

Woman's Realm Social and Personal Fashions Literature

Living & Leisure THE WOMAN'S REALM

MEN OF TOMORROW

They are the men of tomorrow. Those smiling Scouts of today. Who in real boyish pride With a sure swinging stride Are learning to walk Life's way.

They are the men of tomorrow. Being prepared for the test; With the Rules of the Road In the Boy Scout Code Or the small Cubs proud. "My best!"

They are the men of tomorrow. Serving today through the lands; And the Heritage bright For which brave men must fight Shall tomorrow rest in their hands.

They are the men of tomorrow. Men who will see the things done. That the men of today Who were Scouts yesterday Have visioned, and only begun.

They are the men of tomorrow. Each Scout tribute again To that "Chief Scout" so wise Who looked into boys' eyes And began to train them for men.

They are the men of tomorrow Builders of Destiny, they — Men who will be glad Of the chance that they had To be the Boy Scouts of Today.

—Edith Osley.

HINTS ON ETIQUETTE

The well-mannered pedestrian will not dash across the street in the middle of the block, making auto drivers swerve and risk slipping on icy streets. He (or she) will cross at the corner with the light.

EARLY TRAINING

A baby clik, peeping in its shell before hatching, will be quiet at the hen's warning cluck.

AVOID FAULTS OF POLISH USE

Cleaning around the rim of each nail as you polish, not waiting until the stuff dries and is difficult to pry off—is the simple trick that makes a home manicure pass as a professional job.

One of the best known ways to relieve

MONTHLY FEMALE PAIN

With its tired, nervous, cranky feelings! If female functional periodic disturbances cause you to suffer from cramps, headache, backache, feel nervous, irritable, cranky—at such times—try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms.

DUETS by JO FISCHER

THE CAMPAIGN IS ON! MY WIFE WANTS ANOTHER FUR COAT!

DIDN'T YOU BUY HER ONE LAST YEAR?

SURE! WE EVEN TOOK IT TO A VETERINARY BUT THE HAIR CAME OUT ANYWAY!

WHAT ARE YOU GOING TO DO ABOUT IT?

SOME FRIEND SAID HE COULD GET HER ONE WHOLESALE!

WHOLESALE? WELL, THAT OUGHTA SAVE YOU SOME DOUGH!

I SHOULD SAY NOT! I HAVE TO TAKE A DOZEN!

DESIGN NO. 360

These good looking rugs are made from carpet warp crocheted over discarded stockings. East to do. Pattern No. 360 contains complete instructions.

To order: Write or send above picture with your name and address with 20 cents in coin or Postal Note to Needlework Bureau, Charlottetown Guardian, Charlottetown, P.E.I.

Name _____ Street Address _____ City _____ Province _____

360

360

360

360

360

360

360

360

360

360

360

360

360

360

Ellen's Diary

By an Island Farmer's Wife

Jamie balked today. James told me and thereby was able to follow his own inclination. It was this afternoon, when he went with Carolyn down the Winter track to the front meadow, which leads across their bridge to the millbox. "Come dear," Carolyn said when she had taken the mail and turned to retrace her steps to the house where in her own work room she waited to be done. Her endearments were lost on her young son. He was bent on extending their walk. After all when you come to a country road that winds invitingly towards a hill-top, it is only nature to see what lies beyond its summit. It is likely the Mutt-dog paused a minute to catch his small master's mood, sensing perhaps an adventure ahead. Jamie refused to turn homeward and argued "we've got to go over to see Jessie" and so as Carolyn asked me by phone "What else could I do?" I think if I had the merest excuse to wander, myself like Jamie should have liked to follow a winding gypsy trail in today's loveliness.

The day was so pleasant. It invited "all things that love the sun" to be outdoors. From that time in the stillness of early morning when I came hurriedly to the window at James' request to "see what that dog is barking at" until the last of its daylight hours, part at the time was beneath the maple in the barnyard, barking short impatient yelps at the heavy of impudent sparrows that were perched jauntily here and there among the bare branches and all the while Jamie's face came and got them. Beyond the tree and to the right of the barn the signal flame of an evening sun, a sun rise, brought a bright light to the silvery grey that had been the dawn. Jack was at the feeding trough. I saw the flock come and follow him, when he carried hay to their fold in the shed. They waited not in an interesting single file as Carolyn and I had seen them on a recent evening-tour of the lawn in the moonlight but "ostling" each other in a noisy, chaotic, and noisy treat. Quicker animals shee, are, strange, and wanton creatures who like unto humans, knowing better will so often "stray".

When I mentioned James' and my early rising with a measure of pride to Mac, he said: "Sunrise Woman, that's no time for farmers to be getting up. Now, I did my feeding and mowing, and the stars and moon were in the sky." He dined with us today and he and I had a companionable silence, when I had taken on a festive air. Not that my meal alone with James is ever monotonous, but at times there is only a companionable silence, when minds are pre-occupied with varied cares. When Mac is with us conversation sparkles. Our talk turned from the topics of the day to one with the younger generation: the latest car models and was mainly about the new model. We were at the soup then, made up of stock from the remains of yesterday's roast and various odds and ends that had accumulated on last day or two in the ice-chest. Left-overs: colorful carrots and a turnip; a few peas for slaw, from the last of a tin and later some of the peas by way of thickening and altogether combining to make a fine appetizer especially for the folks, who have been at work in the woods. "I'd like to buy me a nice little car, some day" Mac said looking into the future. "And I'd like to own a jeep!" I remarked, sort of to see the effect of my words. "Ellen" Mac told me "for the love of Heaven, don't ever buy one of those. You'd look like the d— driving a jeep!"

But if it should happen that I would ever learn to drive other than one of our quiet farm cars, that that I'd drive across the fields, it is certain—I heard by (Continued on Page 3)

Better English

D. C. WILLIAMS

1. What is wrong with this sentence? "It was a remarkable phenomenon." 2. What is the correct pronunciation of "Aesop" (Greek fables)? 3. Which one of these words is misspelled? Reminiscence, remittance, remediable. 4. What does the word "equanimity" mean? 5. What is a word beginning with rel that means "unwillingness"?

ANSWERS 1. Say, "It was a remarkable phenomenon." Phenomena is the plural form. 2. Pronounce a-e-sop, as in me, o as in un-stressed, accent first syllable. 3. Reminiscence. 4. Evenness of mind; calm temper. 5. Reluctance.

How Can I !!

By Anne Ashley

Q. How can I remove soot from a light hat? A. Do not attempt to rub soot off the hat, or wet it. Just cover it thoroughly with dry salt, and then brush off with a stiff brush. This will remove any grime which results from other methods.

Q. How can I make maulage? A. Then dip a small brush into muriatic acid and touch it to the spot; dip the cloth at once into another vessel of hot water. Rinse thoroughly and then dip into the solution of one tablespoon ammonia to two quarts water. Then rinse again very thoroughly.

Cleaning Plaster Ceas To clean plaster ceas, rub over them with a mixture of kerosene, turpentine, and ammonia. The dirt will all come off when this polish is removed, first with a brush and then with a soft cloth.

Vinegar Uses Hot vinegar is excellent for removing paint from glass surfaces. A little vinegar will make old ink usable again. Chapped hands will respond beautifully to vinegar application.

Household Scrapbook

By Roberta Lee

Iron Rust in Clothing To remove iron rust from clothing, try lemon juice and salt. If this does not work, fill a vessel with boiling water and hold the spot over it. Then dip a small brush into muriatic acid and touch it to the spot; dip the cloth at once into another vessel of hot water. Rinse thoroughly and then dip into the solution of one tablespoon ammonia to two quarts water. Then rinse again very thoroughly.

Cleaning Plaster Ceas To clean plaster ceas, rub over them with a mixture of kerosene, turpentine, and ammonia. The dirt will all come off when this polish is removed, first with a brush and then with a soft cloth.

Vinegar Uses Hot vinegar is excellent for removing paint from glass surfaces. A little vinegar will make old ink usable again. Chapped hands will respond beautifully to vinegar application.

Iron Rust in Clothing To remove iron rust from clothing, try lemon juice and salt. If this does not work, fill a vessel with boiling water and hold the spot over it. Then dip a small brush into muriatic acid and touch it to the spot; dip the cloth at once into another vessel of hot water. Rinse thoroughly and then dip into the solution of one tablespoon ammonia to two quarts water. Then rinse again very thoroughly.

Cleaning Plaster Ceas To clean plaster ceas, rub over them with a mixture of kerosene, turpentine, and ammonia. The dirt will all come off when this polish is removed, first with a brush and then with a soft cloth.

Vinegar Uses Hot vinegar is excellent for removing paint from glass surfaces. A little vinegar will make old ink usable again. Chapped hands will respond beautifully to vinegar application.

Iron Rust in Clothing To remove iron rust from clothing, try lemon juice and salt. If this does not work, fill a vessel with boiling water and hold the spot over it. Then dip a small brush into muriatic acid and touch it to the spot; dip the cloth at once into another vessel of hot water. Rinse thoroughly and then dip into the solution of one tablespoon ammonia to two quarts water. Then rinse again very thoroughly.

Cleaning Plaster Ceas To clean plaster ceas, rub over them with a mixture of kerosene, turpentine, and ammonia. The dirt will all come off when this polish is removed, first with a brush and then with a soft cloth.

Vinegar Uses Hot vinegar is excellent for removing paint from glass surfaces. A little vinegar will make old ink usable again. Chapped hands will respond beautifully to vinegar application.

Iron Rust in Clothing To remove iron rust from clothing, try lemon juice and salt. If this does not work, fill a vessel with boiling water and hold the spot over it. Then dip a small brush into muriatic acid and touch it to the spot; dip the cloth at once into another vessel of hot water. Rinse thoroughly and then dip into the solution of one tablespoon ammonia to two quarts water. Then rinse again very thoroughly.

Cleaning Plaster Ceas To clean plaster ceas, rub over them with a mixture of kerosene, turpentine, and ammonia. The dirt will all come off when this polish is removed, first with a brush and then with a soft cloth.

Vinegar Uses Hot vinegar is excellent for removing paint from glass surfaces. A little vinegar will make old ink usable again. Chapped hands will respond beautifully to vinegar application.

Iron Rust in Clothing To remove iron rust from clothing, try lemon juice and salt. If this does not work, fill a vessel with boiling water and hold the spot over it. Then dip a small brush into muriatic acid and touch it to the spot; dip the cloth at once into another vessel of hot water. Rinse thoroughly and then dip into the solution of one tablespoon ammonia to two quarts water. Then rinse again very thoroughly.

Cleaning Plaster Ceas To clean plaster ceas, rub over them with a mixture of kerosene, turpentine, and ammonia. The dirt will all come off when this polish is removed, first with a brush and then with a soft cloth.

Vinegar Uses Hot vinegar is excellent for removing paint from glass surfaces. A little vinegar will make old ink usable again. Chapped hands will respond beautifully to vinegar application.

Iron Rust in Clothing To remove iron rust from clothing, try lemon juice and salt. If this does not work, fill a vessel with boiling water and hold the spot over it. Then dip a small brush into muriatic acid and touch it to the spot; dip the cloth at once into another vessel of hot water. Rinse thoroughly and then dip into the solution of one tablespoon ammonia to two quarts water. Then rinse again very thoroughly.

Cleaning Plaster Ceas To clean plaster ceas, rub over them with a mixture of kerosene, turpentine, and ammonia. The dirt will all come off when this polish is removed, first with a brush and then with a soft cloth.

Vinegar Uses Hot vinegar is excellent for removing paint from glass surfaces. A little vinegar will make old ink usable again. Chapped hands will respond beautifully to vinegar application.

Iron Rust in Clothing To remove iron rust from clothing, try lemon juice and salt. If this does not work, fill a vessel with boiling water and hold the spot over it. Then dip a small brush into muriatic acid and touch it to the spot; dip the cloth at once into another vessel of hot water. Rinse thoroughly and then dip into the solution of one tablespoon ammonia to two quarts water. Then rinse again very thoroughly.

Dorothy Dix Says—

By an Island Farmer's Wife

Marrying Money

Young Woman Pays High Price By Marrying Old Man

DEAR MISS DIX: I am going with a nice-looking man who is 30 years older than I am and who wants to marry me. I love a boy of my own age, but he gets only a small salary, while the old man can pay me a big salary. The old man thinks I'm crazy about him because I've got him fooled, but do you think that if I marry him I will be able to keep it up? In business he is smart and keen. It is only with young women that he is an easy mark. Do you advise me to hang on to the old man, or marry the poor boy?

ANSWER: What price love and self-respect and happiness? If you sell yourself to the old man, you throw them into the trade and, it seems to me, a few pretty clothes and perhaps a car are a poor exchange for all you give.

WORRIED. Many poor girls are tempted, as you are, to marry for money. They are tired of standing behind a counter or pounding a typewriter. They long for the clothes and the gewgaws that will set off their beauty. They yearn for swanky night clubs and gay parties, and think that they will be perfectly happy if they can have the things that money buys.

But the irony of the thing is that the luxuries they buy with their bodies and their souls turn to dead sea fruit in their hands. They find that having nothing to do is the most boring thing in the world; that they can get surfeited with clothes until they loathe them, just as they can lose their appetites when they are gorged on food; that people do not look with envy upon the young wife of a rich old man, for they know she is his only by right of purchase, and they have pity and scorn for her.

So that is where you will be if you sell yourself to your rich man. You won't get the happiness you think you will out of money. And you will find it a weary job to keep an old man entertained and amused.

My earnest advice to you is to call the sale off. Wait for your young man and help him make his fortune.

DEAR DOROTHY DIX: My husband has just come back from Belgium. He tells me that he found a woman over there whom he really loves. He hasn't asked for a divorce and he doesn't want me to leave him because he says he can't get over there anyway, and she can't come here for a long time. He also says he is too old to start a new home and family. He admits that after a long time he might feel differently about this woman, but how can he when they are writing back and forth all the time? I am tired of having her letters thrown in my face and hearing about her constantly. What shall I do?

ANSWER: Your husband is evidently a polygamist by temperament. He wants to hold on to you as a good everyday wife who will cook and clean and mend and make a comfortable home for him and to keep the Belgium charmer as a sort of Sunday wife, so to speak. I think you are foolish to stand for any such treatment. Tell him he has to put up or shut up, and that you are not going to stand around humbly waiting for him to throw the handkerchief to you when he gets tired of waiting for the other woman.

What he needs is a good, stiff jar that will shake him out of his conceit that he is one of the lady-killers who can have any woman he wants.

DEAR DOROTHY DIX: I am a girl of 19 and my trouble is that I seem to giggle at all times, no matter whether there is anything to giggle about or not. Very often I am overcome by my giggles and I have to leave the room, which is very embarrassing. Also, it annoys my fiancé. What can I do about it?

ANSWER: Giggling is just a matter of nerves, but it does make anyone seem silly, and I advise you to try to do something about it. Go and talk the matter over with your doctor and he may be able to suggest a remedy.

A GIGGLER. The very new recruit was straggling along, cigarette in mouth, at peace with the world, when his commanding officer approached. He seemed a little bewildered for a moment as to the correct procedure, but, passed by with just the suspicion of a friendly nod.

A little while later he was sent for and the following dialogue ensued: C. O.: "How long have you been in the army?" N. R.: "Two days, sir." C. O.: "Have you been instructed to salute an officer when you see one?" N. R.: "Yes, sir." C. O. (ominously): "Why did you fail to salute me a little while ago?" N. R. (in an aggrieved tone): "But, sir, I was distinctly told not to salute an officer with a cigarette in my mouth!" C. O.: "!!!!!"

HOLD ON "I can't sleep," wailed a voice in this car, as the doctor got out of bed to answer the telephone at three in the morning. "Hold the wire," said the doctor, crustily, "and I'll sing you a lullaby."

CHOCOLATE CAKE This cake is one to serve as a dessert, to be eaten, probably, with a fork. Why? Because it is almost too tender! It is light to the point of frailty, too apt to crumble for it to be counted upon as cake to be passed for eating from the fingers. The crust is thin, smooth and not at all glossy. The flavor is fine. 1 1/2 cups once-sifted pastry flour or 1 1/3 cups once-sifted hard-wheat flour 2 teaspoons baking powder 4 teaspoons baking soda 1/2 cup sour milk 7 tablespoons shortening or mixture of butter and shortening 1 cup brown sugar, lightly packed 2 eggs, well beaten 1/3 cup nearly boiling water 1/3 cup cocoa 1/2 cup sour milk 4 teaspoons vanilla Measure and sift together three times the flour, baking powder, baking soda, and salt. Cream the shortening (or mixture of butter and shortening) and blend in the brown sugar; add the beaten eggs, a little at a time, beat-

COOK'S CORNER

COOK'S CORNER

COOK'S CORNER

COOK'S CORNER

COOK'S CORNER

COOK'S CORNER

COOK'S CORNER

COOK'S CORNER

COOK'S CORNER

COOK'S CORNER

COOK'S CORNER

COOK'S CORNER

COOK'S CORNER

COOK'S CORNER

COOK'S CORNER

COOK'S CORNER

Hot cereal without cooking. Serve a hot cereal without cooking. Nabisco Shredded Wheat. Sounds like magic, doesn't it? Well, here's the way to the quickest, easiest HOT breakfast ever. Place Nabisco Shredded Wheat in a strainer—pour boiling water on the biscuits. Drain, salt to taste, and serve with cream and sugar. Delicious? Yes! Nabisco Shredded Wheat is nourishing whole wheat—steamed, shredded, baked, rich in hearty goodness and brimful of flavor. For the original Niagara Falls product ask for Nabisco Shredded Wheat.

Modern Etiquette

By Roberta Lee

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Q. What are the customary hours for the "day at home"? A. From four to six in the afternoon. Q. What should a bridegroom's best man wear? A. Exactly the same kind of costume that the bride wears, excepting the boutonniere. Q. When should a bridegroom's procession into the dining room when a dinner is given in honor of a man and his wife? A. The host or hostess with the wife or the husband of the honored couple; the other two next.

Food for The Family

Every homemaker knows that when meals are planned and supplies ready, the actual preparation seems easy. She is always pleased when she gets an idea which helps her with her menus. The home economist of the Consumer Section, Dominion Department of Agriculture, has just issued a new bulletin called "Foods For The Family." There are reprinting one page. There are twelve more pages of helpful ideas for buying, saving food and planning meals. You may obtain your free copy by writing to the Dominion Department of Agriculture, Ottawa.

1. Keep shop for lists and shop regularly. This saves time and money. 2. Keep nutritional values in mind in making your food purchases. Price by no means indicates food value. 3. Keep up with the current food situation. Listen to the radio and watch the newspaper for food information and market reports. 4. Buy foods which are most plentiful. 5. Buy fruits and vegetables in season when most reasonably priced. 6. Check over all foods on hand before buying additional supplies. 7. Make sure you are getting good value and need what you buy. 8. Buy by weight or quantity, never ask for "so many cents worth." 9. Buy staples in quantities for several cents. This does not mean hoarding.

10. Remember that cheaper cuts of meat are as nutritious as steaks and chops. Be sure you get bones and trimmings you pay for. Beef and pork liver are as good for you as calves' liver. 1