES

### TO CAN SALMON

Draw fish, then scale, being careful not to break skin, which would cause a loss of oil or fat. When cleaned, cut into suitable pieces. (Leave in backbone.) Pack into clean sterilized jars. Use 1 tsp. salt to a quart jar and 1 tsp. of olive oil. (1 Tbsp. of vinegar if desired.) Put on scalded rubbers and lids, screwing lid tight. Process in water bath for 4 hours or in oven at 250 deg. 4 hours. If using electric range, heat oven with the bottom element only.

Mrs. M. A. Foulds of the B.C. Electric Home Service Department has selected these recipes in answer to many requests.

### MINT JELLY

2 lbs. of sour apples, 1 pt. of brown vinegar.

Slice but do not peel the apples, cook, mix with the vinegar, then strain through a jelly bag or fine strainer. To each pint of liquid allow 1 lb. of sugar and ½ c. of finely chopped mint.

Boil the sugar and juice together until mixture sets when tried on a plate. About 10 minutes' fast boiling should be enough, then stir in the mint. Pour into small jars and seal as per jam.

## NASTURTIUM SEEDS PICKLED

Nasturtium seeds, vinegar to cover them. To each pint of vinegar add  $\frac{1}{2}$  oz. salt, 6 peppercorns.

Boil the vinegar, salt and peppercorns together, and when cold strain it into a wide-necked bottle. Gather the seeds on a dry day, put them into the vinegar and cork closely. These pickled seeds form an excellent substitute for capers. They are ready for use in about 3 months, and can be kept for a much longer time with perfect safety.

## WHEAT GERM AND APPLE BREAD

$\frac{1}{2}$  c. fat,  $\frac{1}{4}$  tsp. salt, 1 c. sugar,  $\frac{1}{2}$  c. wheat germ, 1 c. ground unpeeled apples, 1 tsp. soda, 1 tsp. baking powder 2 c. flour (sifted), 3-4 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 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  $4\frac{1}{2} \times 16$ , at 350 deg. for 1 hour.

## DINNER PAIL MEALS

Give your man a good lunch—all the right foods for strength and health—enough to keep him at top efficiency to the end of shift. . . .

If you'd like some lunch suggestions—call in for our free booklet, "Dinner Pail Meals."

## INDIAN CHUTNEY

4 lbs. cooking apples, 2 lbs. raisins (large), salt to taste,  $1\frac{1}{2}$  lbs. sugar, 2 oz. garlic,  $\frac{1}{2}$  lb. grocer ginger (cut small); 6 oz. chillies (green), or in place of the chillies,  $\frac{1}{4}$  oz. cayenne pepper, 1 pt. best vinegar.

When all is cooked, pass through a strainer and seal in bottles or jars as per jam.

## PICKLED WALNUTS

Green walnuts, vinegar to cover them. To each quart of vinegar allow 1 oz. of peppercorns, 1 oz. of allspice, 1 tsp. salt.

Prick the walnuts with a steel fork or a large darning needle. Put them into an earthenware bowl or pan, and cover them with a strong brine previously made by boiling the necessary quantities of water with the addition of 4 oz. of salt to each quart of water. Stir the walnuts two or three times daily for six days. Then drain them and cover with fresh brine. Let stand three days, then again drain them. Spread on dishes and dry in sun until black. Have ready some wide-necked jars and  $\frac{3}{4}$  fill with walnuts. Boil the vinegar and spices for 15 minutes, and when quite cold pour over the walnuts. Seal closely. Will keep for months.

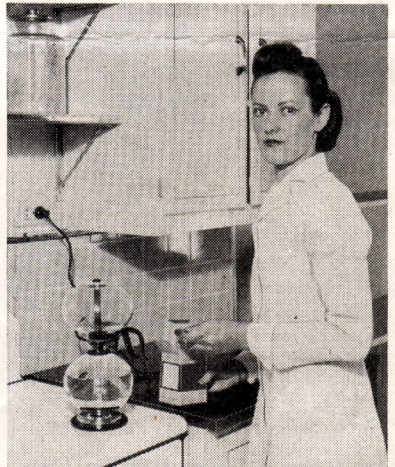
## MINT TINKLE

3 c. water,  $\frac{1}{2}$  tsp. green coloring,  $1\frac{1}{2}$  tsp. peppermint flavoring, 1 c. lemon juice,  $\frac{3}{4}$  c. sugar,  $1\frac{1}{2}$  c. water, 1 lemon sliced thin, 10 red cherries, fresh mint leaves.

Mix together the 3 cups water, green coloring and peppermint flavoring. Pour into freezing tray with the grid in it. Place on bottom shelf of freezing compartment of refrigerator. Turn control to fast freeze. Freeze until cubes are solid. Combine lemon juice, sugar and one and one-half cups water. Stir until sugar is dissolved. Pour into freezing tray without grid. Freeze to a mush. Partly fill glasses with lemon mixture and one mint cube. Decorate with red cherry, slices of lemon or fresh mint leaf.

Here we're using the wonderful Silex Combination Tea-Coffee Maker to brew ourselves some tea—8 cups in all. In the lower bowl we've put the required amount of water (cold water)—into the top goes just 3 teaspoonsful of tea. When the water boils it will rise to the upper bowl and spray over the tea-leaves. This keeps them in motion and derives every little bit of goodness from them. Then we take the Tea Maker off the heat and the tea flows off the leaves down into the lower bowl. There's no soaking or stewing—this tea is of the finest flavor and really refreshing. . . . And it took just 3 teaspoonsful for all eight of us.

Did you know that—if you break the upper bowl of your Silex Coffee Maker, you can replace it with a "top" which is a Tea and Coffee Maker? It's a good idea. . . .



# S-T-R-E-T-C-H

## your tea and coffee rations

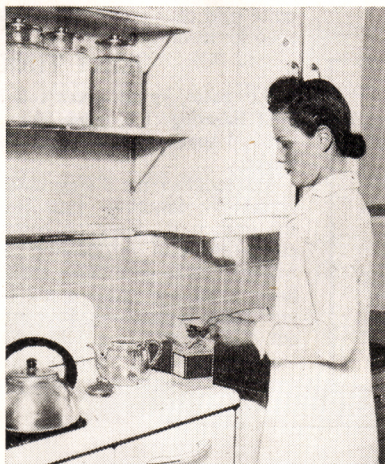
CUSTOM dies hard, and the old adage about making tea—"One for each person and one for the pot," is due for a revision under the new tea rationing regulations. Forget about the "one for the pot," it's wasteful, says the rationing board. It isn't really necessary, say the experts.

Here are some timely tips for stretching your tea and coffee rations:

1. First, fill the kettle with the required amount of cold water. Don't turn on the gas until you are ready to place the kettle over the burner.



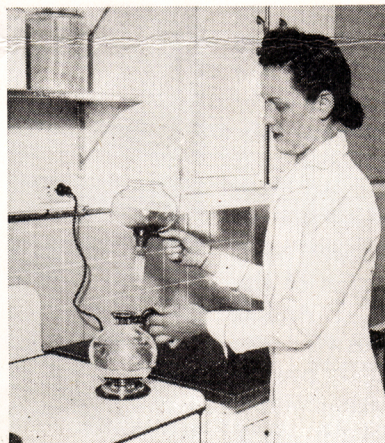
2. Then, after the water has boiled and the teapot has been scalded out, measure off a LEVEL teaspoon for each cup.



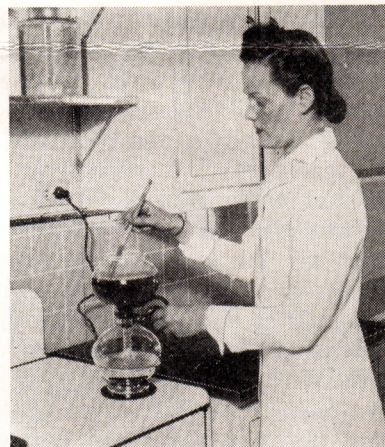
3. Pour the water while boiling hot. Allow to steep 3 to 5 minutes—longer, if you like.



4. For coffee, use a vacuum pot, as illustrated. Wait until the water has boiled before putting on upper half.



5. After water has ascended to top half, leave on stove to boil for a minute or so. Stir the while. Stirring and extra boiling means less coffee needed.



## Don't Glare at Me—

I didn't do it," said a resentful voice.

Mrs. Brown, who had been about to enter the room, jumped.

"Stop it, can't you," continued her sister's voice. "All I asked for was a little co-operation, and what do you do? Help me? Oh, no. Not you. You do your best to blind me."

Mrs. Brown rushed into the room with visions of her sister either mad and gibbering to herself in the corner or else quarreling hotly with a newly arrived caller.

"Grace," she cried, "what is going on? Who is trying to blind you?"

"Not who, darling, what."

"Well, then, what?"

"Your lights, my pet, your lights. I was just explaining to your ceiling light that I couldn't see the details of these gorgeous pictures of John's, not by the table lamp, anyway."

"Couldn't see? What are you raving about? What is wrong with my lamp? It is the latest thing, and picks up the color of my hangings beautifully."

"Yes, it does that all right, and as a decorative accent it is fine, but I was trying to see by it. When I realized my mistake I innocently turned on the ceiling light, and now look."

"Well, what is wrong with that? It gives plenty of light, doesn't it?"

"It's certainly bright enough, I'll say that for it. But couldn't you shade it or something?"

"Shade it? I thought you wanted a bright light—saying that my lamp is no good for seeing."

"Well, it isn't. It is too dim."

"My lamp is too dim and my ceiling light is too bright? What do you want besides, a chance to criticize me?"

"Don't be bitter, Betty, maybe I can help. It's a simple matter to fix those lights."

"What would you do? Buy new lamps and rewire the house, I suppose. Well, we can't afford it, and besides, John was say-



ing that the Government has restricted wiring in some way."

"You don't have to do anything of the sort. And I know as much about the necessity of getting along without extra wiring as you do, but apparently I know something that you don't, and it is sure to be a help."

"What is it?"

"It is that the B. C. Electric have a Free Home Lighting Advisory Service which is designed to help you in such matters. All you have to do is phone Garden-7121 and ask for the Home Lighting Department. They will not only show you how to make the most of what you've got, but will give you tips on how to get the greatest value for the current you use and how to care for your equipment."

"This sounds too good to be true. Where is the catch?"

"There isn't one—the company wants the public to have better and more scientific light and at the same time help the Government conserve supplies vital to our war industries."

"You mean the Home Lighting Department will help me—"

"Yes, and it will help your country by avoiding waste and incidentally make it ever so much more pleasant for your visitors."

"You said Garden-7121?"

"That is right, and you ask for the Home Lighting Adviser."