



*Published in the Interests of
Better Housekeeping by*

Tintex

THE WORLD'S LARGEST SELLING TINTS AND DYES
SOLD AT DRUG, DEPARTMENT AND 10c. STORES EVERYWHERE



Resolved!

**—THAT I WILL DO WHAT SCORES
OF OTHER WOMEN ARE DOING!**

I'll budget to save money for more Victory Bonds, War Savings Certificates and stamps.

I'll hitch my household to the government salvage drives, despite the fact that I once felt it a bother to collect scrap paper and cart my bacon grease to the butcher.

I'll learn the shortest and most accurate methods of housekeeping so that I'll have more time for Red Cross activities.

I'll redecorate that spare room and make it comfortable for some war worker who has been feeling the pinch of the wartime housing shortage.

I'll plan tastier and more nutritious meals—and control my ration coupons to better advantage.

I'll conserve, not throwing away anything that could possibly be used.

I'll concentrate on buying only essentials.

P.S.—To resist buying isn't actually any hardship. I've learned that TINTEX is on MY side, restoring the colours of my faded curtains and making them look new again—transforming my old washed-out summer dresses into this year's fashionable pastels—and WHITEX has certainly saved my laundry bills since I started using it to whiten my linen.

SOLD AT DRUG, DEPARTMENT AND 10c. STORES EVERYWHERE

Introduction

CANADIAN women are pioneering a new idea — to preserve the home as a going concern despite wartime restrictions.

With the help of some of Canada's outstanding authorities in the field of domestic science, we have prepared this booklet to help the Canadian homemaker. We show that the most priceless possessions in the home today, are often the ones already possessed — and that the little things in life can be found capable of making the biggest differences.

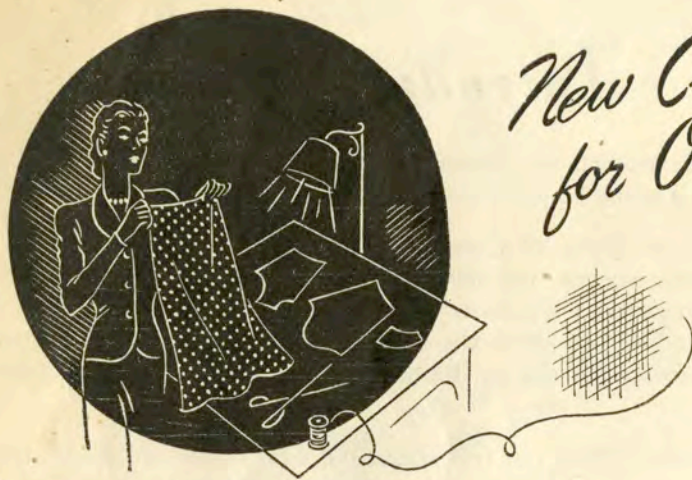
Read this booklet! Have fun trying out our new household hints that are both time-saving and economical. Discover the miracle of Tintex in brightening up the drabest corners of your home with its attractive shades. Learn how to save your wardrobe when it reaches a low ebb — and how to overcome some of the day-to-day hazards of housekeeping and homemaking.

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by KATE AITKEN

Supervisor of Conservation

Consumers Branch—Wartime Prices & Trade Board

IS there a woman living who doesn't like smart, good looking clothes? It's as much a part of her make-up as the desire to have good home surroundings, attractive food on the table. Even the small daughters of the house like their gay dresses and colorful beanies. In spite of this love of beauty, in spite of the fact that the Canadian income is greater than it has ever been, a conservation program was launched right across Canada to persuade women to make over, make do and mend. Why?

Strangely enough, not because we have any shortage of production of materials, for since September 1939, Canada has produced textiles far beyond our fondest expectations. Yes, we have the

production, but Canadian women know that this production, this abundance, is primarily not for them. It is for one purpose and one only—to win the war and bring peace to our land.

Consider the needs of the armed forces and of industry. When a man enters the armed service his first year's equipment uses 106 pounds of wool, the work of twenty-six sheep. In civilian life that same man used annually nine pounds of wool. He ties up leather for ten pairs of shoes. He must have equipment, clothing, gear. The industrial population (in the millions) last year wore out beyond repair three and a half million pairs of overalls, and three million work shirts. This is the big need of production—to clothe and

equip the men and women who fight for us and who work for us.

Add to these needs the cost of refilling empty shelves. New goods means tying up man hours, production, machinery, right back to the source of supply. Actually it means turning machinery to peacetime production instead of wartime effort. And so to conserve new goods, new yardage, the conservation program was launched by the Consumer Branch of the Wartime Prices and Trade Board.

The object of this program was to get out-moded, good clothes out of drawers, moth bags and closets and into circulation again. A survey amongst women revealed two interesting facts. First, that 79% of Canadian women had clothes which could be made over and second, that less than 1% of Canadian women made their own clothes. What, then, would start the trend towards making over?

The Remake Revue Goes Rolling Along — Women want to look smart and well turned out; women are afraid that made-over clothes will look homemade and clumsy. These were the two facts that faced the Conservation Program. But seeing is believing, especially where clothes are concerned, and so a Remake Revue was planned which included forty smart outfits, all good-looking, all clothes any woman or her family would be proud to wear. These clothes were all make-overs and in designing them the six pattern companies

gave invaluable help. The clothes included every problem a woman at home might have. Also, the clothes available in most closets were used. For instance the 700,000 men in uniform left behind them more than two million suits of partly worn clothes; they left shirts worn at the neck and cuffs but otherwise good; they left millions of pairs of socks. From those worn but still good clothes, women can make smaller suits, dressing gowns, small beanies, mittens and a hundred and one different garments. Also, most women have partly worn afternoon dresses; cotton dresses and slips which will cut to smaller outfits or which, with a bit of remaking, can be worn again. From all these possibilities, the wardrobes were assembled and started on tour. In all, 24 Canadian cities from East to West were visited and the Revue was seen by 100,000 women. Books were given away showing just how the work of remodelling was done and how the new patterns should be laid on the old pieces.

Follow Up Work — Making over is contagious. You see a dress. It's like one you have at home, you get the urge to sew but nine chances out of ten you're not a seamstress. Here again the Conservation Program stepped in. Remake Centres were established and are being established in many towns and cities throughout Canada. These centres are supervised by a competent, well-trained instructor who is a good cutter,

stylist and teacher. The supervisor trains volunteer assistants, women who perhaps are married Home Economics Teachers, who can and will donate a 2½ hour session a week so that less experienced women may be helped with their make-over problems. Government sponsored Centres are already established in Victoria and Vancouver, in Edmonton, Calgary and Saskatoon, in Winnipeg, Toronto, London and Montreal, in Kitchener, Dundas and Hamilton. These Centres have morning, afternoon and evening classes so that women at home, in industry or in business may come at a convenient time. Recently, Remake Centres have been established in war plants so that both night and day shift groups could be looked after.

Is there anything new in Remake? Definitely not in the idea — perhaps something new in the application. Today's moderns aren't content to wear clothes that aren't good looking — they want them smart and up to the minute.



Here are some of the Remake Rules:

1. Don't make over unless the material justifies your work.
2. Frequently a better finish and appearance will result from turning the material.

Try washing a scrap, if it washes safely, the material can often, by washing and pressing, be restored to an almost new appearance.

The dye pot will work miracles with your old materials.

3. Don't be afraid to join materials—the joins or seams can be made a part of the design as shown in the illustration of this little girl's hat and coat outfit (at left).
4. Rick-rack braid in vivid colors can also be used to join material or to lengthen sleeves and hems. Or, it can be used as trim, as we've suggested in the sketch of this little dress at the top of the page.



Children's Dresses from Shirts — Most men's shirts wear at the neck and at the cuff while the remainder of the shirt is good. Below, are three practical children's dresses made from partly worn shirts. Notice how button holes and buttons have been retained. A dip in the dye pot will restore the faded color.



Clothes That Can Be Made Over — A woman's tailored suit made from a man's suit is one of the logical make-overs. Before you start ripping, check into the size of the suit. If the suit is small all over, if there is only one pair of trousers, it probably will not make a tailored suit. However, it might be combined with some other material (such as a matching plaid) to make a complete costume. Here are three distinctive suits (at left) made from a man's tweed suit, an out-moded tuxedo and a seventeen year old man's dress suit.



Above are four make-overs that are as smart as paint. The brother and sister outfits are made from an old tweed coat. Notice the easily made cardigan jackets — no collars, no revers, no lapels. Johnny's mother is wearing a dress made from three remnants that blend for color. Notice the smart plaid and wine blouse, the plain grey skirt which picks up the grey in the plaid.

Re-making in Canada is with us for the duration and indeed for some time thereafter. So let us see to it that we mend, make do and make over — and still be smartly dressed.

HOUSEHOLD HINTS START HERE

(336 of 'em!)

Bread

If your bread for sandwiches seems too fresh to slice easily, place it in the refrigerator to become thoroughly chilled. This will make the bread firmer and the slicing much easier.



Bread crumbs in scrambled eggs will improve the flavour and make larger servings possible.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting too hard.

A good way to whiten bread or meat boards which have become discoloured is to rub them with lemon rinds turned inside out. Then wash with clear, warm water.

Stale loaves of bread may be made quite palatable by wrapping in a wet cloth for half a minute. Take the cloth off, then bake in a slow oven for half an hour.

Brushes, Care of

Before washing ebony brushes, rub the wood thoroughly with vaseline; this will prevent the ammonia or soda water from spoiling the ebony.

If floor brushes have become very dirty, they may be cleaned by rinsing in a tepid, soapy lather to which a generous amount of salt has been added. Afterwards rinse in clear, tepid water and place in the open air to dry.

To clean hair brushes, rinse them thoroughly in cold water to which a generous amount of ammonia has been added; then shake and place in the open air to dry. The ammonia removes the dirt like magic.

Remember to cover wooden brushes with vaseline first, as suggested for ebony brushes.

If paint brushes have hardened with paint, allow them to soak for an hour or so in turpentine; then squeeze the bristles between the fingers until all the paint has been removed. After this treatment, rinse the brushes in a fresh bath of turpentine.

Cake

To prevent cake from burning sprinkle salt in the oven under the baking tin.

To prevent cakes from sticking, sprinkle the tins with equal parts of flour and fine sugar.

As you take a cake from the oven, place the tin for a very few moments on a cloth wrung out in cold water, then the cake may be turned out easily without sticking to the pan.

When making a large cake, do not make the dough too moist. When it is in the tin ready for baking, make a round hole in the centre, right to the bottom of the tin.



Always sift flour and powdered sugar before measuring. When recipe calls for flour, baking powder, soda, salt, sift all these dry ingredients together before adding to the rest of the batter.

To cream butter and sugar, warm a basin, put the butter in, then sieve the sugar on the top. Beat with a wooden spoon until the mixture is like whipped cream.

To avoid lumps in batter, add a pinch of salt to the flour before it is wet.

If beef or mutton dripping is beaten to a cream and a few drops of lemon juice and a little carbonate of soda added, it will serve as a shortening in making dark cakes.

A teaspoonful of glycerine added to a pound of flour in cake-making will aid greatly in keeping a cake fresh. Also the grated rind of an orange or lemon added to a cake mixture not only gives a cake a nice flavour, but also prevents it from becoming stale.

Rich fruitcakes are often spoiled in appearance by the fruit settling at the bottom. It is quite easy to prevent this by shaking the fruit in some flour and adding it to the cake mixture at the last minute.

Cleaning and Protecting

(a) METALS

Wash aluminum in a weak solution of vinegar and water, and polish with whiting.



Aluminumware may be cleaned with a cloth dipped in lemon juice.

Aluminum kettles — so precious now — will last longer if they are emptied each night and turned upside down to drain and dry. Tiny pin holes are sometimes caused by leaving water in kettles all night.

Repair tiny pin holes in your aluminum pots by holding a flat iron inside over the hole and pounding outside with a hammer around the hole.

Wash brass in warm, soapy water to which a little ammonia has been added. Polish with brass polish and soft dusters. Lacquered brass should only be washed and dried.

Dust bronze and rub with a cloth dipped in linseed oil and polish with soft duster.

Wash copper in warm, soapy water, rinse and dry. Polish with whiting, rubbing with a circular motion to prevent scratching. Lemon or salt may be used to remove stains.

To polish nickel, rub a damp cloth over soap until a thick lather is formed, then dip in salt and apply to the nickel. After it is dry polish with a soft cloth.

The darkest egg stain may be removed from silver by taking a pinch of table salt between the thumb and finger and rubbing it on the spot with the end of the finger.

A dry cork will remove stains from plate or silver quickly and it never scratches. If the cork is cut to a point it can be worked into crevices which have become tarnished.

Tinware will not rust if it is well rubbed with lard and then with common unslaked lime before being put away. This is also the best way to remove rust. Rub fresh lard on every part, then put it in an oven and heat it thoroughly; any tinware thus treated may be used in water constantly and remain bright and free from rust indefinitely.

Clean pewter with a paste of whiting and linseed oil, wash in soapy water, rinse dry and polish with a chamois.

Rub steel with a fine emery paper or fine sand, then polish.

(b) DISHES AND CUTLERY

Dishes that have become brown from baking may have the stain removed by soaking in strong borax and water.

(Continued on page 10)

Dishes and Cutlery

(Continued from page 9)

White enamelware may be cleaned of stains by making a strong solution of baking soda and rain water. Put the utensils in it and boil them hard; they will be as white as snow.



To remove the water marks which form on the bathroom tumbler, fill it with sour milk or buttermilk and let stand overnight.

To clean knives quickly, rub them with a cork that has been dipped in water and then in slate or knife powder.

When cleaning steel knives, add a little bicarbonate of soda to the cleaning powder. This helps to remove stains.

When dripping water causes yellow stains in your porcelain basins, moisten pulverized chalk with ammonia and apply with a stiff brush.

Pouring a little milk into the water when washing silver, will help to keep it bright.

If silver, after it is cleaned, is rubbed with a piece of lemon, then washed and well dried, it acquires an extra brilliancy, and it will keep clean longer than with ordinary cleansing.

When silver becomes dull, rub it with a piece of potato dipped in baking soda.

For that age-yellowed white lamp, Whitex Wonder Bluening works like magic. Whitex will blue silks and woollens, as well as linen and cotton goods.

This is an excellent cleanser for silver and plate: Boil an ounce each of cream of tartar, salt and alum in a gallon of water. When the solution is lukewarm it is ready for use; wash articles in it, and rub dry.

If your family is small, use your dinner set in rotation for ordinary use. This will avoid last-minute dusting of lower unused plates when you have guests. Also wear would be distributed evenly.

If a good cup, glass or useful dish gets a small chip, smooth off with fine sandpaper and it can be safely used again.

To repair broken chinaware, a good cement can be made by mixing the white of an egg with powdered chalk. Apply to edges, stick together and let set several days.

A new casserole should be well rubbed outside with a raw onion. This will prevent the earthenware "sweating" and lessen the contraction which so often causes the pot to crack when it is heated. After the rubbing, fill the vessel with cold water and very gradually bring it to a boiling point and then allow the water to cool in the vessel. A casserole treated in this way will last for years.

When washing up, put a piece of lemon peel into the dishpan. It will soften the water, remove all traces of the smell of fish, onions, and so on, and put a fine gloss on china.

(c) CLOTHING

Washable silk articles that have been stained by perspiration are sometimes cleaned by putting the affected part into a solution of equal parts of ammonia and methylated spirits, afterwards washing well in a pure soapy lather.

Greasy coat collars can be cleaned thoroughly by sponging with alcohol, in which salt has been dissolved; or, sponge with a wet cloth with carbon tetrachloride.

To clean tarnished metallics, laces and fabrics, sprinkle baking soda on the tarnished surface, then rub well into the material with a dry woolen cloth. After the tarnish has been scoured away, the soda can be dusted from the garment with a brush or by shaking. Very old tarnish is difficult to remove.

To clean white kid gloves, pull them on the hands and rub firmly with a piece of flannel dampened with a soapy solution to which a little milk has been added. Care should be taken to wet the gloves as little as possible. Afterwards place in the open air to dry.

To clean brown kid gloves, place them on a folded towel, then with a piece of flannel apply a little fresh milk in which a generous amount of good quality yellow soap has been dissolved. When quite clean, pull the gloves out gently and place in the open air to dry.

To clean black kid gloves, apply a mixture of equal parts of good quality blacking and olive oil, paying particular attention to the part between the fingers.

For tinting lingerie use Tintex in the blue box. You have a choice of eight lovely shades especially made for tinting lace-trimmed silks. Only the silk is affected — the lace stays white.

When white furs need cleaning spread them on a clean cloth dampened with alcohol, then rub French chalk into the fur and roll them into a cloth for a couple of days. Then comb until every bit of chalk is combed out. Or, they may be cleaned by rubbing equal parts of salt and flour well into the roots and then shaken out.

To clean coloured felt hats, mix together one tablespoon salt to two tablespoons of flour. Apply to the hat with a piece of flannel. Rub in thoroughly and then brush off with a stiff brush.

When a blue serge suit gets shiny, rub with hot vinegar and then sponge off with a cloth dipped in ammonia. You'll get rid of the shine in no time.

(d) GENERAL

When using Alabastine or Kalsomine for walls, if you cannot get the exact shade or colour, add Tintex until you get the proper shade.

Benzine and finely-powdered French chalk will clean piano keys; or wash them with alcohol.

Grease stains in washing fabrics can be more easily removed if they are moistened with cold water and rubbed with a little soda before being washed in the ordinary way.

Black leather handbags may be cleaned by rubbing with a clean cloth and afterwards with another cloth dipped in a mixture of one teaspoonful of sweet oil and two teaspoonfuls of milk. When dry, the bag should be polished with another rag, using a white shoe-cream or furniture polish.

Varnished wallpaper which has been splashed with grease can be washed with a pailful of warm, soapy water, to which a tablespoonful of ammonia has been added.

To remove marks on woodwork made by scratching matches, rub them with a cut lemon.

A piece of cotton saturated with kerosene, placed inside the door of a large clock and allowed to remain for a few days will clean the mechanism.

The best and quickest way to clean badly stained medicine bottles is to put in a teaspoonful of vinegar, then a few grains of rice and shake well. When rinsed, the bottles will be quite clean.

Moisten a pad of linen with methylated spirits, dip in powdered whiting and rub over the surface of glass or mirrors. When dry, polish with a duster.

Wash ivory in warm, soapy water and dry, then polish with furniture cream. If stained, use lemon juice and whiting, and if necessary, bleach by wetting with soapy water and leave in the sun for some time.

A small quantity of eggshell cracked into a fine powder and shaken onto a scrubbing brush will remove stains from white woodwork.

(Continued on page 16)

Food Forecast for 1944

by

Ann Adam

Director of Ann Adam Homecrafters

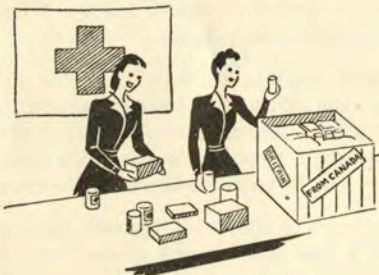
who conducts her "Cooking School of the Air" over Station CFRB every Wednesday, Thursday and Friday



IN Canada, 1944 should go down in history as the year of the Great Sharing.

Last year, Canada reached her all-time peak in food production. We took care of vast needs besides those of the Canadian home. We ourselves fared well.

Those of us who realized all that Canada's food supply was doing, felt that we fared *extremely* well. At our ports, ships were "victual-



led" for their voyages; our armed forces were well looked after, at

home and abroad; those essential boxes of food, which the Red Cross sends weekly to our prisoners of war held in enemy countries, were regularly packed with the necessities of life for our men; the Allied Nations were supplied with certain foodstuffs, and Britain got large quantities of meat, cheese, eggs, milk and so on.

Now comes another need—that of following up our fighting men with food for starving peoples in the occupied countries, as they are liberated.

Sharing — sharing in every way that will help win the victory and then stabilize the peace — is the programme we must meet.

We can do it — and still live extremely well, in our food-producing country... and we shall still be far too well off ourselves to dream of calling our adjustments difficult. Canadian women would

do a great deal more than this, to speed the homecoming of our armed forces and to win the sort of peace which would give a feeling of genuine security.

Certain foods are needed by all the claimants on our supplies and to share them, we must put a stop to increasing our demands and should in some cases, reduce them. Meat, fish, eggs, milk and its products (including cheese) are tissue-building protein foods, and everyone needs a certain amount of them. But they are also foods which Canadians *like* — and so demand for them has soared.

We do not need all the protein food that the average Canadian is eating, our nutrition experts agree. We could feel and be in good health with considerably less (as witness Great Britain's health improvement under drastic rationing).

Fats are in need of very careful use — and all possible saving.

Sweet foods, because so popular, have been rationed to make them go 'round.

The smart and the patriotic thing for us all to do, is very simple:

Let us put more — much more — attention on the foods that we can draw upon more freely, and with them, s-t-r-e-t-c-h the foods that have to be judiciously shared.

We have all proved that we can spread meat *flavour* through or over stuffings, vegetables, cereal products such as macaroni or noodles, rice, breads and other doughs, and make a big meat dish

out of a modest amount of meat. Fine — then let's perhaps do more of it. And let's apply the same ideas to fish... most of the popular tricks, including the clever use of well-flavoured sauces and gravies, will apply quite readily. Meat is needed in vast amounts for uses outside our domestic needs—fish comes in for considerable sharing, too — and there is a big cut in the numbers of fishermen (they're in the Navy now!) — and of labour to prepare fish for our markets.

Here, we can help ourselves, to some extent, by demanding less preparation and doing more for ourselves.

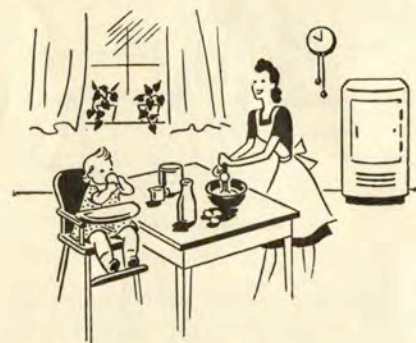


Eggs are in this very important small group in a big way. Canadians have gone in for such heavy egg-using, that it has not been easy to meet the huge demands for dried eggs to travel where most needed. So we watch our use of eggs — place it strategically, sharing the eggs evenly or accenting them where actually needed—and never just tossing in an egg or two as taken-for-granted extras. At times, you will put high value on the one-egg dish, the eggless pudding, the custard that owes some of its thickening to corn

starch, the single left-over yolk or egg white. Make them count!

Cheese is one of our easy-to-ship foods for which we have large contracts, and so you may find less cheese at home. All right — make it go further! Cheese is a natural-born mixer — happy in the company of all sorts of more bulky foods (from macaroni to crackers, from vegetable casseroles to fruit salads). Cheese is so concentrated a food that we don't need a big quantity to do a good job, and again, the flavour can give character to many other foods.

Milk, whether in the form of cheese or fluid milk, will be in greater supply in some districts than others — as is the case with practically all of the less plentiful



foods. It's bright to distribute a basic amount of milk pretty evenly throughout the family in good milk dishes — and then to step up individual shares where needed, by the drinking of milk.

Fats — from butter to the last drop of dripping — should be used sparingly. Your butter is rationed, so you use your supply where it is most needed—as a spread. Shortening pinch-hits for butter in much fine baking...lard too.

Drippings, kept separate as to their kind, make savory dishes and sauces and do a wonderful job of dressing vegetables.

Sweet goods are practically all rationed now, to ensure even distribution. As the Canadian picture has clarified itself, the ration administration has worked out improved ways of letting us choose what we would like most. In 1944, this "choosing" according to our sweet preferences, will be carried further, and promises to make the fairest and best job yet of distributing these commodities fairly. Meantime, we have learned much about using them to advantage.

What do we use, then, to make less of the scarce things go further in our home cooking?

"Cereal products of all kinds" seem a ready and valuable answer. Cereals are bland — they give character-foods a great chance to assert their flavours. Cereals are cheap, comparatively speaking — and so give us added incentive to combine them generously with the higher-priced foods. Cereals are versatile — they fit into every meal. And Canada produces in tremendous quantities, the grains that give us our great array of cereal foods (breads, so-called breakfast cereals, macaroni products, flours, varied grains and all the things made from them). True, we are meeting just demands for these valuable foods — but there are plenty of them left for home consumption, to give us unbelievable variety and plenty of fine support in our best efforts to feed our families well and share the food supplies with others whose needs we recognize completely.

The vegetable and fruit situation varies in different communities. Imports help out home pro-



duction. These two groups of "protective foods" — foods absolutely necessary to health — are so important we must get them into the family diet regularly. Praise, then, the fact that there are so many *kinds* of fruit, so many *kinds* of vegetables. Governed by your local situation, make good use of available supplies.

Orange Oatmeal Muffins

- 1½ cups once-sifted pastry flour
or 1½ cups once-sifted bread flour
- 5 teaspoons baking powder
- ½ teaspoon salt
- ½ cup shortening
- ½ cup (packed) brown sugar
- 1 egg
- 1 tablespoon grated orange rind
- 1 cup quick-cooking rolled oats
- ¾ cup milk

Measure sifted flour into sifter and add baking powder and salt; sift together once. Cream shortening and blend in brown sugar. Beat egg until thick and light; add to shortening mixture, a little at a time, beating after each addition. Stir in orange rind and rolled oats. Sift in flour mixture a third at a time, alternating with additions of milk and combining after each addition. Turn batter into greased and floured muffin pans, filling two-thirds full. Bake in a hot oven, 400°, about 20 minutes.

Remember that the simplest and homeliest vegetable will respond to good cooking. Conserve their values, in the daily routines. Don't store in warm places (refrigerate where you can)—don't peel foods that might be cooked in their skins — don't boil away values which would survive baking — don't expose cooked vegetables to the air that steals their precious Vitamin C — don't throw vitamin-laden, flavour-laden vegetable waters down the sink — don't cut vegetables small or even cross-wise, when you could do otherwise. Your methods as a housekeeper have a great deal to do with your *true* food supply, as it actually reaches your family.

Collect sound, timely recipes to supplement those you have which would fit the right use of the right foods in right amounts. Perhaps these few well-tried recipes from our kitchen will help you.

Fish and Rice Casserole

- ½ cup raw rice
- 2 eggs
- ½ cup milk
- 3 tablespoons fine-flavored fat
- 1 cup soft bread crumbs
- 2 cups flaked cooked fish
- 1 tablespoon finely-chopped onion
- 2 tablespoons chopped parsley
- salt
- ¼ teaspoon pepper
- 2 tablespoons lemon juice

Wash rice and cook it in rapidly boiling salted water until tender (allowing 1 teaspoon salt for each quart of water). Drain and rinse thoroughly. Beat eggs and add milk and cooked rice. Melt the fat, and stir in crumbs. Add crumb mixture to the rice mixture along with the fish (which has been flaked and boned), onion, parsley, salt to taste, pepper and lemon juice. Turn into a greased casserole dish and bake in a rather slow oven, 325°, 40-45 minutes.

(Continued on page 46)

General—(Continued from page 11)

To clean wallpaper, dust it thoroughly, then rub down evenly with bread, changing the bread as it becomes soiled.

Cooking

If parsley is washed with hot water instead of cold, it retains its flavour and is easier to chop.

Dust the measuring cup with flour before measuring molasses in it and every drop of molasses will come out. To dust cup, just fill it with flour and empty it.

Instead of throwing away stale muffins, biscuits or rolls, dampen the inside of a paper bag with water . . . put the biscuits or rolls into the bag and put the whole thing into the oven. They come out just like fresh bread and nobody will know the difference.

In all but baked dishes, flavouring extracts should be added when food is cool, otherwise much of the flavouring will vanish in steam.

To keep brown sugar from going lumpy or caking, keep it in your breadbox and it will be ready for use at all times.

To soften butter, fill a small china bowl one just sufficiently large to cover the butter, with boiling water; let stand a minute or two until fairly heated, then empty the water out and immediately turn the hot bowl upside down over the butter. In a few minutes, the butter will be softened so that it's just right.

Add a little lemon juice or vinegar to the water when cooking cauliflower and it will keep its snowy-white colour.

To preserve the colour of green vegetables, put them on to cook in boiling water with a pinch of soda, or keep the cover off while boiling them.

When celery loses its crispness, place in a pan of cold water and add a slice of raw potato. Let stand for a few hours. Remove

celery from the water and you will find that it has regained its original crispness.

Vegetables that are to be cooked by steaming, will preserve their colour if, after being washed in the usual way, they are given a final rinse in boiling water containing a little soda.

To clean currants, wash them well in two or three waters, drain, dry in a cloth and finish in a slightly warm oven. A little flour dredged over them will absorb any remaining moisture.

When peeling tomatoes, scrape the skin gently with the back of the knife, then peel in the usual way. It will be found that the skins will slip off easily.

If a vegetable or cereal burns, plunge the vessel containing the burned mass into cold water and allow it to remain for a few minutes before pouring the contents into another pan. This will do away almost entirely with the burned taste.

Leftover cooked cereals may be used in meat loaf like bread.

Use the juice from pickles instead of vinegar in French dressing.

A small pinch of salt added to ground coffee before boiling definitely improves the coffee flavour.

If a new cork is placed in gravy that is scorched, no burned taste will be evident.

Corks and Stoppers

When a glass stopper will not come loose from the bottle, put a drop or two of salad oil around the stopper, and, provided the contents are not inflammable, place the bottle near the fire; when it becomes warm, knock it gently and it will loosen.

To remove a cork, insert a knife on either side of the cork, grasp the two knives firmly as though they were one and pull forward, turning them as you do so. The pressure will remove the cork.

To prevent your hands from slipping on the screw top of a bottle, put several rubber bands around it.

Cream and Milk

When cream will not whip, add the white of an egg and chill.



To prevent milk or cream from curdling when used in combination with tomato, add a bit of bicarbonate of soda to each before they are mixed.

To prevent milk or cream from souring in hot weather, stir in a small quantity of bicarbonate of soda.

When a recipe calls for sour milk, simply put a tablespoonful of strong vinegar to a cup of milk and it will turn sour right away.

Sweetened whipped cream goes twice as far if you fold in beaten egg whites.

Eggs

Wrap cracked eggs in wax paper and twist ends and they can be boiled without seeping into the water.

When separating the yolk from the white of an egg, break it into a funnel over a glass. The white will pass through and the yolk will remain in the funnel.

Leftover yolks of eggs, if put at once into a glass of cold water, will keep fresh and soft for several days.

A teaspoonful of vinegar added to the water in which eggs are poached, keeps the whites from spreading and makes the whites cook over the yolk.

In cutting hard boiled eggs, dip the knife in water and the yolk will not break.

When making mayonnaise add the white of the egg to the mixture after the vinegar is added. This will prevent curdling.

The white of an egg will make a rough skin white and soft. Rub a little into the skin at bedtime and wash off in the morning.

Poach leftover egg yolks and chop for the salad bowl or sandwich filling.

You can tell a bad egg from a good one by a simple little test. Put the egg in a pan of water. A strictly fresh one lies on its side. One that rests at an angle is three or four days old. And if it stands on its end, it's about ten days old. The one which actually floats is pretty far gone.

Washing eggs before they are stored in the refrigerator removes the protective coating that they have and makes them spoil. They should be wiped with a rough, dry cloth or washed immediately before cooking.

The whites of eggs will whip more readily if a pinch of salt is added to them. If the eggs are placed in cold water for a time before being broken, they will whip easily.



Fish, Fowl and Meat Cooking

To draw out the salt from salted fish, add a glass of vinegar to the water in which the salt fish is soaking.

(Continued on page 18)

Fish, Fowl and Meat Cooking

(Continued from page 17)

Save paraffin wax from jelly jars. Melt down again and use it to pluck a chicken. Pour the hot wax over the chicken, let cool and harden, then strip off. Pin feathers and down will be easily removed.



Salt beef is improved in flavour if a few small onions and a dessertspoonful of brown sugar are added while cooking.

When boiling a ham, allow it to simmer twenty minutes for every pound. Leave it in the water until it is quite cold. This will make the ham juicy and tender.

When cooking bacon or sausages, dip in flour before putting in the frying pan. This will hold the full flavour and keep the sausages from drying out, at the same time browning them nicely.

To prevent sausages from shrivelling in the frying pan, boil them for a few minutes before starting to fry them.

When frying fish, use clarified dripping or salad oil. Lard has an odour, and butter fries a bad colour.

Next time you fry fish, roll it in cornmeal in place of flour before frying.

To scale fish easier, put first into boiling water then into cold water.

By placing cheese cloth or parchment paper in the bottom of a well-greased pan, you will be able to remove fish without breaking.

To keep a boiled fowl a good colour, rub the fowl over with a piece of cut lemon and wrap in grease-proof paper for boiling.

To make meat tender, put it in a strong vinegar water for a few minutes.

Bones required for making soup will keep in good condition for a considerable time during warm weather, if they have been allowed to remain in a hot oven for a few minutes.

A fork should never be stuck into a steak or chop when frying or grilling, because it lets the juice out.

Try colouring photographs or snapshots with Tintex. It works beautifully.

Floors and Floor Coverings

Prolong the life of linoleum rugs or mats by using adhesive or glue strips of cotton around the edges of wrong side. They will not tear or break if this is done.

A small bottle of eucalyptus is an invaluable first-aid cleaner for rugs and furniture covers. Pour a few drops on a clean cloth and wipe the soiled spot with a light, circular motion.

If the surface design of your linoleum is worn or faded, but has a sound foundation, try this: Clean linoleum, apply a flat finish of good floor enamel. Allow to dry. Moisten a fine-grained sponge with contrasting floor enamel and with a dabbing motion produce a beautifully mottled effect. By combining sliding and dabbing motions with varying pressures, a wide variety of designs can be produced. A coating of floor wax gives the rug a new appearance.

To stiffen small rugs that have a tendency to curl at the edges, coat the backs with shellac.

To help you save money on home decorations, Tintex is the ideal ally. With just a little effort and a very few pennies you can transform drab-looking curtains, drapes, slip-covers and bedspreads into lovely newness with easy-to-use Tintex Tints and Dyes.

To clean tiled floors, wash with hot soda water, scrubbing with a stiff brush. Rinse and dry, then polish like linoleum.



To clean linoleum without washing, remove all dust, then take a piece of flannel sprinkled with paraffin and rub over the linoleum. This not only makes it appear like new, but preserves the linoleum.

To clean carpets use bran, moistened very slightly. Sift evenly over the carpet and sweep in the usual way. The bran scours and cleans the carpet, raising very little dust. Be careful not to have the bran too damp.

When brushing a carpet, dip the broom in cold, salted water. This will not only keep down the dust but will also freshen the carpet.

Another way to sweep rugs is to use wet tea leaves. Spread them evenly over the rug and then sweep in the usual way. This brightens the rug and raises very little dust. Always sweep rugs and carpets the way of the nap.

When grease drops onto a carpet, cover the spot immediately with flour or whiting and sweep it up the next day. Then repeat the treatment and rub the spot with turpentine.

Water and ammonia may also be used to help to clean and keep bright the colour of your rugs. But don't over-do the ammonia.

If ink is spilled on a carpet cover it immediately with salt. Scoop up salt as it soaks up the ink and repeat until it comes off clean. Put on more and leave overnight.

Coloured wool rugs which have faded may be brightened by rubbing with a flannel dipped in warm water to which a little vinegar and common salt have been added. Dry in the open air.

Fruit

When baking apples, prick the skin with a fork, and they will cook without bursting.

Fruits or vegetables canned by the cold pack method should be covered to one-fourth of an inch from the top with their own liquor. Add one-half to one teaspoon of salt to each pint jar.

Heat lemons well before using and there will be twice the quantity of juice.

To peel an orange easily and to get the skin off in one piece, heat the orange slightly for three or four minutes before peeling.

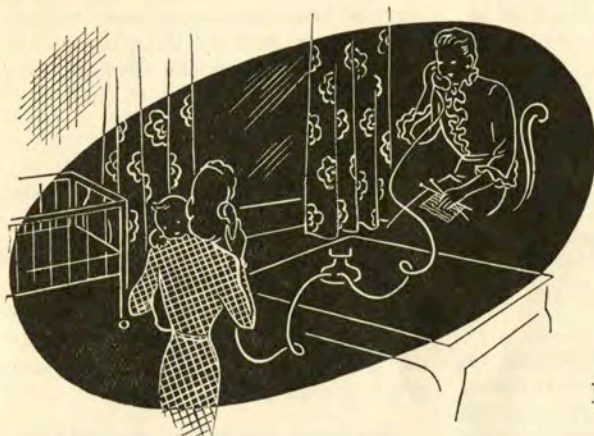
Fresh fruits should not be cut up or prepared for the table until just before using, as some of the vitamins are destroyed by contact with air. Fruits which discolour readily, such as peaches, may have a little lemon juice squeezed over them to prevent darkening.

When the weather is warm, the length of time that lemons will remain fresh can be stretched by allowing the lemons to stand in cold water for 30 minutes, then drying them and storing in a cool place.

Of course, one of the best ways to remove stains is by using Tintex Colour Remover. It works beautifully. And for whitening yellowed-white materials—even silk and wool—use Whitex, the Wonder Bluing. There's nothing like it!

To remove skins and pits from peaches quickly and without bruising or injuring the fruit, first cut them in half, then dip them in boiling water; follow with a cold dip and the skin may be easily "pinched off": the pits slip out freely, and at the same time the discoloration often seen around the pits will be removed.

(Continued on page 23)



Don't Phone Mother

by

ISOBEL MORRELL, R.N.

BRRRRR ring! Day in, day out; yesterday, today and tomorrow the phone rings. And just a few short years ago it was so convenient to call Mother, to call Sister Sue who has three children, to call the Doctor. Raising a baby wasn't really so difficult. Whenever a really difficult problem came up it was so easy to go to the phone and get the right answer. But today Mother is at the Red Cross Rooms; Sister Sue is helping in a Day Nursery; and the Doctor is trying his best to take the place of three other men.

Today modern mothers want to know all the helps to bringing up Baby midst shortages and such. Bothering Mother or Sister Sue who are busy helping other busy mothers keep homes running smoothly, just isn't done any more. So let's face a few of the questions—perhaps we can find the answers?

A healthy, happy baby means a well run, happy home. There-

fore the less unnecessary worrying done by Mother, the better results. Bringing up a baby should be a pleasant, easy task with everything done as simply as possible. Almost the first hurdle to mount is the daily bath. The compact but complicated bathing outfits of yesteryear are no more. So we must use what is at hand. An enamel dishpan, preferably new,



will serve very well as a baby bath. To give both Mother and Baby confidence a small soft towel can be placed in the bottom of the tub. This will prevent the slipping and sliding that is a natural part of the bath.

It really is not necessary to get special baby soap. If the kind you want is not available, any bland white soap is safe. Castille soap shaved into small pieces and boiled down to a solution is one of the more popular baby soaps. As much as a month's supply can be made up at one time. Baby's washcloths and towels should be new but well washed before using. Marking them with colored thread will not only add gaiety but will also guard against the danger of mixing with other household towels. If the Doctor advises oiling Baby because of dry skin, a pure mineral oil of a reliable firm is advisable now that olive oil is not available. Sterile absorbent to be used for the Baby's eyes, nose, ears is not always plentiful. It is also expensive. Unsterile absorbent can be baked in a medium oven for a half hour and used quite safely.

Once bathed Baby must be dressed. Again make it simple, keep it easy. All baby clothing can be made and scores of dresses and petticoats are attractive but not essential. In many of the leading American hospitals babies now wear just shirts and diapers. These keep the baby warm and are more practical. Baby shirts should have a double vest in front. Yarn for sweaters, bonnets and such may not be at hand in the desired colors. Old yarn put out in the bright sunlight after being well washed can be reknit into baby clothing. Color remover can be used on those bright grown-up shades and the yarn tinted in soft pastels or merely bleached and trimmed with a bit of blue or pink.

The essential in clothing is still diapers. The diaper supply is not

always unlimited, so diaper linings are now very popular. Disposable ones can sometimes be obtained. If not, squares of old soft linen, well washed, can be used and discarded after use. This lengthens the life of the diapers by saving them from the wear and tear of strenuous laundering. Bed pads are also necessary. Several thicknesses of sheeting stitched together serve well. To improve absorbent powers a piece of flannelette or blanket can be inserted in the middle of the pad. To protect the mattress oilcloth can be used. Old raincoats or similar waterproof materials well cleansed, aired, thoroughly sunned are being pressed into use.

Clothing can bring complications. Hangnails appear from irritating shirt sleeves. Sleeves well turned back sometimes prevent this. Some babies may need sleeves sewn up for a short while but this should not be done in such a way as to hinder free movement of Baby's hands and arms.



With the necessity of using what is at hand and conserving what is in use, safety pins come up. If old

safety pins are to be used they should be boiled for ten minutes and after that used only for Baby. Pins may be kept stuck in a cake of soap to smooth the tips and sharpen the points.

Just like every one else Baby needs food. At two weeks of age the Baby should be started on cod liver oil and orange juice or tomato juice daily. This is a preventive measure for the months ahead and a kind of insurance on the Baby's health.

As the Baby gets to be eight and nine months old he can eat vegetables. Mothers can safely can their own vegetables. They should be well cooked and put through a sieve before canning or just before being served. Colored vegetables such as carrots are necessary for the baby to insure the needed foods. In these days mothers should can vegetables if they are at all doubtful about the supply during the winter months.

Milk for children should be pasteurized always. Until the second summer of life, milk for Baby should be boiled. When making feedings the utensils should be used just for that purpose and no other. Cheesecloth can be used to strain feedings. It should be well washed.

Perhaps Baby will spill just a wee bit when he first begins to eat. Bibs can be made at home in this

rather novel way. A dress shield can be cut in two sections, the raw edges bound with bias tape, and two six-inch pieces of tape added for ties. This will prove waterproof and practical.

The Baby well cared for, well dressed, and well fed must

also sleep.

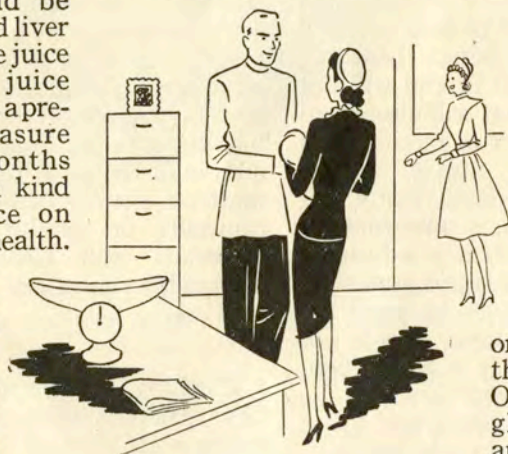
A place alone and quiet is best because hearing is the first sense that develops in the wee mite. Baby should never be placed in a draft, near a radiator,

or unprotected in the direct sunlight. Ordinary window glass placed at an angle of sixty degrees from the

window ledge will break the draft and protect the Baby. Baby pillows are frowned upon because straight spines are necessary to good health. Bedding needs to be light in weight but warm. Snugly tucked in, in a quiet room, the well cared for Baby will soon drop off to sleep.

From the very first Mother should plan on regular visits to the Doctor or Well Baby Clinic. Appointments should be made well in advance and never neglected. Prevention is the key to a happy healthy Baby.

So when things seem a bit confusing stop, think. What is here to use? How can I safely cleanse it for use? Make everything simple. Make the job happy, a delight to both Mother and Baby. But don't phone Mother, she'll be busy.



Fruit— (Continued from page 19)

When pouring hot jelly into glasses or fruit into jars, set glasses on a damp cloth and they will not crack.



A little lemon juice added to apples that do not cook readily will hasten the process and improve their flavour.

Add one-quarter teaspoonful soda to cranberries while cooking them and they will not require much sugar.

Jelly is improved if in place of water, it is made with juice left over from either dried or fresh fruit.

If you are making jam now, or going to later, put a little piece of string across the top of the bottle before pouring in the paraffin. The wax can then be easily removed when the jar is to be opened—by lifting each end of the string. Wash and save the wax for re-melting and re-using later.

Furniture Care

Furniture that has lost its polish may be renovated by rubbing with linseed oil or paraffin, or by washing with equal parts of vinegar and warm water. Wipe with a damp cloth, dry and polish off with a good furniture polish or cream. Give a final rubbing with a piece of chamois leather.

Camphorated oil will darken and help to conceal teeth marks on polished wood. If the wood is dark, iodine may be used in the same way.

To clean gilt furniture, rub with a cut lemon, then sponge with water to which has been added a little bicarbonate of soda.

To clean wicker and cane furniture, dust and wash with warm water, rinse with water and lemon juice or salt. Dry thoroughly and place out of doors. Leave out the lemon for brown wicker and polish instead with furniture polish.

Here's the way to make spring cleaning a lot easier. Give your curtains a beauty bath in Tintex Curtain Ecu. You'll find this handy Tintex product makes an amazing difference to your curtains.

The marks left by hot plates and dishes on a dining table, or other polished wood surface, may be removed by applying spirits of camphor with a soft cloth. Rub lightly, and when the stain disappears polish with a soft duster.

To prevent slivers from catching stockings on tables, chairs, desks, etc., paint over them with colourless nail polish.

If moving heavy furniture alone, place wax paper under the legs and the furniture will glide along easily.

For those drawers that are hard to close, rub a little floor wax on the sides and you will find the drawers will slide back and forth with ease.

A little brown boot polish can be used occasionally on a dark varnished front door. It should be thoroughly rubbed in and polished with a clean cloth.

Mahogany furniture, if very dirty, should be washed with cold tea or vinegar and water, and dried carefully before it is polished.

A thin coat of shellac will make book covers water and stain proof.

Nuts

To blanch almonds, put them into a saucepan, cover with cold water, bring to a boil and, having strained them, run cold water over them. Dry them in a cloth and the skins will slip off easily.

(Continued on page 24)

Nuts—(Continued from page 23)

To remove the kernels whole from pecan nuts, pour boiling water over the nuts and let them stand until cold. Then hammer on the small end of the nuts.

Odours, Preventing and Removing

To prevent the odour of boiling ham or cabbage permeating the house, add a little vinegar to the water in which they are boiled. Another method of preventing cabbage odour is to drop a whole walnut into the boiling water.

To eliminate the odour from a knife which has been used to peel onions, cut it through a raw potato.

To remove the taste of fish, rub orange or lemon rinds over the pans or cutlery, or boil vinegar in the utensils.

To rid the room of tobacco smoke, light a candle and the air will soon be clear again, or leave a small dish of vinegar or ammonia water in the room overnight.

A piece of charcoal placed in the refrigerator will absorb odours and keeps the refrigerator smelling sweet.

Peel onions under water and they will not irritate the eyes.

To prevent the smell of cooking greens, add a lump or so of loaf sugar to the water, or put a piece of dry toast in a clean muslin bag and boil it with the greens. Another method is to add a teaspoonful of vinegar to the water when it is boiling.

Rub some dry mustard on your hands after peeling onions, and then wash in the ordinary way. You will find that all odour will be removed.

Pickles

Keep left-over vinegar from pickles to make mint sauce. Simply warm the vinegar, add chopped mint, and bottle.

A little horseradish placed in a jar of pickles will keep the vinegar from losing its strength. The pickles will not become soft or mouldy.

Beetroot will keep fresh for quite a long time if a little mustard is mixed with the vinegar poured over them.

Potatoes

To improve the flavour of old potatoes, add a little sugar to the water in which they are boiled.

A well-beaten egg added to mashed potatoes will enhance their looks and taste.

When slicing potatoes, hold the paring knife over a gas flame or in boiling water and the potatoes will slice easily.

To bake potatoes quickly, boil them in salted water for 10 minutes, then put them into the oven. The boiling water will heat them through more rapidly than if they were placed cold in the oven.

When baking potatoes without jackets, rub them with melted butter before putting them in the oven. This keeps the outside from getting crusty and tough.

Before scraping new potatoes, soak them for half an hour in cold water which has been salted. Not only do the skins peel off easily, but the hands are not stained.

To clean hands of vegetable stains, rub with a slice of raw potato.

When ferns turn yellow, slice a raw potato and put it on top of the soil. This will draw out the worms, which are usually responsible for such a condition.

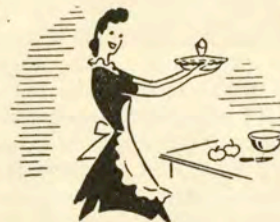
Puddings and Pies

When custard curdles, here's a trick that will make it smooth again. Just beat up a raw egg and slowly beat the curdled custard into it.

When baking a milk pudding, place the dish in a tin of water in the oven. This prevents the pudding from burning or boiling over.

When soft custard separates on removal from the fire, beat it hard for five minutes with an egg-beater.

A small quantity of sugar added to pastry when mixing will prevent soggy undercrust. Add same amount of sugar as of salt.



To keep juice from running out of fruit pies, insert a small funnel of white paper into the centre of the pie so that it is about twice the height of the pie.

Beaten egg white folded into prepared pudding desserts increases them a serving or two.

If egg yolks become stringy after being added to hot puddings, especially tapioca, use a beater. The lumps will adhere to the beater and leave the pudding smooth.

When boiling suet pudding, add a slice of orange peel. This will collect all the grease, and the pudding will be lighter.

Odd egg whites whipped with a bit of jam dress up simple puddings.

To keep custard pie from bubbling underneath, falling and becoming soggy, pre-cook pastry shell in hot oven — 450° for five minutes. This seals the surface of the pastry. Add filling and proceed again with baking.

Sewing

If your scissors are dull, sharpen them by cutting through a piece of sand paper several times. You can also sharpen your sewing machine needle by stitching through sand paper several times as you would a piece of cloth.

To make zippers work more easily, simply rub a little paraffin on each side.

When putting curtain rods through a narrow hem, use an old sewing thimble, aluminum preferred, which has been flattened in a vise or with a hammer, so that the rim of the thimble fans out to permit the thimble to be slipped over the end of the curtain rod.

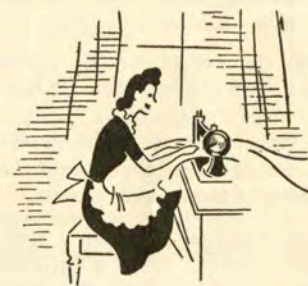
Glove mending can be made easier by placing a clothes pin in the finger to be mended.

Preserve the life of your child's stockings by sewing a little piece of tape on the inside top of the stocking where the suspender fastens on.

An old tie can be turned into a set of buttons and an imitation hankie to brighten an old frock. The broad end of the tie, cut and fastened in the pocket of a dress will look like a hankie, and the rest of the tie can be used for making 3 or 4 large buttons or a set of small ones.

After oiling the sewing machine, it is a good idea to sew through a blotter so that the blotter may absorb the oil which otherwise might stain the next fabric to be placed under the machine needle.

A marble placed in the finger of a glove is a good way to darn holes without having needle-pricked fingers.



When sewing seams on silk or rayon jersey, to prevent puckering or stretching place a strip of thin paper under the seams when stitching. After the seams are sewed, the paper can be torn away.

(Continued on page 26)

Shoes and Stockings

To preserve soles of shoes apply three coats of good grade varnish after shoes have been worn a few days. (By then, the shoes are ready to absorb the varnish.) Dry soles thoroughly between coats. Soles will outlast the uppers.

Any type of fabric shoes may be dyed with Tintex. Where possible immerse shoe in the solution. If this is not advisable, apply quickly with sponge or piece of cotton and dry away from heat.

A few drops of turpentine will soften hard shoe polish.

Orange juice will polish patent leather.

Toddling baby feet take many a skidding fall. By sandpapering the soles of your youngster's shoes you'll find accidents much less frequent.

Stockings look drab and dull? Freshen them up with Tintex Stocking Dye. There are five popular shades to choose from and you can also re-match odd stockings by first taking out the old colour with Tintex Colour Remover.

When darning dark stockings or socks, and it is difficult to see the stitches, try using your flashlight with the light turned on, for a stocking darning. This will show up the stitches very plainly and make the work easier.

When the feet of woolen (cashmere) hose are worn out, cut them off and from the leg make storm cuffs for the children's coats. Make a hem on one end and insert elastic through. Sew the other end inside the sleeves of the children's coats.

If silk stockings are given a final rinse in clean water to which a little vinegar has been added, all trace of soap will be removed and the silk preserved.

Soap

A few drops of olive oil added to hard water will make the soap lather better and keep the skin from getting rough.

Save pieces of soap, tie them tightly in a flannel and dip in boiling water until soft. Place in cold water until firm. Remove the flannel and a good ball of soap is ready for use.

All women like style and economy. A bit of a tuck here, or a gather there, will give you changes in style lines, but Tintex with its 40 fashionable shades gives you the last-minute style colours you want. It doesn't make a bit of difference if the dress, blouse, skirt or other fabric, is black, Tintex Colour Remover will prepare it perfectly for that light, new colour you've chosen. Look your clothes over . . . you'll find numerous things you can make colour-stylish for just a few cents. There are simple directions on every Tintex box so that even a beginner can get professional results whether using silks, woolens, rayons, linens or cotton goods.

Soup Making

If soup has been over-salted, add a teaspoonful of sugar or a few small pieces of raw turnip and simmer a little longer. This will neutralize the salt flavour, or grate a raw potato and add it to your soup when you put too much salt in it. The potato absorbs the salt.

When making soup, remember the maxim: "Soup boiled is soup spoiled." The soup should be cooked gently and evenly.

A little finely grated cheese added to thin soup improves the taste immensely.

When grease collects on top of soup, float a piece of tissue paper lightly on the top, and it will absorb the grease, or skim the soup with a piece of ice. The grease will harden and can be scraped off the ice.

For Soups: Outer leaves of lettuce and cabbage; tough outer stalks of celery; tops and skins of onions; carrot tops and even carrot scrapings (if washed) add flavour to soup stock.

(Continued on page 31)



Can You Solve the Mystery

OF THE 8 TINTEX PACKAGES?

Mary Brown, a Tintex enthusiast, was smart, methodical and efficient. She had a place for everything in her home and everything in its right place. In her cupboard she had a drawer especially divided into nine separate parts.

A	3	3	3	B
	3	"HOUSEHOLD HELPS FOR 1944"	3	
	3	3	3	
C				D

In the centre compartment she kept her "Household Helps for 1944." In the other eight she put 24 packages of Tintex.

Now Mary's lucky number was 9, so she put 3 in each compartment, so which ever way she counted, A to B, B to D, D to C or C to A, they would always add up to 9.

One day while shopping, Mary bought 8 more packages.

How did she re-distribute the 32 packages so that she could still add up to 9 in each of the rows?

The answer is inside on the sealed page. But before reading it try to solve the mystery yourself.

Were you successful or did you have to tear the page to find the answer? Well, here it is.

Mary took two packages of Tintex out of each of the corner boxes and added them to the two centre boxes, top and bottom—which, of course, still left nine in the top and bottom rows. She then divided the eight new packages she bought between the other two centre boxes. The drawer then looked like this:

A	1	7	1	B
	7	"HOUSEHOLD HELPS FOR 1944"	7	
	1	7	1	
C				D

Well, that's the answer to one problem, but how about the problem of prolonging the life and loveliness of stockings?

That's a problem every woman must answer if she is to make her stockings keep that "store new" loveliness.

Women need no longer suffer the embarrassment of having to wear faded stockings. For Tintex Stocking Dyes will restore hosiery to a sparkling new loveliness quickly and at little cost. And, Tintex Stocking Dyes are good for every kind of material—nylon, rayon, lisle, cotton, wool and silk hose.

After the usual daily dip in lukewarm suds—dip your stockings in Tintex Stocking Dye. No boiling is necessary. No need for half-a-dozen different pots and pans. Just a quick swish through Tintex Stocking Dye in the bathroom basin will amaze you—drab, washed-out stockings come up store-new in the latest fashionable shades.

Remember, too, that you should always wait a day before wearing newly-washed or dyed stockings.

So, today you can begin to solve the problem of how to make your stockings last longer and look fresher—with Tintex Stocking Dyes.

The cost is but a few cents and you will effect a real saving both in cost to yourself and vital materials that are being used for war purposes.

Hints ON HOME TINTING AND DYEING



1. *What is TINTEX?*—TINTEX is a fabric dye in powder form. With TINTEX you can tint and fast-dye any material that is washable.

2. *How is TINTEX used?*—For TINTING—just rinse the wet garment in a basin of warm water—no boiling necessary. FOR DYEING—garments should be worked in a boiling hot dye bath. Always read the directions on each package.

3. *What is the difference between TINTEX in the GRAY BOX and TINTEX in the BLUE BOX?*—TINTEX in the GRAY BOX is for tinting and dyeing all materials: silk, cotton, rayon, linen, wool. TINTEX in the BLUE BOX is especially made for tinting lace-trimmed silks. It tints the silk but leaves the lace its original colour. TINTEX GRAY BOX comes in 42 fashionable colours. Other smart colours can be obtained by mixing two of the regular colours. Your dealer will be glad to show you the Tintex Colour Card for suggestions.

TINTEX BLUE BOX comes in 8 lovely pastel shades for underwear and negligees. See the TINTEX Colour Card.

4. *Can the BLUE BOX be used to dye cotton materials?*—No—The BLUE BOX is made for silk only and will not dye cotton.

5. *Which TINTEX Colours give permanent dark colours?*—Black, Brown, Cardinal Red, Wine, Navy Blue, Dark Blue, Dark Green, Liqueur Brown, Purple, Khaki Brown, Rust, Royal Blue, Brandy Brown, Cocktail Blue, Forest Green.

6. *Are the TINTEX Dark Colours used the same way as the light colours?*—No—The dark colours must be used in boiling hot water as called for in the directions.

7. *Can TINTEX be used in cold water?*—Yes—But it will take more dye and will require a longer time for the article to be worked in the dye bath.

8. *Will TINTEX injure the material?*—No—TINTEX will not harm any material that is not affected by hot water alone.

9. *Will TINTEX shrink the material?*—TINTEX doesn't shrink anything—it is the hot water which causes shrinkage.

10. *Can TINTEX be used in gasoline, naphtha or benzine?*—No—It must be dissolved in water as stated on the directions.

11. *How to assure uniform results.*—Streaking or spotting is the result of not allowing the dye to fully dissolve, or if insufficient water is used to cover the

article completely, or if the article is not stirred sufficiently in the dye bath, or if a dye vessel is used that is too small to accommodate the article without crowding. Carefully follow the directions on the package and you will always have perfect results.

12. *How to obtain a deeper shade.*—Simply use more TINTEX, in warm water and work the article for a longer time in the dye bath.

13. *How to tint wools.*—Woolen materials do not take the dye readily in cold or warm water. Use hot water. It opens up the pores of the fibres and allows the dye to penetrate.

14. *How to change a dark coloured fabric to a new light shade.*—First use TINTEX COLOUR REMOVER. This removes all the old colour (including black) and the material can then be Tintexed the new colour you want.

15. *The difference between WHITEX and TINTEX COLOUR REMOVER.*—WHITEX is a special bluing for white materials, but especially designed to restore the original whiteness to white silks and wools which have become yellowed through age or washing. TINTEX COLOUR REMOVER takes the colour out of dyed materials.

**FOR
WARDROBE**



**AND
HOME USES**

TINTEX restores faded colour—or gives new colour—to the following:

In the wardrobe—Dresses, coats, sportswear, sweaters, negligees, underthings, nightgowns, stockings, ribbons, collar and cuff sets, etc.; men's shirts, underwear, and pyjamas; children's dresses, suits and rompers.

In Home Decorations—Curtains, drapes, slip-covers, table scarves, lamp shades, pillow cushions, bed linen, table linen, luncheon sets, doilies, etc.

THERE IS A TINTEX PRODUCT FOR EVERY HOME TINTING AND DYEING NEED.

Stain Removing

Hot Water—To remove stains on japanned trays caused by hot water, rub the marks well with olive oil. Afterwards give them a good polishing with furniture cream and finally rub well with a soft cloth which has been dipped into flour.

Mirrors—Stained mirrors are easily cleaned with methylated spirits, which give them a brilliant finish.

"Age Stains" on linens may be removed from cotton and linen by applying potassium permanganate and oxalic acid.

Paint—To remove paint from coloured material, dip the stains in turpentine, rub, then dip in a little ammonia, rub and wash in warm water.

Grass Stains—Use cold water and no soap. Alcohol or ether may be used if the material is unwashable.

Mildew—Rub with starch and soap and hang in the sun, wetting the article occasionally. Or, apply potassium permanganate and oxalic acid alternately, then wash.

Adhesive Tape—To remove the gum left by adhesive tape, apply cold cream and rub gently with a soft towel. Another method is to use finger nail polish remover.



Iodine—To remove an iodine stain from cotton or linen, cover with a soft paste of mustard mixed with water and let stand for a few hours. Every trace of iodine will be removed.

Iron Mould or Dry Ink—To remove from white fabrics, steep the stained material in a hot solution of salts of lemon—one tablespoon of salts to one quart of boiling water; or simply place the stained part over a basin, cover the stain with salts, and pour the boiling water through. Repeat if necessary.

Wet Ink stains may be removed by washing in milk or better still, buttermilk. Wash, changing the milk frequently.

Gum can be removed from clothes by using the white of an egg. To remove gum from children's hair, use vaseline.

Iron or Rust Stains—Sprinkle salt over stain, moisten with lemon juice, then expose to strong sunlight, renewing lemon juice occasionally.

Rust—Table salt and cream of tartar, equal parts, will remove rust stains. Wet the spot and spread the mixture on thickly, then place the material in the sun.

Greasy Wallpaper—To remove a grease mark from wallpaper, mix French chalk with enough dry cleaning fluid to make a very stiff paste. Apply the paste to the grease spot and let it remain over night. In the morning brush it off carefully and very lightly. If any grease remains, repeat the process. Another method is to cover the grease mark with a piece of blotting paper, then press very gently with a warm iron, moving the blotting paper as it absorbs the grease.

Milk and Cream—Never put hot water on milk and cream stains. Wash them out in cold water, followed by soap and water. Rinse in clear water.

Tar, Axle Grease and Pitch—Soften axle grease or tar stains with lard; then soak in turpentine. Take a knife and carefully scrape off all the loose surface dirt. Sponge clean with turpentine and rub gently until dry. Another method is to cover the stains with butter, and wash thoroughly in benzine. Dry-cleaning soap used with benzine will help.

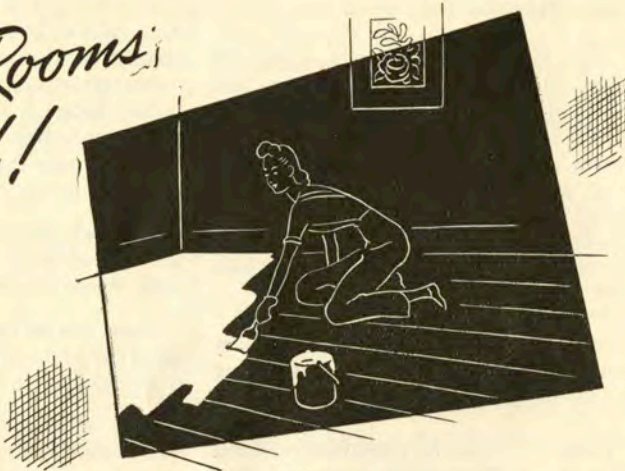
(Continued on page 36)

New Rooms for Old!

by

MONICA MUGAN

CBC Commentator—
Daily Broadcast CBL
10.45 a.m.



STOP at this page, please, and read the story of Mrs. Aladdin, who doesn't like work!

Mrs. Aladdin used to tap her husband's wonderful lamp (we beg your pardon, we mean his pocket-book), every time she wanted a new chore done in the home. But now Aladdin has gone to the wars.



Today you can't get a decorator or a plumber without something like six months' notice, and the domestics are working in war plants. So Mrs. Aladdin finds

herself in the grim position of doing her own work.

More than that, she has decided to rent the only spare room to a munitions worker, in order to help our country in its national housing emergency. Mrs. Aladdin doesn't want to buy furniture now, because every spare penny goes into war bonds; so she has to make things do.

After clearing out Mr. A.'s fishing boots and the odds and ends stored in the spare room, she has found the room needs redecorating. She is doing that job herself.

Perhaps you are facing this same problem of renovating a room on next to nothing, cleaning it out and refitting it to help the housing situation. If you are, you'll be interested in some of these tips passed on by the woman who liked work so little that she learned all the short cuts:

What About the Floors?

If you can't get steel wool to clean a hardwood floor, buy half a dozen of the substitute pot scraper squares, now on sale in the dime stores. These are made from a composition that does the job as well as steel wool.

When waxing that floor, put the wax on in the evening, polish the next morning, and you'll find that it takes half the time, and less rubbing to bring out a hard, bright polish.

Put the floor wax in cheesecloth, tie up the ends of the cheesecloth and use this mop to spread the wax. It does a cleaner, more economical job.

Use knee pads instead of a mat to kneel on. Make the pads from rubber sponges (if you're lucky enough to own them) or else use old sweaters or pieces of felt. Fasten the pads about the knees with round garters.



Paint spots on composition or stone floors or on oilcloth may be removed by rubbing the spots thoroughly with turpentine, and then washing with hot soapsuds.

In painting a floor, be sure that the surface is dry and clean. Moisture under paint causes blisters. Never paint on damp foggy days.

If you use a commercial paint remover on the floor, wash it off thoroughly before applying the new coat of paint. Otherwise the remover will affect the new surface.

Old linoleum can be painted, and then waxed, to make a new floor surface. Cover with scatter rugs.

And If You Use Rugs

If the floor of the spare room is splintered and worn, cover with a fibre rug or with cocoa matting, which can be bought by the yard. Cocoa matting makes a neutral flooring, over which you can toss rugs to add colour.

Put the verandah grass rug into the spare room, after rejuvenating by painting with a mixture of four parts good housepaint, and one part turpentine.

To remove dog hairs from rugs or upholstery, rub a cloth wrung out of warm water over them. Hairs which defy the vacuum may be picked up quickly and easily in this manner.

Strong starch, added to the rinsing water for rag rugs, helps them to stay clean longer, and to lie flatter on the floor.

Remove chewing gum from rugs by rubbing with ice.

Grease spots can be removed from rugs by covering with a liberal amount of precipitated chalk. Let stand overnight, and remove in the morning with a stiff brush. If the spot is stubborn, repeat several times.

To prevent ravelling of chenille and rag rugs, stitch back and forth three or four times on the sewing machine, just above the fringe. Do not wring them after washing. The wringer flattens the nap and pulls the thread. Hang them on the line, and let the moisture drip off.

Sew or glue your old rubber jar rings to the corners of scatter rugs, to prevent them from slipping on polished floors.

The Walls of the Room

Art gum will remove spots left by furniture on prepared walls.

To remove grease spots from wallpaper, apply a mixture of carbon tetrachloride and fuller's earth,

in the form of a thick paste. As it dries, brush off lightly with a fine brush.



Put baking soda on a cloth wrung out in warm water, then wash over painted walls. Dry with a clean cloth. Dirt and grease will disappear.

And the Woodwork

Put a little vinegar in the water, when washing woodwork. This will make the paint glossy when dry.

When washing woodwork, pull the legs of old silk stockings over your wrists. This will keep the water from running down your arms.

If you intend to paint the woodwork, smear metal locks and knobs with vaseline; then when the painting is done, you will be able to wipe the paint splashes off with the vaseline.

Wet newspapers, apply them to the window panes, then paint, and splash as much as you please.

Before painting, protect your hands by working the lather of a good soap into the pores. Rub in until hands become dry. You can then dabble in paint to your heart's content, and when the work is done the paint will wash off without

trouble. This same tip can be given to the men who work around greasy machinery.

Curtains and Blinds

Wash the slats of Venetian blinds with warm water and soap suds, after adding one teaspoon of methyl hydrate spirits to the water. This takes grease and dirt off like magic.

When Venetian blinds are washed, wax with liquid wax, and from then on dust will brush off in a jiffy.

Soiled white window shades may be cleaned with magnesia and a little water. Lay blind on sheet of paper, treat first one side, and then the other. This renews the shade at a cost of ten cents.



To renew faded curtains dip in Tintex. If you want to change the colour, use Tintex Color Remover first, then Tintex to the shade desired.

Use clear fingernail polish to repair tears in coarse meshed curtains. Place the ends of the torn threads together, and apply the polish neatly.

Worn and faded chenille bedspreads can be Tintex dyed, and then remade into curtains or bath sets.

New Furniture from Old

Make a comfortable bed couch by placing a spring and mattress on four wooden blocks, four by nine inches. Connect blocks with boards, nailed to keep them in place. Cover the couch with a slip cover, and contrasting cushions.

Slip covers for couch or chairs may be made from mattress ticking. Be sure to shrink the material before making it up. Mattress ticking has a hard surface, will wear forever, and is inexpensive.

Or you can cover the bed and chair in unbleached cotton, with chintz bindings. The cotton may be Tintex dyed, if you want to add color to the room.

Material from old cotton sheets, dyed contrasting colors in Tintex shades, will make up into excellent, washable cushion covers.

Build a bookcase with bricks and twelve inch boards. Have the boards cut to fit your wall space. Put two bricks on floor at either end of wall space, place plank on bricks. Put four more bricks at either end, another plank, and so on, until you build up sufficient number of shelves. Planks will remain clean and easy to dust, if you first paint them with shellac or linseed oil, then rub with floor wax.

Shorten the legs of an old attic table, with a saw; repaint the table, and set it beside the couch as a low coffee table.

That old fashioned dresser with pier glass and tier of small drawers can be turned into three pieces of furniture. Remove the long mirror, and fasten it to the clothes cupboard door for a full-length view. The tier of small drawers can then be removed, and will serve as a bedside table. The base of the

dresser, with the top refinished, will then be a good looking, low chest of drawers, on which you can place books, a lamp or flowers.



If the mirror is very dull, rub with a cloth moistened with soap. Let the soap dry for half an hour or so, then rub off, and polish with chamois.

To protect the top of your newly painted table, cut pads from old felt hats, or from blotting paper, and glue to the bottoms of bookends and vases.

The cane-bottomed chair will tighten up, if you wash the cane seat with hot water, then let it dry out of doors.

To clean a leather seat in a chair, wash with sweet milk, dry and polish with a soft cloth.

A paint brush makes an excellent duster for the curlicues found on old-fashioned furniture. Soak the brush in kerosene, and allow it to dry before using.

A dime store dish mop, first soaked in warm water, then wrung out as dry as possible, saturated with good furniture polish, and dried makes an excellent duster for the tops of moldings, baseboards radiators, and other hard-to-get-at places.

Stain Removing

(Continued from page 31)

Benzine — The mark often left on a garment that has been cleaned with benzine can be prevented if the material is ironed under a damp cloth immediately after cleaning.

Blood — Blood stains, if fresh, may be removed by washing in cold water. If hard and dry, steep for a few hours in cold water, to which add a pinch of baking soda. Never put blood stains in hot water.

Rouge and Lipstick — Stains made by rouge and lipstick should be soaked in milk before laundering.

Silver Nitrate — Simply sponge with ammonia to remove silver nitrate spots.

Scorched Clothing — Scorch stains may be removed by rubbing hydrogen peroxide over the scorched places, then dry in sun before ironing again.

Berry Stains — Spread washable material stained by fruit over a bowl and pour boiling water through the fabric until the stain disappears.

Old sheets, sugar bags, dish towels, etc., take Tintex beautifully. After colouring they can be made up into costumes or things for the house.

Egg Stains on washable fabrics may be removed by soaking the garment in cold water for a short time before washing with soap and water in the usual way.

Fruit — While a fruit stain is still moist, cover it with powdered starch. When dry, rinse the article in cold water and wash in the ordinary way, or fruit stains may be removed with a strong solution of borax, or the stain moistened with water, rubbed with borax, and boiling water poured through.

Glue — When glue thickens in the bottle, moisten it with vinegar instead of water. Glue spots may also be dissolved this way.

Grease Spots generally may be removed with hot water and soap. If the stains have become fixed by long standing, they may be removed by chloroform, ether or naphtha. If any of these chemicals are used, keep them at a safe distance from fire or artificial light.

To Remove Grease from Silk — Lay the silk on a table on top of a clean white cloth. Cover the spots quickly with powdered French chalk. On this lay a sheet of blotting paper and over that a moderately hot iron. If grease does not disappear at once, repeat the process.

Grease Spots on Suede Shoes will disappear if they are rubbed with a clean rag dipped in glycerine.

Rain — To remove rain spots from cotton, felt and similar materials, use a soft ball of tissue paper. Rub the affected parts with a circular movement.

Keep those white pique collar and cuff sets as snowy white as they were when new by using Whitex. Those smart white accessories, so fashionable in summer, need the special care of Whitex to keep them looking new and pure white. And Whitex is just as effective on silk and woolens as on other fabrics.



Tea, Coffee and Cocoa — To remove tea, coffee or cocoa stains, use glycerine. A fresh stain can be removed by gentle rubbing; if the stain is old, soak in glycerine for some time.

Paint — To remove paint from glass, use hot vinegar.

Perspiration — Powdered borax dissolved in hot water will remove perspiration stains.

Sewing Machine Oil — Rub sewing machine oil stains with lard, let stand for several hours, and then wash with cold water and soap.

If you go in for braided or hooked rugs, use Tintex to give your materials just the colours you want before you braid or hook them. Lots of women have written in to say that Tintex does a wonderful job — because the colours are so "alive." There's no quicker way to get accessories in exact and matching shades without exhaustive and often fruitless search, than by using Tintex Tints and Dyes. And because a housewife's day never ends, you'll be interested not only in the economy found in using Tintex, but in the time-saving features as well.

Storage Hints

Bathing caps of rubber that have been stored should be soaked in warm soapy water to which a little ammonia has been added, before they are used again. Rub them between the hands until they are quite pliable before attempting to stretch them over the head. If stretched while they are dry and hard they are likely to split.

Before rubber hot water bottles are put away they should be treated with a solution of weak soda water. Fill the bottle with the solution and shake it well. Then empty and dip the whole bottle into the soda water. Finally dry it thoroughly before wrapping and storing. After this treatment the hot water bottles may be left for several months without fear of hardening.

If you are storing anything in a tin that you wish to keep airtight, stick a piece of adhesive tape around the tin so it covers the edge of the lid. Air cannot enter if this precaution is taken.

Jams ferment rapidly if kept in a damp larder. A two-pound jar of lime placed on the floor under the shelves will quickly absorb any dampness.

When packing a trunk of woolens for long storage, place in it a bottle of chloroform with a small hole in the cork. The fumes will permeate the garments and destroy the moths.

Often when unpacking dishes, small pieces such as covers of teapots and sugar bowls, salt shakers, etc., are thrown out. If such small articles were wrapped in the colored comic sheets of the newspaper however, your eye would more likely be attracted to them.

The towels and sheets in the bottom of the linen cupboard pile get dusty quickly when they're not used, whether because they are forgotten or are being kept for "best." To keep them clean and insure uniform wear, freshly laundered linen should be put at the bottom of the pile.



If clothes are well-pressed before they are stored away, they are pretty safe from moths because the pressing will kill any hidden moth eggs.

Washing, Bleaching and Ironing

A sure way to dampen clothes evenly is by using a fly sprayer which has been thoroughly cleaned of all insecticide. Clothes dampened this way will insure perfect ironing.

(Continued on page 38)

Washing, Bleaching and Ironing

(Continued from page 37)

When stockings are hung on the line to dry, clip a second clothes peg to the bottom of the stocking; the weight will give the stocking a better fit and will prevent it wrapping itself around the line on windy days.



When washing sweaters sew the button holes closed first. This will prevent them from stretching as they invariably do.

Slip a spring clothes pin in thumb of child's mitt when wet. Result: Thumb does not shrink up.

When washing a beret, stretch it over a plate to dry and it will not shrink.

Artificial silks do better if soaked in cold water before being washed. Use borax to soften the water, and avoid any suggestion of actual rubbing, for that disturbs the weave of the fabric. When you iron artificial silk see that the material is thoroughly damp, and never use an iron that is too hot, or you get that glazed and patchy surface which is so unattractive.

Tub frocks of coloured cotton should be soaked in cold salted water for half-an-hour if the colours are "fast," otherwise rinse quickly through the salted water.

Lace is not difficult to launder. Make a lukewarm lather of soap flakes or shredded pure white soap and squeeze the garment gently in the hands. Rinse in two waters, using in the second a

little gum arabic or dissolved sugar to stiffen slightly. Roll in a towel, and iron on the wrong side when almost dry.

To keep woollens soft and comfortable, follow these rules: Wash woollens by themselves and one article at a time. Wash before they become so soiled that they have to be rubbed to be made clean. Have the water lukewarm; never hot or cold. Make a thick suds of soap and then put the garment in. Squeeze the soapy water gently through the woollen article. Then put in fresh soap suds and repeat the process. Never rub soap directly on woollens. Rinse in two or three clear, warm water baths — always squeezing, never wringing. Work quickly and do not allow woollens to stand in water. If drying woollens indoors, do not place the article near heat. If drying outdoors, do not place in the direct rays of the sun. And remember to dry it in the correct shape and size. Do not iron unless it is absolutely necessary, and then only with a warm iron. Shake to loosen the fibres and restore fluffiness.

Salt and water will prevent the red borders in towels, etc., from running if the towels are steeped in it for 24 hours.

If you want to change the colour of a dress that's black or some other dark colour, use Tintex Colour Remover. It takes all the old colour out, then you can put your new colour in with any Tintex shades you care to choose.

Before laundering a sweater, spread a worn sheet over a flat surface and outline the garment. This will enable you to shape the knitted garment to the proper dimensions after washing.

A tablespoonful of salt added to bluing water keeps linens and cottons from having that cloudy blue effect.

A good way to keep clothes from sticking to the line in winter time is to rub the wire clothes line with a cloth soaked in coal oil.

When washing and rinsing coloured material, add a teaspoonful of Epsom Salts to each gallon of water, and even the most delicate shades will neither fade nor run.

To Launder Feather Pillows: Empty the feathers into a cheesecloth bag. Wash them through a soft, warm suds, rinse in slightly warm water and hang the bag on the line to dry. The feathers will dry quicker than they will if washed in the ticking. In the meantime the ticking casings should be washed. If the ticking is old, starch it slightly, then after it is dry and ironed, rub it well on the wrong side with a bar of rather soft laundry soap. Refill the ticking and sew up the openings. You have pillows as fresh and fluffy as when new.

If clothes pins are boiled in strong salt water they will not stick to the clothes or line during frosty weather.

To wash chintz and cretonne, boil 1 lb. of rice and 2 gals. of water until the rice is soft; drain, and pour three-fourths of the liquid into a large basin. Add one gallon of tepid water, and wash the material by twirling it about in this solution and pressing between the hands. Empty the basin, pour in the remainder of the rice water with a generous quantity of clear, tepid water and rinse the material thoroughly in this. This method not only cleanses the material more effectively than soap, but renders starching unnecessary.

A few drops of turpentine added to the starch water will prevent clothes from sticking when they are ironed.

Another way to prevent the iron from sticking is to add a little salt to the starch.

Cotton materials should be washed in a warm, soapy lather made with shredded soap of some mild brand and boiling water in which a little washing soda has been dissolved. Rinse in several lots of tepid water, wring thoroughly, then spread on the grass (if convenient) to dry.

Ribbon or lace will dry flat after washing and needs no ironing if it is smoothed around a clean bottle until dry. Good lace should never be ironed.

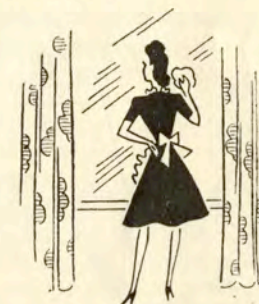
Lace edgings should be pressed from the material to the lace edge always. Embroidery should always be pressed on the wrong side. Tucks are ironed all one way in groups. French seams are pressed only on the wrong side.

You don't have to be an expert to refashion your wardrobe. Just get a few packages of Tintex and see what delightful results can be achieved. Choose your favourite colours from the more than 40 Tintex Shades available and watch your friends turn green with envy.

Gently rub scorch stains with salt moistened in lemon juice and hang in sunshine to dry.

Window Care

Preserve the life of your window shades by giving the edges a coat of clear lacquer occasionally. Use an artist's brush — do both sides. Leave shades down 12 hours until dry. This treatment will prevent edges from fraying.



To prevent paint getting on windows when painting window frames, coat window pane edges with soap, by rubbing soap bar over the glass. After paint dries on sash, wash off soap film from window pane.

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Learn to Save Yourself

by

Ethel Chapman

Editor, Home Section,
The Farmer's Magazine



IF you really want to save yourself at your housework, you'll stop sometimes to consider just what you're keeping house for. You're not trying to be a top-notch cook and charwoman. Your objective is the happiness and well-being of your family and if you let your work break your health or spoil your temper, you've failed at your job, however shining your floors or white your wash or elaborate your meals may be.



The Sin of Staying Tired

You'll be tired sometimes, of course — that isn't serious. What

you have to watch is that you don't stay tired. One medical authority declares that to be habitually tired may make you almost as inefficient at your homemaking, as being habitually drunk. Comparing the symptoms of tiredness and drunkenness right up through the stages of irritability to delirium, he argues that they are almost identical and that the tired mother may be no better able to care for and sympathize with her family than a drunken mother. And that if we have had a debauch of overwork, we owe it to ourselves and our families to sleep it off.

The mother of young children, when she cannot have help, must learn to simplify her style of living and to teach the children to wait on themselves — which is one of the finest things a mother can teach her children. She will plan clothes that are easy to launder and meals that are simple and wholesome for adults as well as children, without the necessity of preparing two sets of dishes. She will teach children to help around the house and if she starts when they are young and eager to help they will like it.

Mechanics Applied to Housework

We have been slow about applying mechanics to housework. It is estimated that a strong man, considered merely as a human motor and doing the work of an electric motor, is worth about a cent and a half an hour. If this is true the actual power a woman exerts at some tasks would be worth even less. No woman can afford to work as cheaply as that. So we must make every possible use of mechanical labor savers, particularly power equipment. If the work of washing were suddenly to be transferred to men, all the factories in Canada could not supply the demand there would be for washing machines. A man would get the best machine he could find; then he'd look around for some form of power to run it. And a year or two later he would be able to show that it had paid for itself in the time and work it had saved. And he would be right.

Sometimes you can take a good tuck in your housework by rearranging your kitchen furniture. A woman may have to walk unnecessary miles at her work because she has a large kitchen with the range, sink, kitchen cabinet and work tables scattered along the walls. If you have such a kitchen, try grouping the work equipment compactly in one part of the room and furnishing the other part as a "breakfast room" where you can serve many of the family meals. Try to group your work-table, stove and sink within a radius of six feet.

Having tables, sinks and all working surfaces the right height is one of the best and simplest ways of preventing backache. A work-table top should be just high enough so you can lay the flat of your hand on it while standing

erect. The bottom of the sink should be two inches lower than the table top. A table can be raised by putting casters on the legs or fitting the legs into small wooden blocks. It is of course a simple matter to saw off table legs to suit the shorter woman.

For a right-handed woman, the drainboard should be at the left of the sink, with the china cupboard above it. If you have this arrangement, and a board for stacking dirty dishes at the right of the sink, you can wash, dry and



put away your dishes without taking an extra step.

Convenience in Cupboards

Arrange cupboards to make it unnecessary to do much reaching to high shelves or stooping to low ones. Build cupboards right to the ceiling to prevent dust or anything else collecting on the tops, but keep the high shelves for storing articles not in frequent use. Assemble tools and supplies close to where you use them, and provide cupboards, shelves or hooks at these locations. Close to the sink have dish pans, dish cloths and towels, soap, scouring materials, paring knife, vegetable brush, garbage can. Near the work-table or at the kitchen cabinet, keep cook books, bowls, beaters, spoons,

(Continued from page 41)

measuring cups, rolling-pin, bake-board, flour, sugar, baking powder and other cooking supplies and baking pans. At the stove have matches, cooking utensils, potato masher, wooden spoons, flour in a dredger, salt, pepper and seasonings.

Have a small closet or cupboard for brooms, mops and other cleaning equipment and supplies.

Chemical Helps

These are days when almost every woman does her own cleaning. We have already stressed the value of mechanical equipment to save woman-power. It is also poor economy of woman-power to depend on main strength and labor to do a piece of cleaning when some chemical preparation would remove the dirt with less wear and tear on the article to be cleaned as well as on the woman herself. Are you letting such things as good laundry supplies, water softeners, chemical cleaners, scouring materials, wax, furniture polish work for you?

Feet and Floors

Like the trained nurse and the soldier, the houseworker's endurance



depends in no small measure on her feet. Here are some ways to save them: "Get off your feet"

whenever possible at your work; learn to use a kitchen stool. Never try to do kitchen work standing on a hardwood floor. Linoleum or a felt base floor covering gives a more yielding surface. An extra piece of linoleum or rubber matting may be placed before the table or sink where you stand to prepare food or wash dishes. And see that you are shod for your work with well-fitted, low-heeled oxfords — the woman who tries to wear out old, high-heeled dress shoes at her housework is courting trouble.

Learn to Save Yourself

Here are some more questions to ask yourself if you would save yourself at your housework:

Could your rooms be changed in any way to make them easier to keep clean? Have you too much bricabrac to keep dusted? Do you use curtains and table linens of a sort easy to launder? Are your floor, wall and furniture finishes easily cared for?

Have you educated your family to "pick up after themselves"? If you have small children have you provided closets and low hooks and shelves to make it easy for them to take care of their things?

Do you go up and down stairs unnecessarily? Remember that you lift your weight every time you take a step up. Which means, I suppose, that if a woman weighs one hundred and twenty pounds, every time she goes up a flight of ten steps she has lifted over half a ton! It's hard on the heart, especially as you get older.

Have you learned to take a twenty minute nap every day?

Finally, are you at all convinced that as a wife and mother you have a duty to your family to save yourself? Remember, to them especially, you are a very precious person.

Window Care

(Continued from page 39)

To freshen the colour of window blinds, brush with linseed oil.

White window shades may be cleaned with magnesia. Spread a sheet on the floor, unroll the shade and with a soft cloth scrub the shade with magnesia and water. After treating one side, turn the shade over and clean it in the same way. This method removes the dirt very satisfactorily and renews the shade at a cost of only a few cents.

A quick and presentable repair may be effected on a torn cotton blind in the following manner: Dip a piece of the same material into hot starch, place it neatly on the top of the tear, and press with a hot iron.

When putting up curtains on small curtain rods, slip a thimble over the end of the rod. The curtain slips on in a second and no threads are pulled.

Keep your curtains fresh and new by using Tintex Curtain Ecu.

When window cloths are scarce, use tissue paper or wads of newspaper for polishing.

To stretch lace curtains pin them to a rug on which a clean sheet is placed. When curtain is nearly dry go over it with an iron.

When cleaning windows, add a little vinegar to the water. You will be surprised at the brilliant polish it produces.

If windows are very dirty, wipe them first with a damp cloth. Then wipe again with a cloth dipped with methylated spirits. No polishing is required.

Miscellaneous

A few drops of oil of lavender in the bookcase will help greatly towards keeping the books free from mould. Leather bindings that have become mouldy should be rubbed with a soft cloth moistened with ammonia and then wiped dry with a cloth or chamois.

Instead of using a broom or a duster for cleaning wallpaper, try a dry rubber sponge, using a light firm, downward stroke. This will be found a much more satisfactory method.

Short tacks are difficult to fix in corners, but if they are bored through a small strip of paper and the paper is held instead of the tack, there will be no more bruised fingernails.

Leaky vases may be mended by coating the inside with melted paraffin.

To keep beetles away strew powdered borax on the floor at night. It will also keep ants out of the larder.

To prevent the bottom of the garbage can from rusting, pour hot paraffin to cover the bottom about an inch thick. Then put one coat of paint and one coat of enamel on the inside.

The white of an egg mixed with equal parts of glycerine, will relieve the pain of a burn. Pour the mixture over a strip of linen and bind over the affected part.

New, fashionable colours have been added to the Tintex line to keep up with the last-minute styles. There are over 40 fashionable colours . . . simple directions on each box of Tintex assure perfect results — and it's easy to use, too. If you want to make some special colour, just mix two Tintex colours together. The Tintex Colour Card at your dealer's gives lots of suggestions for obtaining unusual colours in this way.

Little nosegays of flowers cut from your magazines and pasted on spice cans, cupboards, chairs or walls, and then shellacked over will give a gay, colourful look to the kitchen.

Here's a way to make candles last twice as long. Coat them with white varnish. Put them away for a day or two. They'll not only burn longer, but it keeps the wax from dripping all over the place.

(Continued on page 44)

Melted alum will mend broken glasses without showing a crack.



When artificial flowers become dusty and soiled, place them in a paper bag (flowers faced down) with a handful of finely ground table salt. Shake and flowers will come out clean and fresh-looking.

If no glue or paste is available, the white of an egg makes an excellent adhesive.

Use ordinary adhesive tape on the bottom of pottery and metal ornaments—it keeps them from scratching the furniture. Use it on the bottom of chair legs, of rugs that slip on the floor. Also use it to mend rubbers.

To prevent a hide suitcase or club-bag from having a musty smell when not in use, sprinkle the inside with lavender or dried verbena leaves; or you can buy from druggists packets of special antiseptic and air-purifying potpourri (perfumed) which would be just the thing.

When putty is required and is not at hand, a good substitute can be made by mixing linseed oil and whiting to a stiff paste. This will set quite hard but the oil prevents the whiting from drying and cracking. For stopping a leak in a gas or water pipe it is particularly effective.

To prevent a cut in oilcloth from becoming an unsightly hole, put a strip of adhesive tape on the wrong side and press the edges down smoothly.

When a table is to be covered with oilcloth, place several layers of newspaper over the table first, folding it over the ends of the table well, then fasten the oilcloth over the papers. Your oilcloth will wear much longer.

To prevent candles from burning too quickly, put them in the refrigerator for several hours.

Flower holders for bowls may be made at home by pouring melted paraffin into desired container and making the holes with a large nail or pencil before the wax is set.

A nail will stay firm in plaster walls if driven in then pulled out and wrapped with a little steel wool. Drive the nail in again and it will remain firm.

A shabby umbrella may be renovated by brushing with a solution of ammonia and warm water.

Baskets, suitcases, matting and similar articles of straw, will last longer if given an occasional coat of clear varnish.

Uses for Nail Polish

Use nail polish for mending costume jewellery. Stones can be put in settings and earrings and will stay secure for years. Nail polish can also be used as a seal around corks on medicine or perfume bottles when packing them for travelling.

To keep names and directions from rubbing off medicine bottles, paint over them with colourless nail polish.

If shiny buttons on a garment have been dimmed by repeated washings, try an application of colourless nail polish. This will often restore their lustre. To avoid smearing, it's a good idea to slip pieces of paper under the buttons.



Worn sheets make lovely garment bags when tinted with Tintex. You can tell at a glance to whom each belongs when they are tinted different colours.

To save rubber gloves from wearing at the finger tips, put cotton wool inside each fingertip to avoid fingernails breaking through.

To keep a ladder from slipping, put the bottom legs into the heel pits of an old pair of rubbers.

Before using screws in wood, draw the screw over a cake of laundry soap, filling in the recesses of the screw with soap. This will make it screw in much easier, and help to prevent rust.

By putting an ordinary teaspoon in a funnel, you will find that bottles can be filled quickly, as the spoon tends to stop the swirling liquids, permitting them to flow rapidly.

To remove wallpaper, mix together one heaping tablespoonful of saltpetre and one gallon of hot water and apply freely to wallpaper, keeping the water hot. The paper will come off easily.

Tiny pieces of broken glass are easily picked up with a damp wad of absorbent cotton or tissue.

If two glasses get stuck, one inside the other, melt one-half teaspoonful of baking soda in a little hot water until it fizzes, then pour down between the two glasses. They will loosen immediately.

Plunge stems of flowers in boiling water and then cold—to make them last longer.

If your sink becomes clogged, throw a handful of baking soda down the drain pipe, then pour in a half glass of vinegar. This combination will thoroughly clean the pipe.

Many people make a regular habit of turning mattresses every now and then, but few people ever think about turning the springs as well. This is a profitable suggestion. Try reversing the spring—with the head to the foot and you will be amazed at the increased comfort.

Attractive wall holders, in which may be kept recipes, grocery bills, whisk brooms or hot dish pads, can be made from ordinary paper picnic plates. Decorated in water colours the holders make very distinct and original bridge prizes. In making the holders, select two plates identical in size and punch holes around the rims. Cut one plate in half and stitch them together with coloured raffia or strips of leather.



Use a soft shaving brush regularly to dust your artificial flowers. It can also be used for dusting pleated lamp shades and other fancy articles.

FOOD FORECAST FOR 1944

(Continued from page 15)

Maple Syrup Pudding

- 2½ tablespoons corn starch
- pinch of salt
- 3 tablespoons cold milk
- 1¾ cups scalded milk
- ½ cup maple syrup
- 1 egg, separated
- ¼ cup chopped walnuts (optional)

Blend corn starch and salt with cold milk. Gradually stir in scalded milk and, stirring constantly, cook in double boiler until smoothly thickened. Cover and cook, with occasional stirring, until no raw starchy flavor remains. Add maple syrup and heat thoroughly. Beat egg yolk slightly and stir in a little of the hot mixture. Return to double boiler and cook, stirring constantly, 2 minutes. Add nutmeats, if they are being used. Cool. Beat egg white until stiff but not dry and fold into pudding. Pour into dessert glasses and chill. Serve with pouring cream.

Bean-Cheese Loaf

- ½ pound dried navy beans
- 1½ tablespoons finely-chopped onion
- 1 tablespoon dripping
- 1 large egg
- 1 teaspoon salt
- few grains cayenne
- ¼ cup milk (or liquid drained from the beans)
- 1¼ cups soft bread crumbs
- 1 tablespoon finely-chopped parsley
- ¾ cup grated nippy cheese

Look over and wash the beans; cover well with cold water and let stand over night. Next morning, cook beans gently in the water in which they were soaked, covered, until tender. Drain retaining liquid (it is good in soup). Mash beans slightly with a fork. Fry onion in dripping until tender and lightly browned; mix into beans. Beat egg slightly and add salt, cayenne and milk or vegetable stock; add bean mixture and combine, then mix in bread crumbs, parsley and cheese. Turn mixture into loaf pan that has been lined with greased paper. Bake in a moderately hot oven, 375°, for about 1 hour. Turn out, remove paper, and serve with a good brown, cream or tomato sauce.

Note:—Any left-over cold Bean-Cheese loaf is delicious served with a crisp salad.

Meat Triangles

- 2 cups minced cooked meat
- 1 slightly beaten egg
- 2 tablespoons finely-chopped onion
- ½ teaspoon salt
- pepper
- 3 cups slightly crushed crisp wheat flakes
- ⅓ cup thin white sauce
- Biscuit dough

Combine meat, egg, onion, seasonings, cereal and white sauce. Mix together lightly. Roll dough to ¼" thickness and cut into 5 inch squares. Moisten edges and place a spoonful of meat mixture in a corner of each square. Fold over from opposite corner. Press edges together to keep in juices. Bake in a hot oven, 450°, until paste is cooked (about 15 minutes). Serve with plenty of brown gravy.

Potato Cheese Soup

- 2 cups diced raw potatoes
- ¼ cup finely-chopped onion
- 1 teaspoon salt
- 3 cups boiling water
- pepper
- paprika
- 1 cup milk
- 2 tablespoons finely-chopped parsley
- 1 cup grated nippy cheese

Add potatoes, onion and salt to boiling water and cook until potatoes are very tender. Do not drain. Press through a potato ricer or coarse sieve and add pepper, paprika and milk. Bring just to boiling point and, immediately before serving, stir in parsley and cheese.

Honey Feather Cake

- 2 cups once-sifted cake flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 5½ tablespoons shortening
- ¾ cup liquid honey
- 2 egg whites
- ½ cup milk
- 1 teaspoon vanilla
- or 1½ teaspoons grated orange rind

Measure sifted flour and add baking powder and salt; sift together twice. Cream shortening and add all but 2 tablespoons of the honey; beat together thor-

oughly. Beat egg whites until stiff but not dry, gradually beat in the 2 tablespoons honey that were saved out. Sift dry ingredients into shortening mixture a third at a time, alternating with additions of milk and combining after each addition (make 3 dry and 2 liquid additions); include vanilla or orange rind with last addition of milk. Fold in egg whites, lightly but thoroughly. Turn batter into a greased and floured 8-inch square pan and bake in a rather slow oven, 325°, about 55 minutes.

Stuffed Cabbage

- 1 cabbage
- 1 pound minced raw meat (may be a mixture of beef, veal and lean pork)
- ½ cup raw rice
- ¼ cup chopped onion
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1 egg
- ¼ cup milk
- ¼ cup chili sauce or ketchup
- boiling water

Cover cabbage with boiling water and set aside in a warm place for 15 minutes. Drain and separate larger leaves carefully, cutting away coarse stalks. Combine meat, rice, onion, salt, pepper, slightly-beaten egg and milk. Form into rolls about the size and shape of an egg and wrap each in a cabbage leaf; secure with toothpicks. Arrange the smaller cabbage leaves in the

bottom of a heavy pot and cover with the cabbage-meat rolls. Add the chili sauce or ketchup and just enough boiling water to cover. Cover saucepan closely and simmer for 1 hour.

Curried Eggs with Noodles

- 8 ounces broad or fine egg noodles
- 4 tablespoons fine-flavored fat (butter, chicken or bacon dripping, etc.)
- 6 tablespoons flour
- 1½ teaspoons salt
- ⅛ teaspoon pepper
- 2 teaspoons curry powder
- ½ teaspoon scraped onion
- 3 cups scalded milk
- or mixture of milk and stock
- 6 hot hard-cooked eggs, quartered or sliced

Gradually add noodles to a large amount of rapidly boiling salted water (allowing 1 teaspoon salt to each quart of water); boil, uncovered, until noodles are tender. Drain, rinse with boiling water and drain again. Melt the fat and blend in flour, salt, pepper, curry powder and onion. Gradually stir in the scalded milk or hot mixture of milk and stock. Stir and cook in double boiler until smoothly thickened. Turn the very hot drained noodles on to a heated platter and arrange the quartered or sliced hot eggs over them; cover with the curry sauce. A nice addition would be a little broiled bacon. Serve with plenty of freshly-cooked vegetables.

Copies of this booklet will be sent FREE to Women's Clubs on request

If you are a member of a women's club, with a membership of 15 or over, and would like to have copies of "Household Helps for 1944" to distribute to each member, simply have your secretary write to Tintex, 159 Bay Street, Toronto, Ontario, and give her name, address and number of booklets required.

Booklets will be sent immediately parcel-post prepaid. The supply is limited—so don't be disappointed—write today!

This space is for you to paste in your own favourite recipes



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