

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



"He picked up at once on Eagle Brand"

"I CANNOT speak too highly of your Eagle Brand milk," writes Mrs. J. W. Bulger, R.R. No. 4, Brampton, Ont.

If you cannot nurse your baby, try Eagle Brand Milk. You will find the directions on every label.

The Borden Co. Limited, Toronto, N.S. Please send me new edition of "Baby's Welfare"...



THE COOK'S CORNER

DATE AND NUT LOAF

One and three-quarters cups flour sifted, 1 cup dates chopped, 1 teaspoon soda, 3/4 cup boiling water, 2-cup brown sugar, 1 egg, 1 tablespoon butter, 1 teaspoon salt, 3/4 cup nuts chopped.

Cut dates, sprinkle with soda, add boiling water, cool, cream butter, add sugar, egg, flour, nuts and flavoring. Bake in small round tins in moderate oven.

SCOTCH SCONES

Three large cups flour, 2 heaping teaspoons baking powder, 1 cup granulated sugar, 1 teaspoon salt. Sift these together three times, add three-quarters cup of lard and butter mixed. Beat an egg lightly in a cup and fill cup with milk.

Mix the ingredients with this into soft dough, after adding one cup of raisins. Roll about one inch thick and cut in triangles; bake in hot oven about twelve minutes.

FISH SOUFFLE

2 oz. any uncooked fish, 1/2 oz. flour, 1/2 oz. butter, 1 egg, separated, 3/4 gill fish stock or milk, Dessertspoon cream, Salt and pepper, lemon juice.

Wipe fish and shred it. Melt butter in pan, add flour and stock, and cook till thick. Pound fish in mortar; season well, and add yolk before rubbing through sieve. Beat white stiffly; fold it in mixture. Pour into buttered soufflé tin; cover with paper; steam gently about one-half hour. Serve with white sauce.

End Pain, Swelling & Bleeding of PILES. (HEMORRHOIDS) With Zam-Buk Hemoid Ointment.

DOMINION OF CANADA PROVINCE OF PRINCE EDWARD ISLAND.

IN THE PROBATE COURT IN THE MATTER OF THE ESTATE OF Joseph Ferguson late of DeSable in Queens County, Retired Farmer, deceased.

To the Heirs-at-Law and next-of-kin of the said Joseph Ferguson, deceased.

"Take notice that a citation has issued under seal of the Probate Court, dated the second day of May A. D. 1933 whereby you are cited to appear before me at a Probate Court to be held in the Law Courts building in Charlottetown aforesaid on Wednesday the seventh day of June, A. D. 1933 at the hour of eleven o'clock in the forenoon to show cause why an alleged will of the said Joseph Ferguson dated the 8th day of July, A. D. 1932 should not be proved in solemn form of law and to see proceedings thereupon as prayed for in the petition on file of Daniel Dart of DeSable aforesaid, farmer, named in the said will as sole executor thereof.

SETTLED and signed at Charlottetown this second day of May A. D. 1933.

(Sgd.) H. L. PALMER, Judge of Probate, M. ALBAN FARMER, Esq., Proctor.

264-5-5-Fri-41

A Morning Smile

The physician was giving an informal talk on physiology. "Also," he remarked, "it has recently been found that the human body contains sulphur."

"Sulphur," exclaimed the girl in the blue-and-white blazer. "And how much sulphur is there in a girl's body?"

"Oh, the amount varies," said the doctor, smiling.

"Ah!" returned the girl, "And that is why some of us make better matches than others?"

"Mother," said little Bobby, bursting into the house all out of breath, "there's going to be an awful row at the grocers. His wife has got a baby girl, and he's had a 'Boy Wanted' sign in the window for a week."

"I've come to tell you, Mrs. O'Malley, that your husband met with an accident."

"And what is it now?" wailed Mrs. O'Malley.

"He was overcome by the heat, ma'am."

"What! Overcome by the heat in January!"

"Yes, ma'am. He fell into the furnace at the foundry."

Business

Business is never good business until it makes a friend. Success in business is a franchise granted to those who can organize. It is the wisest act of your business career to surmount some business fear every day.

Higher Education for Girls Dorothy Dix Includes Art of Living

Fine Art of Being a Woman Includes Knowing How to Earn Your Own Living, How to Cook and Sew and Nurse the Sick, How to Play Games and How to Put Your Best Foot Foremost

I am strong for the higher, lower and middle weight education of girls. Goodness knows in the complicated profession of being women, to which Heaven has called them, they need all the information and wisdom that they can get.



She should know how to make a living. She should be taught some occupation by which she can earn her own bread and butter instead of having to marry for a meal ticket.

Perhaps a girl will marry. Perhaps she will not. Perhaps she will marry a man who is a go-getter. Perhaps she will marry one who is a flop in business.

invalid and unable to earn money. Perhaps he may die and leave her with a house full of little children and not a dollar in the bank. These are misfortunes to the woman who has a good trade at her finger's end, but they are a blighting tragedy if she does not know how to do any kind of work that the world is willing to pay for.

A girl should know how to handle money. She should learn through earning it just how much blood and sweat goes into the making of every dollar, and that will make her think twice and then snap the lock on her pocketbook before she throws it away on foolish extravagance.

Every girl should be taught about investments and the difference between Wild Cat Preferred and Government bonds, and to beware of glib-talking financiers who promise her 20 per cent on her money, and pious relatives who first pray with her and then prey on her.

Every girl should be taught how to cook and sew and run a house efficiently. That enables her to get better service from those she employs if she is rich, and if she is poor it makes her independent of the services of others and gives her a run for her money, for the woman who is clever with her needle and a chef who can turn hash into ragout can make one dollar do the work of ten.

Moreover, the health and happiness and prosperity of a family depend upon the skill of the woman at the head of it. Many a well-meaning woman bankrupts her husband by her well-meaningness; many a devoted wife and mother murders her husband and children with her bad cooking, all because they do not know how to turn out an expert job of running a home.

Every girl should be taught something about nursing the sick and taking care of babies and how to tell whether little Johnny is howling from temper or because he is striven with a mortal illness. This would save young mothers from the devastating fear that throws them into a panic every time Junior has the colic, and it would also cut down on the doctors' bills that make setting up a baby more expensive than setting up a yacht.

Every girl should know something about household mechanics and be a Jack of all trades who can paint a set of furniture that won't forever after be sticky and gummy or do a bit of amateur plumbing or put in a fuse when the electric light goes blooey or drive a nail without smashing her fingers. Of course, these are supposed to be husbands' chores, but any woman who has ever tried to get her husband to do one of them knows that they are first aid to divorce.

Every girl should know how to swim, not only because that is an excellent form of exercise, but may upon occasion save her life. She should know how to drive an automobile and be able to make minor repairs and put on a tire. She should be able to play some outdoor games well enough to interest her partner, and she should acquire a skill in bridge that will arouse the admiration of those who play with her instead of inciting them to murder.

Every girl should know how to put the best foot foremost. How to dress so as to bring out her best points and camouflage her bad ones. How to put on her make-up so that she won't look like a red-and-white clown. How to meet people graciously and say the right thing in the right place. How to listen with an absorbed expression and how to talk interestingly and agreeably.

And every girl should know how to write a nice letter and a graceful note of thanks. For thereby friendships are promoted and maintained. And all of these things are just part of the art of living which every woman should know.

FOR THE WOMAN READER

Ask why God made the gem so small? And why so huge the granite? Because God meant mankind should set That higher value on it.—BURNS.

BLIND MASSEUSE PLAYS FLUTE FOR PATRONS IN FLOWERY KINGDOM

Only blind people are permitted to give massages in Japan. When the shades of evening are falling the blind masseuse go out into the city streets piping a little tune on a flute. People hear the flute and if they feel inclined to have a rub they run out and call in the piper. This interesting sidelight of the life in Mid-Japan was revealed to the W. A. by Miss Foerstel in a brief talk on the work in that part of the Orient.

USEFUL HINTS

Even the most forehanded housewife sometimes finds herself about to make a sauce or filling—yet without the cornstarch or the flour which she usually employs to thicken it. In such a case, one may be easily substituted for the other, with most satisfactory results. Two things only must be kept in mind. First of all, the amount of thickening agents must be exactly doubled, if flour is being substituted for cornstarch, since flour has just half the thickening power of cornstarch; secondly, if flour is used, the result will be a sauce or filling which is less clear than that made with cornstarch.

Sometimes the direct opposite is the case, and gravy or white sauce may be thickened with cornstarch, where flour is the more usual choice. Since the starch is more likely to lump than flour, great care must be practised when bending in the hot liquid—and constant stirring while the sauce cooks and thickens is more important than ever.

Do not hesitate to make either substitution whenever necessary, for sauces and fillings made with flour are just as successful as the gravy which you may find it necessary to make with cornstarch.

A DOUBLE CHIN ADDS YEARS TO YOUR FACE

Don't greet the nice waiter with a double chin. If you have one there are ways to get rid of it. If you haven't one, but are over thirty, you should take steps to avoid developing one. Nothing so disfigures a woman as a chin that has doubled itself. It adds years to your face and general appearance.

A patter should be used to correct double chin. This is a long-handled stick affair which is padded on the end. You can make your own by attaching a cotton pad to the end of a stick about a foot long. Be sure it is long enough to be flexible.

The ideal time to treat your double chin is at night before you go to bed.

First, remove all dirt of the day by thoroughly cleansing your face and neck. Now apply a strong astringent to your double chin with a piece of linen soaked in the astringent and leave it on while

you take your bath. After the bath, remove the cloth and apply greaseless cream or lotion. This should be patted in for ten minutes with the patten too. Remember to use only upward strokes and don't get too vigorous with the patten. There is danger of injuring the tiny blood vessels in the skin if you pound instead of patting.

The last step, if your chin has really developed into a double one, is to adjust a rubber chin strap and leave it on all night. Don't remove the superfluous lotion or cream before trying on the chin strap. If you haven't got a double chin and merely have a tendency to develop one you may omit the last step.

THE PERFECT CLOTH

The cloth which will one day be the most perfect in the world—more accurate than the earth itself—is under observation in a small room at the National Physical Laboratory, Teddington, England.

It will satisfy one of the dreams of astronomers because it is independent of both the earth's motion and of gravity and, so far as can be ascertained, requires nothing more than to be kept at exactly the same temperature to keep perfect time.

Second signals can be taken from this clock with such accuracy that when transmitted to a special chronograph time observations can be made to within one five-thousandth of a second.

In appearance the clock resembles a coffin. But inside this dull wooden box is a metal rod, mounted on insulating material and surrounded by a vacuum, which vibrates in its own natural period, which nothing but a change in temperature can affect.

Outside the vacuum, and to prevent any passage of heat across it, is a stream of water perpetually maintained at as nearly as possible the same temperature.

When the men in charge of the work are completely satisfied, the clock will automatically become the world standard of time—because there will be nothing else but a similar clock by which to check it.

ABUSE OF THE SLUR

We get the greatest abuse of the slur when the trombone gets hold of a few notes affected in this manner. The trombone has been called the fool of the Band, and there are some ambitious trombone players who seem to realize this fact. The trombone can be made to act in a foolish manner, but when used in reason it is a thing of beauty.

"Glissando" is the term used for describing the objectionable effect which we get when a trombonist plays with his tongue in the bottom of his mouth. It is an act of extravagance and cannot be regarded as artistic by any stretch of imaginations.

Trombone players have need then to be careful how they play a series of notes with a slur over the top; let it be understood that the notes must not be played "glissando" unless this is specially indicated.

PLANE WILL LEAVE DECK OF STEAMER

HALIFAX, May 10—(C.P.)—A seaplane bearing European mails will head for shore from the deck of the liner Europa in mid-Atlantic Friday morning, according to word reaching Halifax agents of the North German Lloyd line tonight.

Making the first flight of the season, the plane will bring postal matter into New York several hours ahead of the ship's arrival. The seaplane will be catapulted from the liner's deck off the Newfoundland coast and will attempt a non-stop flight to New York or Boston. In the event of unfavorable weather or shortage of fuel, the pilot will land at Halifax, Sydney, N. S., or St. John's, Newfoundland.

If I can keep one heart from breaking—I shall not live in vain.—Dickinson.

Oral Health demands this 5-Way protection

Give your teeth and gums the all-round care of a pleasant, refreshing toothpaste which promotes and protects oral health in these 5 effective ways.

- 1. Squibb's cleans effectively and safely. 2. Squibb's polishes well and safely. 3. Squibb's prevents bleeding of the gums the safe way—by keeping them healthy. 4. Squibb's use is true economy because it gives greatest protection to teeth and gums. 5. Squibb's combats germ acids that cause tooth decay.

You can trust Squibb Dental Cream. Like all Squibb products it is pure, effective and safe. For scientific tooth protection at home, always use Squibb's.

At all good druggists in 25c and 40c tubes.

SQUIBB DENTAL CREAM

Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WORTHINGTON



Wear it for spring with a grey suit or for summer with a white woolen skirt.

Printed crepe silk is smart in peppy red and white combination.

Style No. 704 is designed for sizes 14, 16, 18, 20 years, 36, 38 and 44 inches bust.

Size 16 requires 1 1/2 yards of 36-inch material.

Price of Pattern is 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

No. 704. Size Name Street Address City State.

You can tie it in a bow or wear it in a sporty scarf effect. Yellow crinkly crepe silk made this cunning blouse.

If you wish a beautiful sheet of transfer embroidery containing over 60 designs, send 15 cents additional for pattern No. 2350.

GARDENING

GARDEN PEAS

Professional experimentalists are at last coming to the conclusion that the old gardener was right in planting peas early. Like the flowering kind it does not seem as if the garden variety can be put in too early. Invariably the biggest crops are produced by the early sown rows. On this account it is best to plant all the peas about the same time, and that is just as soon as the soil is fit to work. To be on the safe side, in those parts of the Dominion where late and very heavy frosts are liable to occur it might be well to put half the peas in on the first possible sowing date and the remainder about ten days later. Where the climate is mild and the growing season goes into late September sometimes a fall crop can be harvested from July or August sowing. To ensure a long

DON'T WORK SOIL TOO SOON

There is danger in working soil too soon. With heavy clay, especially the earth is liable to pack and later on, bake. If one can walk across the garden without getting the shoes muddy, or if the soil crumbles when squeezed tightly in the hand, it is safe to commence. The best garden soil is a fairly light loam, sloping towards the south or east. Of course, all have not this ideal type and location, but

(Continued on page 6)

My Best Girl By KATHLEEN NORRIS

"What'd she do?" Joe began to demand blankly. But Kate Cullen's significant wink silenced him.

The boy went away. He found Maggie again in the fevered congestion of the teeming aisles. He gathered she was not a saleswoman—she was technically known as a "feeder," one of the several little drudges who flew back and forth with messages, carried notes, ran for fresh supplies of thread and combs and soap and toys and sheet music and bottles of ammonia and perfume and cod-liver oil and beads.

"Maggie!—Maggie!—Maggie!—get Mr. Smith to sien this, tell him the lady's in a rush—it's an even exchange. Maggie! See if you can find them rubber puppies and lions—bring up a whole lot. Where's Magg? She was goin' to—"

She got more tired, more pale, more miserably dragged looking as the endless afternoon wore down to winter dusk, and the lights flamed up everywhere. But she never stopped. She was merely a pair

"We ain't supposed to come down here," said Maggie, "but come in through here, an' I'll show you what I found out the other day."

Joe moved cautiously after her toward a large open window that was concealed in a dark corner on a shaft.

Maggie went through it like a rabbit, and he followed, into a small, cemented place, down at the foot of some twenty stories of rising shaft, laced, after the first floor, by the open balconies of fire escapes.

Opposite them there was another window, also open, and into this Maggie scrambled, without so much as a backward glance or word for him. Joe followed her. There was no witness—he and Maggie were apparently unobserved and forgotten.

She had preceded him to a sort of room built by the walls of piled mattresses, mounting in stacks all

most up to the roof of this neighbouring basement. The girl seated herself comfortably, her small legs stretched out before her and the bottle of milk and cardboard box of supper she had been carrying, arranged conveniently to hand.

"Isn't this grand?" she asked, with a long sigh of satisfaction. Three walls were made of mattresses, rising high about them. The fourth was that space of brick punctured by the high area window Joe grinned an appreciative agreement.

"This is the basement of the Diggins Deepsweet Mattress Company; it backs on to the Mack," Maggie explained. "We're on Eight, they're on Ninth—this is one of their storerooms. I found it last summer. If I should drop off to sleep for goodness sake wake me up! I mean it, I'm not swearin', Joe." There's a lot of sandwiches and broken biscuits there that was

MILBURN'S HEART NERVE PILLS

For sale at all drug and general stores; put up only by The E. Milburn Co., Ltd., Toronto, Ont.

in the bottom of a bucket. Stale bread is better for you anyway. We oughter have a green vegetable, but you can't balance your diet on Saturdays—"

"How do you mean, balance your diet?" he asked in amazement. "Don't you know about diet?" she demanded.

"Well, something," Joe admitted with his mouth full. "But I didn't know that you did."

(To Be Continued)

Nervous—Could Not Sleep Tired Out All The Time

Mrs. George Scribner, Nanawigewank, N.B., writes:—"I was so very nervous I could not sleep at night, and felt tired out all the time."

A neighbor told me about Milburn's Heart and Nerve Pills, and as she was using them at the time she gave me some to try. I found they were doing me so much good I procured two boxes and they proved of wonderful help to me."

Change from heavy foods

WOULDN'T you welcome something extra crisp and refreshing? Well, serve Kellogg's Corn Flakes with milk or cream and add canned fruits or honey.

The flavor and crispness will delight you—and you'll feel better after eating these easy-to-digest flakes. Made by Kellogg in London, Ontario.



Kellogg's CORN FLAKES

MAKES A DELICIOUS BREAKFAST

Kellogg's for crispness