

Woman's Realm -:- Social and Personal -:- Fashions -:- Literature

Italian Cake

- 2 cups butter. 2 cups currants. 2 cups fine granulated sugar. 3 teaspoonfuls baking powder. 6 eggs. 1 cup of milk. 5 cups flour. 3 teaspoonfuls essence of lemon. 2 cups raisins.

Mode.—Beat butter to a cream, add sugar by degrees, then beaten yolks of eggs, beaten whites next; sift baking powder and flour together, keeping some to flour the fruit; then add milk and flour, alternately fruit and essence of lemon. Bake two hours in a paper-lined pan in a moderate oven.

Specially nice for birthdays. Have used this recipe for forty-seven years. A. PEEBLES, New Westminster.

A Morning Smile

MURPHY ADVERTISES

The editor of the local paper was unable to secure advertising from one of the business men of the town, who asserted stoutly that he himself never read ads and didn't believe anyone else did, says Forbes Magazine.

"Will you advertise if I convince you that folks read the ads?" the editor asked.

"If you can show me!" was the sarcastic answer. "But you can't."

In the next issue of the paper the editor ran a line of small type in an obscure corner. It read:

"What is Murphy going to do about it?"

The business man, Murphy, hesitated to seek out the editor next day. He admitted that he was being pestered out of his wits by the cur-

Etiquette

By Roberts Lee

Q. How does one get theater tickets to his guests?

A. Mail them and then meet in the theater.

Q. In what color should a baby be dressed?

A. Customary colors are blue for a boy, pink for a girl.

Q. If a guest at dinner is not satisfied with the food, may he mention it to the hostess?

A. Never.

lous. He agreed to stand by the editor's explanation in the forthcoming issue, and this was:

"Murphy is going to advertise, of course."

Having once advertised, Murphy is still advertising.



A DINING-ROOM TRAGEDY!

TABLES spread with delicious food... most of it soft, highly refined—lacking in the "bulk" and iron your body must have to keep well and strong.

This is the dining-room tragedy that occurs daily in millions of homes. No wonder most people suffer from constipation. No wonder headaches, backaches, and dull days are frequent!

Just add one delicious food to your table—and you will help correct all this suffering. Add Kellogg's ALL-BRAN in some form every day.

ALL-BRAN adds the necessary "bulk" or "roughage"—and iron—that is so often lacking in our diet today. This bulk is needed to prevent constipation—to sweep the system clean

of poisonous wastes—to exercise the intestines and keep them healthy.

ALL-BRAN is delicious as a cereal with milk or cream. Sprinkle over other cereals or use in cooking.

Two tablespoonfuls daily are guaranteed to relieve both temporary and recurring constipation. In severe cases with each meal. At your grocer's—in the red-and-green package. Made by Kellogg in London, Ontario.



For The Cook

CANNED CHICKEN

Cut chicken up as for stewing, put in sealers, add a little water (about

2 inches), put on rubbers and screw on lid loosely. Put in boiler and boil two and a half hours. Take out and screw lids on tight, turn upside down and keep that way.

Here is an addition of my own: If the chickens are young I scald and clean the feet, boil them separately, and use that water to put in jars; then I put in rather more than 2 inches. One pair of feet will make 1 cup of jelly. The length of time for boiling will depend on the age of the fowl. I have had them keep for nearly two years.

CLUB ASKS NAVY TO GIVE BACK SILVER SERVICE

PHILADELPHIA, Feb. 26. (U. P.)—The Princeton Club of Philadelphia has requested the United States Navy Department to return a silver bowl and ladle, presented by the club to the U. S. S. Princeton when the cruiser was commissioned.

A bill embodying the request was recently presented to the Senate by Senator Reed of Pennsylvania, a member of the club and a graduate of Princeton. The silver service has been in the custody of the Navy Department since the ship was decommissioned.

HARTFORD, Conn., Feb. 26. (U. P.)—It must have been a strong armed thief who robbed Teddy's Lunch here for he carried away the \$400 loot in the safe in which it was contained. The safe weighed 400 pounds.

Where Most Parents Err Dorothy Dix Reminds Them of Children's Humanity

"Parents Are Always Praying for Their Children — What They Need to Pray for is More Common Sense for Themselves in Dealing With Their Children," Says Dorothy Dix

Why do parents use so little common sense in dealing with their children? Why do they find it so hard to realize that their boys and girls are flesh and blood human beings, with natural human impulses and reactions, and deal with them on that platform?

None of us who are not senile have forgotten how we felt about things in our early youth. We remember when we were girl and boy mad, and how we felt when we couldn't go to a party, as if there was no use in struggling on with a life that was full of black disappointments and we had better just lie down and die. We recall how we resented unreasonable restrictions that our parents put upon us and how we outwitted them.

We remember how avid we were for pleasure, how tireless our feet were in the dance, how restless we were because we were bubbling over with animal spirits and energy. We remember how vital it was to us to have the latest cut in trousers or the loudest necktie or the last thing in party dresses and, above all, we remember how easily, like little lambs, we could have been led along any road our parents wished us to travel, but what stubborn little mules we were when they tried to drive us the way they desired us to go.

There are no middle-aged men and women in the world whose minds do not teem with memories of their own experiences, of their own adolescence, but it seems to teach them nothing and to give them no tip about managing their own children. They seem to think that their sons and daughters are an entirely new species of Genus Homo, with none of the emotions, desires and inclinations that they themselves had, and that they will not act under the same conditions as they acted. They even go farther than this. They stultify themselves into believing that their own young-

sters are entirely different from other people's children and will not do as the Jones or the Brown children do.

And that is why fathers and mothers lie awake at night agonizingly wondering where their wandering boys and girls are. It is why they weep over sons and daughters they cannot control. It is why their hearts break with disappointment over foolish children who mess up their lives before they have fairly begun by making ill-advised marriages.

No one can deny that a wayward child is a sorrow's crown of sorrow and that it is the hand that you have borne and that is bone of your bone and flesh of your flesh that can drive the dagger deepest into your soul. And so it is both pitiful and exasperating to think that parents bring most of the trouble about their children upon themselves and that they could save themselves all the buckets of tears they shed if they would only use a little intelligence in handling their boys and girls.

I have in mind as I write three tragedies in the making which are going to break the hearts of the parents and probably wreck the lives of the children, but which nobody can avert because the parents believe that they are stronger than Nature, stronger than youth, and that, anyway, their children have not the same desires of other youngsters.

In the first case there is a fine and talented boy of 20. His parents are very ambitious for him to become a great lawyer and they feel that it is a waste of time for him to dally with girls and that an early marriage would be a handicap to him. In order to do this, they try to segregate him from the female sex. No girl's foot ever crosses his mother's doorstep, and when he is invited to places every possible obstacle is thrown in his way to prevent his going. All girls are spoken of disparagingly to him as weak, vain, silly, frivolous creatures who use their good looks to snare young men in their doom.

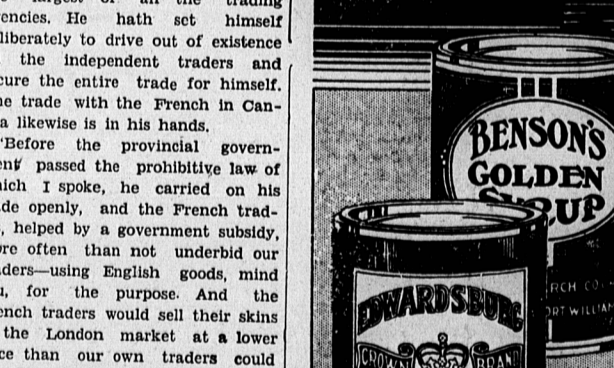
The result of all this is bound to be exactly opposite from what the parents desire. Denied all natural companionship with girls of his own age and class, he is absolutely certain to fall for the first bold vamp or gold-digger who makes love to him. Simply because he doesn't know girls and has no standards of comparison. If this father and mother were trying to wish an unhappy marriage upon their son, they could find no more effective way to go about it, yet when the inevitable occurs, and he brings home a tawdry wife to them before he is able to support one of any kind, it will be a blow to them from which they will never recover.

The second case is that of a lad who has three times run away from the expensive private school in which he had been placed by his parents and who was only found in each case after a long, expensive and agonizing search. There is nothing fundamentally wrong with the boy. He only has a mechanical mind instead of a literary mind and school bored him to death. Every time when he was discovered he was industriously and happily working in a garage, making an honest living.

And each time his idiotic parents tore him away from the thing he wanted to do and sent him back to another high-priced school in a vain attempt to try to make him do the thing he doesn't want to do, and it doesn't take any prophet, nor the son of a prophet, to tell that some day he will make a good getaway that they will not be able to trace and that he will probably degenerate into a tramp. All because they did not have sense enough to let him use his hands and be what God made him to be—a doctor of the insides of automobiles instead of the insides of people, as his father and mother have determined he shall be.

And the third case is that of a pretty, gay young girl of 18 whose parents do not think it proper for a girl to have dates before she is 21 or 22, and who refuse to let her see her boy friends at home. As a result, she meets them on the street corners and picks them up in drugstores and goes God knows where, with Heaven knows whom. Some day she will marry one of these sheiks, or there will be an awful scandal about her that will humble her parents to the dust, but the fault will be theirs because they refused to recognize the fact that a young girl is going to have boy friends respectably at home if her father and mother will let her, but on the streets if they won't let her.

Parents are always praying for their children. What they need to pray for is more common sense for themselves in dealing with their children. DOROTHY DIX.



Why do parents use so little common sense in dealing with their children? Why do they find it so hard to realize that their boys and girls are flesh and blood human beings, with natural human impulses and reactions, and deal with them on that platform?

The Principal Causes of SLEEPLESSNESS

are nervous strain and digestive unrest

BOTH of these can be overcome by the simple act of taking a cup of hot Ovaltine each night before retiring.

The great value of Ovaltine is due to the fact that it offers super-nourishment in very easily digested form. Ovaltine not only quiets the nerves and allays digestive unrest—bringing sleep naturally—but also, while you sleep, it replenishes your lost energy and vitality. Ovaltine is a rich concentration of ripe barley malt, rich creamy milk, and fresh eggs. Every nutritive element your body needs to maintain mental and physical fitness is combined in this delicious and perfect combination of Nature's best restorative foods. Drink it daily instead of tea or coffee. Be sure and make it your "goodnight" beverage to ensure sound restful sleep.

OVALTINE TONIC FOOD BEVERAGE

Ensures Sound, Natural Sleep

Sold by all good stores in 50c, 75c, \$1.25 and special \$4.50 family size tins; also served at soda fountains.

A. WANDER LIMITED, LONDON, ENG. AND PETERBOROUGH, CAN.



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The DOOM TRAIL by ARTHUR D. HOWDEN SMITH AUTHOR OF PORTO BELLO GOLD ETC. COPYRIGHT BY BRENTANOS

W.M.U. SERVICE (Continued)

"There is no hope of a pardon now," proceeded Juggins "I am not altogether without influence and I had hoped—but tis hopeless. If you were Scot or Irish, it might be done. But few of the English gentry besides you and Master Charles rose in the 19. You are a marked man, and with your cousins interest against you 'twill be impossible even to gain a hearing for you."

"There is naught to do, then, save go back to France and the friends who now distrust me," I said bitterly.

"Never say so," remonstrated Master Juggins with energy. "I have an idea of another course which may commend itself to you. Come, don those garments, which will none the less cloak you with safety, and join me in granny's morning room."

The coffee which the old lady poured us in blue-bordered china bowls put new life and hope in me. I settled back in my chair and puffed at the long clay pipe which Juggins had filled for me.

Granny Juggins gave me an approving pat on the shoulder.

"That is well, Master Harry. Worry never solved any difficulty. And now I must be going about my duties; but remember that what Robert tells you hath my indorsement."

"And what is that?" I inquired in some curiosity as the door closed behind her.

He smoked in silence for several moments.

"I am resolved to take you fully into my confidence, Master Harry," he began at last, "and I should not do so if I doubted your discretion. He fell silent again.

"Did it not seem strange to you that such an assault as you saw last night should have been made upon an ordinary merchant?" he asked suddenly.

"I thought they meant robbery," I demanded.

"Robbery? They never made a demand upon me. They meant murder. The truth is, lad, I am at grips with a deadly enemy. 'Tis a curious story, concerned with high politics, great spoils of trade, intrigues of church and state—mayhap the future of a continent. And as it happens Robert Juggins is at the hub of it.

"Do you think you would like to play a hand—on England's behalf—and to checkmate the very foreign influence which sickened you of the Jacobite cause? I need a strong arm combined with an agile mind used to French ways and the French tongue."

I would have answered, but he checked me.

"If you accept you must be prepared to light your old friends, for the enemy I have spoken of is Jacobite at heart and works under cover for the return of the Pretender through the weakening of England and the paramount influence of France. Remember that before you commit yourself."

"Even as I told you last night, Master Juggins, I am for England now," I answered. "If such a plot as you speak of is under way, then thwart it. Count me with you, I pray."

"I will he said quietly. "Now,

hark to these facts. At the instance of myself and my associates in the Company of Merchant Traders to the Western Plantations, the provincial government of New York several years ago secured the royal asset to a law prohibiting the sale of Indian trading goods to the French in Canada.

"Our object was twofold. The best and cheapest trading goods are manufactured in England. If we can keep them to ourselves and compel the French to use more costly and less durable goods made on the Continent we shall be able to underbid them with the Indians. So the fur trade will come more and more into our hands."

Juggins leaned forward and tapped me on the knee.

"North America," he went on, "is the richest land in all the world—how rich it is or how vast no man knows. 'Twill require centuries to exploit it. Since first we colonized there we have contended with France, not only for further power, but for the actual right to breathe. Our two countries cannot agree to divide this domain, limitless though it be. Sooner or later one must oust the other.

"The fur trade is the key to it all. It is so, because neither the French nor we are sufficiently powerful to ignore the strength of the Indian tribes. The fur trade is the source of the savages for securing trade goods. They will be bound closest to the country which gives them the best terms. If we can deprive the French of the ability to buy their goods as cheaply as we do, then we shall be able to trade to better advantage with the Indians and so increase their friendship for us. At the same time the volume of the provincial trade will be increased."

"I see," I answered. "But you spoke before of a twofold object in depriving the French of the right to obtain trade goods through New York?"

"So I did, and that brings me to the enemy whom I mentioned. Heard you ever in Paris of one Murray—Andrew Murray?"

I shook my head.

"He hath connections with the French, and, too, with the Jacobites; but they would be well covered, no doubt. Murray owns the Provincial Fur Company of New York, which is the largest of all the trading agencies. He hath set himself deliberately to drive out of existence all the independent traders and secure the entire trade for himself. The trade with the French in Canada likewise is in his hands.

"Before the provincial government passed the prohibitive law of which I spoke, he carried on his trade openly, and the French traders, helped by a government subsidy, more often than not underbid our traders—using English goods, mind you, for the purpose. And the French traders would sell their skins in the London market at a lower price than our own traders could afford to charge.

(To be Continued)

No, never again—he found a way to add 15 pounds of sold, stay there flesh to his bones and his sturdy, manly figure causes taunting young men to know their place—he can handle any of them now.

Skinny men and frail youngsters need and should have the weight building, vitalizing substance in McCoy's Cod Liver Extract Tablets to develop bones, body and mind—they put energy and ambition into weak people—they make you vigorous.

Get 60 sugar coated tablets (McCoy's) at any drug store anywhere—take them as directed for 23 days—then if you don't gain at least 5 pounds get your money back—just ask for McCoy's.

They Dare Not Call Him Skinny Any More

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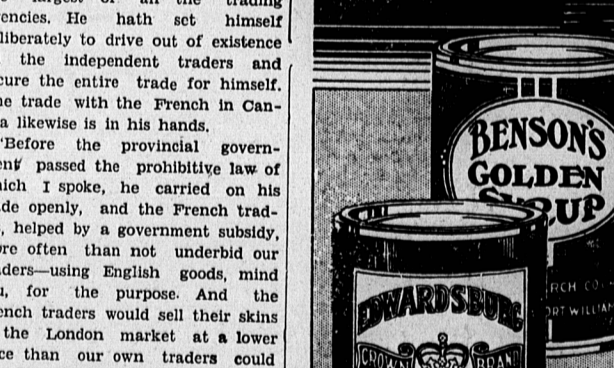
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You can buy Yet most nourishing!



THESE are Canada's most wholesome and delicious Syrups — They are the cheapest energy food you can buy because they contain more nourishment than many more expensive foods. Doctors will endorse this statement!

Eat more of our famous Corn Syrups — Serve them daily... they are so easily digested and they save money on your food bills.

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