

Woman's Realm Social and Personal Fashions Literature

8 DELIGHTFUL WAYS TO MAKE ALL-BRAN MUFFINS

● Lots of people make it a health rule to eat some Kellogg's All-Bran every single morning. It's a sensible habit, and one that never gets monotonous because there are so many pleasant ways to eat All-Bran. For instance, here are eight variations on the simple, basic muffin recipe that is printed on every All-Bran package. Just add the following to the dry ingredients:

1. For BACON MUFFINS add 1/4 cup crisp-cooked, sliced bacon.
2. For NUT MUFFINS add 1/4 cup chopped nut meats.
3. For ORANGE MUFFINS add 2 tablespoons grated orange rind.
4. For PRUNE MUFFINS add 1/4 cup chopped prunes. (Soak dried prunes in water one hour or longer, drain, remove pits, cut in small pieces.)
5. For RAISIN MUFFINS add 1/4 cup raisins.
6. For DATE MUFFINS add 1/4 cup sliced dates.
7. For FIG MUFFINS add 1/4 cup chopped figs.
8. For SPICED MUFFINS add 1 tablespoon molasses to creamed mixture and 1/2 teaspoon ginger and 1 teaspoon cinnamon to dry ingredients.



POLICE SERVICE

LONDON (CP)—Explaining "the had only seven pence on him, I have given him the rest" a constable brought a motorist into court to pay a fine imposed for failing to observe a stop sign.

2,000,000 SHELTERS

LONDON (CP)—Two million steel air-raid shelters with accommodation for 12,000,000 people have been delivered throughout Britain to date.

EVERY CAKE A PARTY CAKE

with SWANS DOWN, my simplest economy recipes make lovely LUXURIOUS CAKES!



FOR ECONOMICAL QUALITY CAKES USE SWANS DOWN

● Even thrifty one-egg cakes have a smooth, silky texture when made with Swans Down Cake Flour. That's because Swans Down is a special cake flour, made only from selected choice Canadian Winter wheat, ground extra fine, sifted again and again through silk to ensure added tenderness and delicacy in every cake you bake.

27 TIMES AS FINE AS ORDINARY FLOUR

RECIPES FOR THE 9 MOST POPULAR CAKES ARE ON THE PACKAGE

147 Recipes—Hundreds of Baking Hints in "Kate Smith's Favorite Recipes"

● Today send for "Kate Smith's Favorite Recipes"—a beautiful 48-page book. Contains 147 recipes, 87 interesting illustrations. Explains the how and why of tender, crisp, golden brown cake as only Kate can do it. Use coupon below.



General Foods, Limited, Cobourg, Ontario

Please send me "Kate Smith's Favorite Recipes". I enclose 5c in postage stamps.

Name _____

Address _____

THE COOK'S CORNER

ENGAGEMENT CAKE

3-4 cup shortening, 1-2 tea spoon salt, 2 tablespoons lemon juice, 1-2 cups sugar, 3 eggs, 3 cups cake flour, 1 teaspoon soda, 3-4 cup milk.

Method: Combine shortening, salt, and lemon juice. Add sugar and cream well. Add eggs, one at a time, beating well after each. Sift flour and soda three times and add to creamed mixture, with milk. Beat until smooth. Pour into 2 nine-inch greased layer pans and bake 25-30 minutes in moderate oven, 350-375° F. Cool, fill with lemon cream, and cover with white frosting.

LEMON CREAM

1-2 cup sugar, 2 tablespoons cornstarch, 1-2 cup water, 1 egg yolk, 1-2 tablespoon butter, 1-4 cup lemon juice, 1-2 teaspoon grated lemon rind.

Method: Combine sugar and starch, then add water and slightly beaten egg yolk. Cook over boiling water for about 15 minutes, until very thick. Add butter, lemon juice and rind, and cool.

SPANISH SPICE CAKE

1-2 cups sifted cake flour, 1-2 teaspoon baking powder, 1-2 teaspoon salt, 1 teaspoon cinnamon, 1-2 teaspoon nutmeg, 1-2 cup butter or shortening, 1 cup sugar, 2 egg yolks, well-beaten, 1-2 cup milk, 2 egg whites, stiffly beaten.

Method: Measure the once-sifted flour, then add the baking powder, salt and spices and sift three times. Cream the butter or shortening thoroughly, add the sugar gradually, and cream together until light and fluffy. Add egg yolks, and beat well; then add dry ingredients to creamed mixture, alternately with the milk, a small amount of each at a time.

Fold in the egg whites, that have been beaten until stiff but not dry. Pour into two greased layer cake pans and bake in a moderate oven (375 deg F) for about 25 minutes. When the cakes are cold, fill between the layers and frost the sides and top with chocolate seven minute frosting.

CHOCOLATE SEVEN MINUTE FROSTING

2 egg whites, unbeaten, 1-4 cups granulated sugar, 1-4 cup hot sugar, firmly packed, Dash of salt, 5 tablespoons cold water, 1 square unsweetened chocolate, 1-3 teaspoon vanilla.

Method: Put egg whites, brown and white sugar, salt and water in upper part of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water and beat rapidly with rotary egg beater while cooking for 7 minutes, or until frosting will stand up in peaks. Remove from heat, fold in chocolate and vanilla carefully but thoroughly, and spread between layers and over top and sides of cake.

A Morning Smile

FASCINATING

Teacher—Robert, give me a sentence which includes the word "fascinate."

Robert (after deep thought)—My father has a waistcoat with 10 buttons on, but he can only fasten eight.

THE ARREST

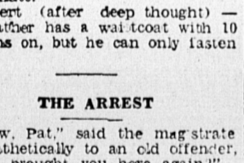
"Now, Pat," said the magistrate sympathetically to an old offender, "what brought you here again?"

"Two policemen, sorr," was the laconic reply.

"Drink I suppose?" queried the magistrate.

"Yes, sorr," said Pat, without relaxing a muscle, "both av them."

WHITE CARNATIONS AND RED POPPIES



DESIGN NO. X 949

This cluster of crocheted poppies and nosegay of white carnations are new costume accessories for spring. Pattern No. X 949 contains list of materials needed, illustration of stitches and complete instructions.

To order this design, write your name and address on a piece of paper and send with 15 cents in coin or stamps to Needlework Department, Charlottetown Guardian.

To Charlottetown Guardian Needlework Department.

Design No. X 949

NAME _____

STREET _____

PROVINCE _____

Here IS QUALITY



STRENGTH and PURITY IN EVERY DROP

Barbours FLAVORING EXTRACTS are BETTER

YOUR INDIVIDUAL HOROSCOPE

(By FRANCES DRAKE)
Features: Syndicate Inc., Copyright, 1940, King what your outlook is, according to the stars.

For Thursday, May 16th

MARCH 21 to APRIL 20 (Aries)—You in government employ, clerks, laborers, engineers, statisticians, investigators, you in executive positions. Today is most promising and favorable. A day for personal advancement and financial gain for all right-living Aries.

APRIL 21 to MAY 20 (Taurus)—Matters pertaining to real estate, and produce, artistic endeavors, surgery, dentistry, nursing and medical research, dealing with elderly people, and all sound business are favored. Private affairs well sponsored.

MAY 21 to JUNE 21 (Gemini)—These favored in Aries' list are likewise honored in Gemini's program for today. Salespeople, singers, writers, actors and radio entertainers.

JUNE 22 to JULY 23 (Cancer)—Developing new projects, matters pertaining to marriage, affairs, commerce, iron, steel, and lumber interests, artistic pursuits are among today's topnotchers. Full engagements; be alert to new opportunities. Weddings, social approved.

JULY 24 to AUGUST 22 (Leo)—You can realize gains in many ways this fine day. It is a period for self-development, mental and physical achievement. Children's interests, entertainment, romance favored.

AUGUST 23 to SEPTEMBER 23 (Virgo)—Lawyers, judges, government employees, sports' directors and others engaged in professional and amateur sports, artists, designers, milliners, dressmakers, under the same beneficent vibrations as are those employed in domestic and industrial work.

SEPTEMBER 24 to OCTOBER 23 (Libra)—The same endeavors indicated as favored for Virgoans are also sponsored for you Librans. You can realize some cherished hopes and dreams this good day. At least you should try.

OCTOBER 24 to NOVEMBER 22 (Scorpio)—You can, and should be, active, constructive, interested and very happy in this friendly day. Plans sound business and work matters, creative ideas, private issues favored.

NOVEMBER 23 to DECEMBER 22 (Sagittarius)—Combine your natural intuitive powers with your analytical ability and general all-around cleverness and you Sagittarians will make good in a big way. Accountants, interpreters, teachers, doctors, government employees among highly favored.

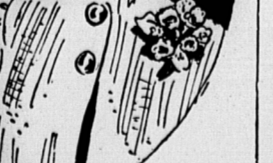
DECEMBER 23 to JANUARY 21 (Capricorn)—In a happy, progressive mood? You should be! All indications point to fruitful results from coordination of your fine reasoning wisdom and that unflinching accuracy so characteristic of well-developed Capricornians.

JANUARY 22 to FEBRUARY 20 (Aquarius)—Itemize your qualifications, also today's demands, then with faith and tenacity take up your way resolutely. Most real achievement and contentment are in store for you.

FEBRUARY 21 to MARCH 20 (Pisces)—No set method or rules are necessary today. Let your innate intuition and common sense guide you. Let your speed be gauged by the amount and kind of work to be done.

A CHILD BORN ON THIS DAY will be practical, tenacious and capable. One who will seek and appreciate harmony and contentment. A kindly yet strict disciplinarian who should be taught to live for the spiritual and mental life rather than the material. Can specialize in the art, mechanics or in agricultural fields.

NEW Under-arm Cream Deodorant Stops Perspiration safely



1. Does not rot dresses—does not irritate skin.
2. No waiting to dry. Can be used right after shaving.
3. Instantly stops perspiration for 1 to 3 days. Removes odor from perspiration.
4. A pure white, greaseless, stain less vanishing cream.
5. Arrid has been awarded the Approval Seal of the American Institute of Laundering, for being harmless to fabrics.

ARRID
15 MILLION jars of Arrid have been sold. Try a jar today!
39¢ a jar. At all stores selling toilet goods (also in 15c and 50c jars)

Dorothy Dix's Letter Box

DOROTHY DIX SAYS—
USE HEAD AS WELL AS HEART
WHEN YOU ARE PICKING A MATE

Congeniality is the One Asset That Should Be Looked For Before You Trek to the Altar

Dear Miss Dix—They say that the future of every marriage is a gamble. I disagree. I think that if a man and a girl are foresighted enough to check up on each other's defects as much as possible and to make sure that they see eye to eye on finances, children, work and spare time, to discuss problems frankly before the time comes to act and to have a willingness to co-operate afterward, their marriage is certain to turn out well. And what do you think about religious beliefs and marriages? MARY.



There is always the element of chance in every marriage, as there is about everything else in life, because always unforeseen circumstances may arise that wreck the most carefully laid plans. I have known husband and wives who were devoted to each other and who lived happily together for many years, then separated and had their home broken up when a mother-in-law came to live with them. I have known many marriages wrecked by disease. A sweet-tempered and amiable wife turned into a shrewish whiner by some nervous disorder, or a jolly husband gone grumpy through dyspepsia. What a man and woman are going to turn into after marriage, because, no matter how well you know the boy

(Continued on page 7, Col 5)

The Cup that Cheers—

Strengthens Nerves, and ensures Restorative Sleep

Ovaltine promotes that nerve-steadiness and poise essential to a cheerful outlook on life. It is unique, and has no substitute. Along with malt and milk, it provides the nerve-restoring properties of eggs, to build sound, healthy nerves. At bedtime it helps to induce dreamless sleep. You awaken refreshed and invigorated.



Drink delicious Ovaltine and note the Difference in your Nerve-Strength and Outlook

Helpful Hints For The Women Folk

WHAT THE DAY WILL BRING

"The day will bring some lovely things," says the oracle. I sing it over each new dawn; Some gay, adventurous thing to hold Against my heart when it is gone. And so I rise and go to meet The day with wings upon my feet.

TELESCOPES DEFY DISTANCE

Light travels at a rate of 186,000 miles a second, or about six trillion miles per year. To reach the outer edge of our present telescope range within 16 years, we would have to travel at a rate of six trillion miles per second.

VEGETABLES WERE SCORNED

Vegetables were called herbs by the men-eating Englishmen of the days of Henry VIII. They considered vegetables as "more fit for hogs and savage beasts than for Christian men."

HEAT FROM ICE CREAM

Ice cream makes you warmer. Cream, sugar, and starch are used in making ice cream, and these are classed as fuel foods, which produce body heat.

DRAIN IMPORTANT

Proper drainage should be provided under concrete floors and porch slabs and around wall footings and foundation walls.

HIS FATHER'S BILLET

SOMEWHERE IN FRANCE—(C. P.)—On the mantelpiece of his billet Gunner J. Porter saw a photograph of a British Tommy, there in 1916, and recognized his father in the British army in the First Great War.

KNOT IN A TREE

When a tree from which the

SOME CRYING IS GOOD FOR BABY

During the early months you may worry when you hear the baby

Melt Off Extra Pounds by Counting Calories



PUREX Super Refined Tissue

Purex Bathroom Tissue because it is sterilized over and over, is extra-soft, extra-absorbent, snowy-white.

Enjoy Healthful Tasty Diet

"Will there be MUCH alteration?" quavers Mrs. Buxom, trying on a new dress.

Come, come, Mrs. Buxom; You could fit perfectly into a size 36 and save money, too, if you'd alter your figure instead of your clothes. On a delicious low-calory reducing diet you could easily lose 2 pounds a week, be slim.

Your bulges come from all the excess calories you consume. You think nothing of combining creamed tuna fish (391 calories) and chocolate pudding (400). Nearly 800 calories in one lunch!

To lose, keep your whole day's consumption down to 1200 calories for a while. For lunch take slimming tomato aspic (only 94); gingerbread and whipped cream (135).

With a calory chart, it's simple to plan meals. And you soon learn to beware of dangerous extras like poultry stuffing (312 calories, 1/4 cup), mayonnaise (398, 1/4 cup, chopped walnuts (150, 1/4 cup).

Be youthfully slim again! Our 32-page booklet gives reducing menus for 2 weeks. Describes 3-day liquid diet to start your reducing; has calory chart, tasty recipes for low-calory desserts.

Send 20c in coins for your copy of The New Way To A Youthful Figure To The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

Name _____

Street Address _____

City _____ Province _____

Bovri! DEFINITELY HELPS DIGESTION

Juliana and Her Babies Rushed to England



The heirs to the Royal House of the Netherlands—Princess Juliana, her husband, Prince Bernhard, and their children—arrived in London, May 13. Princess Juliana led her two-year-old daughter, Beatrix by the hand, while nine-month-old Irene was brought in a gas-proof box. Prince Bernhard carried one end of the box and a nurse the other. The Earl of Harewood, brother-in-law of King George, met the royal family at the station. Two plain-clothes detectives carrying sub-machine-guns accompanied the royal party from the train to their automobile. Prince Bernhard will soon resume his military duties, it was announced. The Princesses Irene and Beatrix are shown.

CREAMED TUNA 391 CALS.
TOMATO ASPIC 94 CALS.
CHOC. PUDDING 400 CALS.
GINGER BREAD AND WHIPPED CREAM 135 CALS.

Send 20c in coins for your copy of The New Way To A Youthful Figure To The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

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Bovri! DEFINITELY HELPS DIGESTION

Spring Fashions

You'll feel like a belle of the South in this enchanting frock. A romantic heart shaped neckline, smoothly fitted tiny waistline and a full, four gored skirt make a dream of a Springtime frock. As fresh as the flowers in May and just as pretty, too. Be one jump ahead and be ready for the fast Summer days in this charming old-world frock that you can make for yourself of dimity or printed silk. A long length version is also included in the pattern so that you can have a house-coat made on the same lines.

Style No. 2705 is designed for sizes 12, 14, 16, 18 and 20 years. Size 16 requires 3 3/4 yards of 39-inch material for dress, with 1 1/4 yards of ruffling.

Send Fifteen (15c) coin is preferred, for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wear.

Style No. 2705 Size _____

Name _____

Street Address _____

City _____ Province _____

Bovri! DEFINITELY HELPS DIGESTION

Send 20c in coins for your copy of The New Way To A Youthful Figure To The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

Name _____

Street Address _____

City _____ Province _____

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