

Woman's Realm ~ Social and Personal ~ Fashions ~ Literature

THE COOK'S CORNER

VEGETABLE PIE WITH POTATO CRUST

2 tablespoons bacon fat
1 small onion
1 cup cooked carrots
1 cup cooked chopped potatoes
1 cup cooked peas
1 cup cooked string beans
Salt and pepper
Celery salt

Melt fat. Add onion. Cook until clear. Add vegetables and 1 cup meat stock or milk and seasonings. Cover with potato crust. Bake 30 minutes at 350 deg. F.

POTATO CRUST FOR MEAT OR VEGETABLE PIE

1 cup hot mashed potatoes
1-2 teaspoon salt
1 egg
1-2 cup flour
1 teaspoon baking powder

Combine ingredients in order given. Roll mixture to about one-eighth thickness on a floured board.

POTATO PANCAKES

1 cup grated raw potatoes
1 tablespoon flour
1-2 teaspoon salt
Mix well. Drop mixture by spoonfuls on a hot greased griddle. Turn when brown on one side.

POTATO SCONES

1 cup flour
1 cup mashed potatoes
2 tablespoons fat
1-2 cup milk
1-2 teaspoon baking powder

Sift dry ingredients. Add potatoes. Work fat in lightly. Add milk gradually to make a soft dough. Turn on a floured board. Pat out to 1-2 inch thickness. Cut with a biscuit cutter. Bake in a hot oven 15 minutes at 400 deg. F.

POTATO PUFF—CHEESE MERINGUE

3 egg yolks
3-4 teaspoon salt
3-8 teaspoon pepper
3-8 teaspoon water
4-1-2 cups hot mashed potatoes

SILVER SEAL

PURE FLAVORING EXTRACTS
Vanilla & Lemon
Almond & Ginger
Orange
Peppermint
Wintergreen
Nutmeg

ANOTHER OF THE 100 SILVER SEAL PURE FOOD PRODUCTS

A Morning Smile

Once, in the course of a cross-examination, Rufus Choate, the celebrated attorney, asked a witness, "What would be your notion of absent-mindedness?"

"Well," replied the witness, "I should say that a man who thought he'd left his watch to him, and took it out'n 'is pocket to see if he was in a hot water and get it, was a little absent-minded."

He was a particularly raw recruit, and the drill sergeant was getting very fed up. At last he lost his patience.

"Didn't you hear 'About turn'?" he bellowed.

"No," answered the recruit, "wot about 'im'?"

3-8 cup milk
3 tablespoons butter
1-2 tablespoons corn syrup
3-4 cup grated cheese
3 egg whites

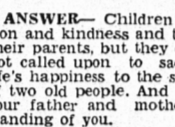
Melt butter and add to potatoes. Beat egg yolks until very light. Add milk seasonings and potatoes. Beat until very fluffy. Turn into a greased baking dish. Beat egg whites until stiff. Add corn syrup and 1-2 cup cheese. Pipe on potatoes. Sprinkle with remaining cheese. Bake 15 minutes in a moderate oven or at 300 deg. F.

Dorothy Dix Says—

DON'T THROW AWAY LOVE TO APPEASE SELFISH PARENTS

Girls Have Right To Marry, Be Happy And Live Their Own Lives, And This Can Be Done By Using Tact

Dear Dorothy Dix—Just how much of their lives do children owe to their parents? While I was still in my teens I gave up a man I was in love with because my parents objected to his religion. Eight years later I met the second Mr. Right, but as my father had lost his position just at that time and the family was dependent on me, I decided to wait to marry until he again had a job, but that day has never come. And now I find myself in my late thirties still waiting. Fortunately my fiancé has waited along with me, but he is growing impatient and wants to establish a home, and I feel it is now or never, as far as I am concerned, about marrying. But whenever I broach the subject at home my father and mother are violently opposed to it. I am so much better off working in an office. Furthermore, they do not like the man of my choice this time, either. It is not my purpose to shirk my obligations at home, for I know I shall have to cope with them as long as my parents live, but my fiancé has offered to take over their support and with their co-operation I could work out my own life. I am not sure, however, that I can do so, and do not want to hurt them, but I cannot help but feel that they are both very selfish. Therefore, do you think I should go against their wishes and marry this man, or do you think it is my duty to make the supreme sacrifice?



Don't Throw Away Love

ANSWER—Children owe protection and kindness and tenderness to their parents, but they certainly are not called upon to sacrifice their life's happiness to the selfish whims of two old people. And that is what your father and mother are demanding of you.

If your marriage meant that it would take the bread out of their mouths and they would be left to starve, it might be your duty to stay by them and feed them. But such is not the case. Your husband-to-be offers to provide for them and they will suffer no hardships. So they are not really asking you to give away the gifts the gods have sent you.

It is very hard for a conscientious father and mother to do anything for their old parents, because they are so fond of them, and so much under their influence. They are an enemy to do anything for their duty to them that they have lost sight of the fact that they have any right to lives of their own.

Being the Family Goat

That seems to be your case. You have been the family goat so long that you have lost the ability to make a break for liberty. You feel that you must always be leashed to mother's apron strings and spend your life serving her.

It is the custom to always think of parents, and especially of mothers, as incarnate selfishness, whose only thought for their children's happiness. Sometimes that is true. Just as often parents are monsters of selfishness who regard their children as a burden and a hindrance brought into the world to toil for them.

Parents Often Unreasonable

It is a common thing for a strong, husky, able-bodied man to throw up his job the day his oldest child gets his first job, and especially if he has another lick of work as long as he lives.

We all know mothers who keep their children from marrying because they are jealous of their affection for any one else; who prevent a talented son or daughter from going where fortune may be waiting because they don't want to be parted from them, and who break up every match their daughters have a chance of making because they want the money their girls earn.

Your parents evidently think only of themselves and give no consideration to your well-being. They are not willing to sacrifice their comfort in having you with them for the sake of your happiness and security, and you should meet this situation with hard, practical common sense instead of mushy sentimentality.

Take your happiness. Marry your man. You owe that to yourself, and especially you owe it to the man who has waited so long and patiently for you.

PROBLEM OF AN UGLY DUCKLING

Dear Miss Dix—Most of the letters to you are about love. Mine is about hate. There are only two girls in our family, my sister and me. She is the pet. I am the goat. She is 18 and very popular. I am almost 18, and have never had a date. My parents call her the "beautiful swan" and me the "ugly duckling." They hate me because I am so homely. I do all the housework. My sister sits in front of the dressing table most of the time fixing herself up. Should I leave home? I will be of age in a few months. I had pneumonia, so I am not very strong. I want some happiness and I am getting desperate. What shall I do?

LONESOME.

ANSWER—Well, if you want any happiness, Lonesome, you must put all hatred and envy out of your heart, for they are a poison that will keep you soul-sick so that no matter where you are or what you do, you will be miserable.

I do not think that there is any crueller situation in which a girl can be placed than to be a homely older sister who is brought in constant contrast with a pretty one. It emphasizes her every defect.

Strangers pass her by while they notice the beauty, and without realizing, perhaps, how cruel they are to the family always spoils and pets the little queen and gives her the best of everything while they relegate the homely sister to the kitchen.

The only solution to your problem is to get your family to send you to some school in which you can learn a good trade by which you can be self-supporting. Perhaps your parents are very ambitious, you can make yourself so efficient that you will be more admired for what you are and what you can do than your sister will for her pretty face.

BOYS SHOULD NEVER RUSH MARRIAGE

Dear Dorothy Dix—I am a young man 21 years old. I haven't thought much about getting married until I am at least a few years older, but a lot of my old school gang are doing so. I have often wondered if they are taking on the responsibility of marriage too young, or if I am just wasting time waiting for more age and experience. What do you think?

A. F. W.

ANSWER—Don't marry just because all the other boys are doing it. A man who waits until he has come to himself and knows what he is doing in a wife, and especially until he has gotten into some settled work that enables him to support a family, has a far better chance of having a happy and successful marriage than does the silly boy who rushes into marriage prematurely.

DOROTHY DIX.

FREE PICTURES!

OF BRITAIN'S FIGHTING PLANES

(BEAUTIFULLY COLOURED AND MOUNTED)

SPITFIRE, HURRICANE, DEFIANT, SUNDERLAND FLYING BOAT, WELLINGTON BOMBER AND BLENHEIM BOMBER

Don't miss this opportunity!

Just take a label from a tin of CROWN SYRUP—write on the back your name and address and the title of the picture you want... (Complete label for each picture). Mail the label to Dept. D, The Canada Starch Company Ltd., Box 129, Montreal. Your choice of pictures will be mailed to you immediately.

CARE OF BABY'S FEET IMPORTANT

Most babies are born with perfect feet and it is the parents' responsibility to see that they are kept shapely and supple. The baby's foot at first appears to be perfectly flat because nature has supported the arches with pads of flesh. When the baby begins to creep and walk the muscles and bones are developed and the fleshy pads absorbed.

During this critical period of growing months the feet should not be subjected to strain or the bones may be bent and the feet deformed. You may feel that you could easily help your child to walk by holding him under the arms, but you must not do back and not encourage the baby to take first steps until he is ready.

Fit Important

Children's shoes must always be wisely selected and carefully fitted. Shoes should be long enough and wide enough, so that the toes are not crowded but have plenty of freedom of motion. Shoes should be firm, flat and moderately flexible, and should be so shaped that the baby's foot takes its natural position. Stockings should be large enough but not so large that there are uncomfortable bumps and ridges. Short stockings keep the toes bent and cause them to overlap. Stockings for baby may be of cotton or wool or wool of wool for cold weather. If all wool stockings are used care must be taken that they do not shrink in the washing and become too short for baby's feet. In buying stockings it is advisable to have them three quarters of an inch longer than his feet to allow for shrinking. All stockings should be long enough to come up well over the knees and fasten to the diaper without any pulling. If stockings are kept bent, so that the baby's knees are kept bent, so that he cannot straighten out his legs. He must have plenty of freedom to kick and develop all of his muscles.

IT HAS TO BE ACADIA REMEMBER!

Barbour's ACADIA BAKING POWDER

25¢ A KING POWDER

Young housewives demand the success-assurance of Double Action

Your Individual HOROSCOPE

By Frances Drake

For Thursday, May 15th

MARCH 21 to APRIL 20 (Aries)
Stars didn't deal you a "full house" so be easy, play close though honestly and pleasantly. Favorable for usual routine, laborious work and striving after improvement generally.

APRIL 21 to MAY 20 (Taurus)
Splendid indications for you folks. Try new undertakings, dare to be different; expand, but within reason, of course. Tackle new clients and old ones for bigger orders. Make headway personally and for your organization.

MAY 21 to JUNE 21 (Gemini)
On the favored list: Money matters, investments, real estate, property affairs, mining, farming, produce, literary efforts, newspaper and magazine interests, professional work, inventions, advertising. Go all out today for bigger success.

JUNE 22 to JULY 21 (Cancer)
You certainly should start with faith and enthusiasm this friendly day. Wax no time or energy on personal peevish, quickly tackle important items awaiting your attention. Double your efforts and don't be satisfied with mediocre success. Romance tops.

JULY 22 to AUGUST 21 (Leo)
Hold in check the emotions so that you won't be guided wrong. Substantial matters, difficult work, intellectual problems, government interests, selling favored. It's up to you how you handle these affairs today.

AUGUST 22 to SEPTEMBER 21 (Virgo)
Be doubly careful to avoid needless worry and contention with others. All Virgoans: Achievement possible if you rightly apply yourself.

SEPTEMBER 22 to OCTOBER 21 (Libra)
Upgrade, with little chance for alibis. You fine Libra folk will find today amenable to your special talents and noted common sense. Activities required aggressiveness, initiative, daring and foresightedness particularly favored.

OCTOBER 22 to NOVEMBER 21 (Scorpio)
Vibrations should spur you to new goals. Today favors business

Living & Leisure

—The Woman's Realm

TOO TIRED TO FRAY

She thought, when night had finally ended day, "Dear Lord, tonight I am too tired to pray." And wearily she closed her eyes in sleep, slipping far into the shadowed deep.

Up in Heaven the dear Lord heard and smiles. "Today she soothed a little, crying child. She stopped her work to take old Ella Kloop A fragrant, warming bowl of her good soup. Her house was orderly, her garden tended, Her children fed, their clothes all clean and mended. Her husband, home from work, found happiness and peace in her. And quiet peace in her deep gentleness."

The dear Lord smiled again. "Too tired to pray? Her hands have offered prayers of love all day!"

COLOR MOODS

Tests made by scientists prove that color effect are as follows: Red and orange stimulate; deep yellow cheers; green has a slowing effect, and white induces irritation.

NO BIBLICAL MENTION

The peach is an ancient fruit and it seems singular that no mention is made of it in the Bible, for it is known to have been introduced into Italy as early as the time of Claudius, 50 A.D.

NEW USE FOR ICE

Cakes of ice have been used in several ways in the handling of heavy objects. Huge storage tanks, building and monumental stones have been slid into position on beds of ice—in blocks or shavings—where it was not possible to use standard rigging or grease. Where straining need not be considered, dozens of cakes of yellow laundry soap have been used for the same purpose.

Chairs are not used for dining purposes by 30 per cent. of the world's population. These peoples eat sitting on the floor.

MONCTON, N.B. May 12 (CP)—Harry Harvey was sentenced today to two years in the Maritime penitentiary after he pleaded guilty to a charge of obtaining money by false pretences. On another charge, that of wearing a uniform of the Royal Canadian Mounted Police while not a member of the force, he was fined \$25 with an alternative of one month in jail.

Harvey was arrested in Montreal recently on a warrant charging he had received \$70 from a bank here by means of worthless cheques.

PULP FROM HARDWOODS

HOBERT (CP)—Eventually to produce 100,000 tons of newsprint a year from Tasmanian hardwood, the Australian newsprint mill, which opened in February, are working three shifts daily.

USED BY MORE PEOPLE THROUGHOUT THE WORLD THAN ANY OTHER BRAND

Carnation MILK

Red is enlivening in play foot wear.

Black dresses adopt lipgerie ruffles.

The stole jacket or stole cape is a bright spring idea.

Multicolor floral silk chiffons are shown for summer.

Checks in brown and white are featured in summer frocks.

Alencon and filmy cranilly lace are being much used on summer frocks.

Spectator sport dresses are seen in chasty pastel rougn-texture materials.

Shantung, silk jersey and spun linens rival sheer and heavy cottons in summer styles.

Use up those old handbags and leather gloves by making them into patchwork leather cushions.

In evening coats a vivid plaid taffeta made an exciting complement to a slim black evening frock, the wrap hip-length, boxy, with ample bell sleeves.

Female Weakness

AND NEED TO FORTIFY RED BLOOD!

Lydia E. Pinkham's TABLETS (with added iron) have helped thousands of girls to relieve functional monthly pain and weakness. Pinkham's Tablets ALSO help build up red blood and thus aid in promoting MORE STRENGTH. Worth trying!

Needlecraft—

—For The Home

Here's a charming little jumper frock that is fresh and bright for your little girl. A crisp flower printed cotton with a sheer white blouse is pretty enough to wear to parties and for Sunday best. Its pointed bodice and gathered skirt are becoming to young fashionables from four to twelve. Be sure to make several blouses and she will always have a fresh one on hand. For everyday wear, choose a bright sturdy cotton such as plique or broadcloth for the jumper and your little girl will be well dressed at all times.

Style No. 2876 is designed for sizes 4, 6, 8, 10 and 12 years. Size 8, 1-2 yards of 35-inch fabric with 2-1/2 yards of ruffling for jumper; 1-1/4 yards of fabric for blouse.

Send Twenty (20c) coin is preferred, for Pattern. Write plainly your Name, Address and the style number. Be sure to state the size you wish.

Style No. 2876 Size

Name

Street Address

City

Province

THERE'S A THRILL TO BAKING

When Compliments Follow

SWANS DOWN Cake Flour is made especially to help you bake lighter, fluffier cakes—the kind that always bring forth well deserved compliments.

Swans Down Cakes have that fine even grain and marvelously delicate texture which mark perfection in baking. Try Swans Down today and see the difference.

TRY THE 9 TESTED RECIPES ON EVERY PACKAGE.

MADE ONLY FROM SELECTED SOFT CANADIAN WINTER WHEAT.

GROUND BY THE SWANS DOWN "CONTROLLED MILLING" PROCESS.

SIFTED AGAIN AND AGAIN THROUGH SILK TILL IT IS 27 TIMES AS FINE AS ORDINARY FLOUR.

THE INSURANCE POLICY FOR BETTER CAKES

VARIOUS FRUITS ARE A BRIGHT SPRING NOTE

734

DESIGN NO. X 734

Berries, pears, oranges, strawberries and plums make colorful towels to brighten your kitchen. Hot iron transfer pattern No. X 734 contains 10 motifs measuring about 4 by 5 inches and complete instructions.

To order pattern: Write or send about picture with 15 cents in coin or stamps to Needlework Bureau, Charlottetown Guardian, To Charlottetown Guardian Needlework Department

Design No. X 734

NAME

STREET ADDRESS

CITY

PROVINCE

Canada's GREAT Energy FOOD

CROWN SYRUP

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Now 3 ROLLS 2250 sheets

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WHITE SWAN EMBOSSED TISSUE

EDDY EDDY EDDY

Protect your family with this gentle sanitary tissue.

THE Gentle TISSUE THAT SAVES YOU MONEY

Every roll contains a full 750 snow-white sheets of highest quality tissue. Compare this with ordinary tissue values and put EDDY'S WHITE SWAN on your shopping list today!

Send 20c in coins for your copy of Best Exercises For Health And Beauty to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

Name

Street Address

City

Province

Ugly Posture Corrected With Simple Exercises

Many Unaware of Their Posture

She doesn't guess how she looks! She'd be so surprised to learn that as long as her head pokes forward and her buttocks stick out, her darling child will be born with a crooked spine. Exercises will make her look smart. So often you don't know what your posture is really like. Or you think you correct yours by holding your shoulders back—when you remember to!

Actually, posture starts at your middle section. Slack muscles there soon have you slumping. But exercise those muscles and what a difference! They hold you youthfully, beautifully erect without a bit of conscious effort from you.

Try this exercise to firm "middle" muscles: 1—Sitting, place hand behind hips. 2—Stretch body upward as far as you can without taking weight from seat. Back straight, chest out, abdomen in, head back. 3—Slump forward with rounded back. Repeat 5 to 7 times.

Right exercises correct other figure faults, too. In our 32-page booklet are exercises to slim waistline, hips and legs; to beautify arms, shoulders and bust; to correct posture, painful feet.

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READ WHAT BABY NURSES SAY:

"At the first sign of diaper rash or similar chafing due to external cause—apply soothing, relieving Cuticura Ointment. Buy today for your baby—at all drugstores!"

CUTICURA SOAP & OINTMENT

2876

SIZES 4-12