

# Women's Realm, Social and Personal, Fashions, Literature

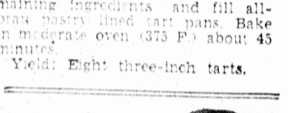
**IMPROVE SOUP STEW or GRAVY with**  
**BOVril**  
 BOUILLON CUBES

## THE COOK'S CORNER

**APPLE BUTTER STACKS**  
 1 recipe bran pastry, 1 cup apple butter, 1 4-ounce package cream cheese, 1 teaspoon lemon juice.  
 Roll bran pastry on floured board to 1/8 inch thickness. Cut with large cutter into circles or squares. Prick and bake in hot oven (450 F.) about 10 minutes or until light brown. Cool. Put circles together with apple butter between, using a stack of three for each serving. Spread cream cheese between with most sauce on top of stack. Serve at once.  
 Yield: 4 servings, 4 1/2 inches in diameter.

**BRAN PASTRY**  
 1-4 cup bran, 1-2 cups flour, 1-2 teaspoon salt, 1/2 cup shortening, 4 tablespoons cold water, more or less.  
 Roll all-bran until fine; combine with flour and salt. Cut in pieces. Add water a little at a time, mixing with fingers, until moist enough to hold together.

**CHEESE TARTS**  
 Two cups more or less sugar, one tablespoon melted butter, 1-4 cup milk, 1-2 teaspoon vanilla extract, 1-2 teaspoon cinnamon, 1-2 teaspoon cloves, 3-4 cup chopped washed raisins, 1-2 cup currants, one recipe bran pastry.  
 Beat eggs well and add sugar and butter; mix thoroughly. Add remaining ingredients and fill all-bran pastry-lined tart pans. Bake in moderate oven (375 F.) about 45 minutes.  
 Yield: Eight three-inch tarts.



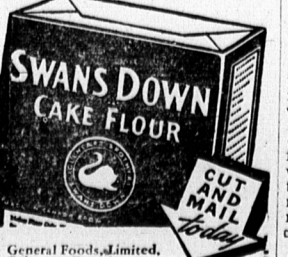
**CAKES TO BOAST ABOUT**  
 SO DELICATE AND LIGHT AND EASY TO MAKE WITH SWANS DOWN

**SPECIAL FLOUR FOR SUCCESSFUL CAKE BAKING**

Swans Down does make cake-baking easier and more certain. Made only from selected Canadian winter wheat, Swans Down is a special flour for cake-baking. Ground and re-ground, sifted and re-sifted through silk, it has just the proper quality and texture. That's why Swans Down assists so many women to make those fine, grainy, tender cakes of which they may well be proud.

**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, 17 interesting illustrations. Explains the how and why of tender, crisp, golden brown cake as only Kate can do it. Use coupon below.



**SWANS DOWN CAKE FLOUR**  
 CUT AND MAIL TODAY

## Living & Leisure — The Woman's Realm

**IN THE SHADOWS**  
 I am sailing to the leeward, Where the current runs to seaward Soft and slow; Brush my paddle as it passes To and fro.  
 Where the very silence slumbers, Water lilies grow in numbers Pure and pale; All the morning they have rested, Amber crowned, and pearly crested Fair and frail.  
 —By Pauline Johnson.

**ODD CUSTOM**  
 The Chinese, when taking an oath in a court of law, blow out a candle and say: "As this light is blown out, so may my soul be if I fail to speak the truth."

Everyone has a natural fragrance, almost imperceptible to others, and quite unnoticeable to herself. But it is this natural scent, coupled with perfume, which gives you your personal fragrance. Since it is perfume which releases this personal aura, you should use the most intuitive and critical part of your brain in choosing it. Select it with introspection and the same disregard for price that you would show if you were buying personality over a counter. Feel a little psychic about your perfume, regard it as an intimate, personal quality, rather than a commodity which merely reacts on the nose.

The dolla will be a less controversial subject this season than in previous seasons, and you will have less to say about it. Designers have handed it in a much more flattering and wearable way, and it is the most interesting thing in sleeves. It is a higher dolla.

### A Morning Smile

Most of the guests had arrived and the hostess was waiting in the hall for a certain Mr. String. Presently the late arrival appeared, but as soon as she saw him her face fell.  
 "Oh, Mr. String, I heard you were an excellent musician!" she said.  
 "I'm so disappointed—I was hoping to see you arrive with an instrument under your arm. What instrument do you play?"  
 "The piano," returned her guest.

### YOUR INDIVIDUAL HOROSCOPE

Look in the section your birthday comes in, and find what your outlook is, according to the stars.

For Thursday, September 5th

**MARCH 21 to APRIL 20 (Aries)**—By all means start with the right intentions and in the right direction this splendid period! A M. M. has careful planning to further the excellent results indicated.

**APRIL 21 to MAY 20 (Taurus)**—Keep clear of confusion that you can realize to the fullest and possible. Private affairs vie with financial and industrial matters in the general planetary setup.

**MAY 21 to JUNE 21 (Gemini)**—Mechanical and industrial lines, road and shipbuilding, construction work, trading, buying, selling, advertising, seeking new business, expansion to meet demands favored alike with personal advancement. Deal with superiors.

**JUNE 22 to JULY 23 (Cancer)**—All interests and activities listed as favored for Gemini are also in your lucky program today. Don't permit trifles and purposeless efforts to retard your progress or spoil your splendid showing.

**JULY 24 to AUGUST 22 (Leo)**—A day for new adventure, acceleration in business and plans, conducting research, soldering, recruiting and aerobics. Have a clearly defined plan to follow. Educators, politicians, judges should make a new and better record. Educators, politicians, judges should make a new and better record.

**AUGUST 23 to SEPTEMBER 23 (Virgo)**—Your liveliest and most opportune day so far this enervating month. Make every minute count to your credit but this does not mean overwork or mental strain. Dentistry, surgery, municipal philanthropy among the favored.

**SEPTEMBER 24 to OCTOBER 23 (Libra)**—Lawyers, judges, bankers, educators, professional and home shoppers. All mechanical devices are particularly favored. All Librans are under beneficent rays.

**OCTOBER 24 to NOVEMBER 22 (Scorpio)**—Another full and friendly period for Scorpio folk. You should be able to realize some fond hopes and advance in private and business interests. Build for future security.

**NOVEMBER 23 to DECEMBER 22 (Sagittarius)**—Social and business contacts to further your personal interests and enlarge your field of activity. Be willing to cooperate with and assist those who are working toward business expansion and the public's welfare.

**DECEMBER 23 to JANUARY 21 (Capricorn)**—New trends, new fresh opportunities for your advancement. Be alert and quick to take advantage of them. The outmoded must make way for the more efficient modern ideas and methods.

**JANUARY 22 to FEBRUARY 20 (Aquarius)**—Employment matters, general business activities, study, work on inventions and machinery equally favored with professional and artistic endeavors. Keep busy and keep happy!

**FEBRUARY 21 to MARCH 20 (Pisces)**—You'll find it a best day for the right kind of efforts

line, a more tailored dolman that makes a point of greater length of line through the waistline. At the same time it is comfortable and does not hamper movement. Even when there is a more pronounced drape under the arm, it does not detract from a fitted waistline. Frequently, too, the dolman line appears in sleeves that are cut in one with a yoke, which has a decorative quality, and sometimes in sleeves that suggest a "top-shoulder" line. Coats also reflect the dolman influence.

### Today's Short Wave Radio Program

(All Time at Eastern Standard)

**THURSDAY, SEPTEMBER 5**

**BERLIN**  
 6:15 p.m.—German Folk Concert. DJL, 15.11 meg., 19.8 m.  
 7:00 p.m.—Broadcast in English. RV96, 15.24 meg., 19.9 m.; RNE, 12 meg., 25 m.

**BUDAPEST**  
 7:30 p.m.—Hungarian Rhapsody, by Pappay; Communications by the World Association of Hungarians. HAT4, 9.12 meg., 32.8 m.

**LONDON**  
 8:00 p.m.—"British Speaks" A London Commentary on the News. GSD, 11.75 meg., 25.5 m.; GSC, 9.58 meg., 31.3 m.

**LONDON**  
 8:15 p.m.—Serial Play: "Rupert of Heitzau" GSD, 11.75 meg., 25.5 m.; GSC, 9.58 meg., 31.3 m.

**VATICAN CITY**  
 8:30 p.m.—News Broadcast and Comment. 9.5 meg., 31.06 m.

**TOKYO**  
 8:30 p.m.—"Maras Life in Modern Japan," a talk in English. JLS2, 17.84 meg., 16.8 m.

**ROME**  
 8:40 p.m.—Grand Opera: Light

### FEMALE PAIN

Women who suffer painful, irregular periods with nervous, mood-spells due to functional cause should find Lydia E. Pinkham's Compound very effective to relieve such distress. Pinkham's Compound is made especially to help such weak, tired women during difficult days. Thousands of women have reported remarkable benefits. Made in Canada. WORTH TRYING! Any drug-store.

### Summer Complaint

Few people, especially children, escape an attack of summer complaint during the hot weather. Summer complaint begins with a profuse discharge of very often accompanied by vomiting and purging. The matter excreted from the stomach has a bilious appearance, and that from the bowels watery, whitish, ill-smelling, or even odorless. When the children show any sign of discomfort a few doses of Dr. Fowler's Extract of Wild Strawberry so as to bring quick relief. This medicine has been on the market for the past 40 years. Refuse substitutes. They may be dangerous. Get "Dr. Fowler's" and feel safe. The T. Millburn Co., Ltd., Toronto, Ont.

### RIVALS OF THE TRAIL

By Samuel White

Indeed, for ones bent on a mission in which they wished to escape notice, there could have been no better choice than what with the camaraderie and shuffling of the crowds in the streets. For men were here one moment, there the next, vanishing for periods and then reappearing unexpectedly without challenge or comment. And none in the general riot of the carnival asked where his neighbor had hidden or whether he was acting.

This was under notorious circumstances that Claude and Valmorin would then have been in the merry maze, skirting the ground flares of the crackling bonfires and showing a preference for the incense that drifted through the red flares round, arriving at last by a circuitous route before the mercantile house of Forsyth, Richardson & Co., otherwise known as the XY company.

Chavignaud, Claude knew, would keep the stock either in his Montreal office or on his person. He had correctly guessed Andrew's purpose in visiting the office tonight. Probably, with his suspicions aroused, he would have traced the red shares on his person now. But first, the office must be searched. And he and Andrew were prepared for that bold stroke now.

### CHAPTER IV

When, in 1795, the Montreal

(Continued on page 5)

**Reliable!**  
 As a Steadfast Companion  
**KING COLE Tea**

**Music.** 2R03, 9.63 meg., 31.1 m.; 2R04, 11.81 meg., 25.4 m.; 2R06, 15.30 meg., 19.6 m.

**LONDON**  
 9:30 p.m.—News-reef for North American listeners. GSC, 9.58 meg., 31.3 m.

**BERLIN**  
 9:30 p.m.—Seifmads Men. DJL, 15.11 meg., 19.8 m.; DJD, 11.77 meg., 25.4 m.; DXB, 9.61 meg., 31.2 m.

**GUATEMALA**  
 10:00 p.m.—Chamber Music. TGWA, 9.68 meg., 31 m.

**ROME**  
 10:00 p.m.—News in English. 2R03, 9.63 meg., 31.1 m.; 2R04, 11.81 meg., 25.4 m.; 2R06, 15.30 meg., 19.6 m.

**BERLIN**  
 10:30 p.m.—News in English. DJL, 15.11 meg., 19.8 m.; DJD, 11.77 meg., 25.4 m.; DXB, 9.61 meg., 31.2 m.

**GUATEMALA**  
 11:00 p.m.—Concert with "Madras de mi Tierra" Marimba Ensemble of the National Police Force. TGWA, 9.68 meg., 31 m.

**LONDON**  
 11:00 p.m.—The News and Topical Talks. GSC, 9.58 meg., 31.1 m.

**TOKYO**  
 12:40 a.m.—Japanese History Series. JZK, 15.16 meg., 19.7 m.

**MOSCOW**  
 3:00 a.m.—English Period. RV-96, 15.24 meg., 19.7 m.

## Dorothy Dix's Letter Box

### MOTHERS SHOULD WORK ONLY WHEN IT IS A NECESSITY

#### Children Need Their Parents' Care, Which Is More Important Than Just Earning Extra Spending Money.

Dear Miss Dix—In our sociology class we are to have a debate as to whether a married woman should be employed in public work or not. What do you think of this? Do you think that a woman who has children should leave them to the care of a maid? Do you think that a woman who has household cares is capable of holding a public job? How do you account for the fact that divorces are increasing? Is it the lack of training during childhood days, or of men and women failing to understand the difference between the sexes? THE SOCIOLOGY CLASS.

**ANSWER**—I presume that when you speak of married women being employed in public work you mean their engaging in any labor outside of the home. Of course, logically, a woman has the same constitutional right to liberty and the pursuit of a job that a man has, but whether it is best for her own good and the good of the community for her to exercise this privilege is determined.

If a married woman has a husband who is sick and cannot work, or if he cannot get work by which he can support a family, or if she has dependent members of her family, it is certainly a fine and courageous thing for her to go out and earn the money that makes them independent instead of their becoming public charges.

will no more stand the wear and tear of married life than a mountain climber.

But if your love is woven of the homespun of respect for each other's character, of a sincere congeniality, of a willingness to sacrifice for each other and of a determination to make your marriage a success, then it will last to your golden wedding day.

And how long love lasts depends on how you treat it. It is as sweet as a rose and as delicate as a rose, and it will die just as quickly under neglect as a rose will.

But if you protect it from the blight of stormy quarrels; if you see that no worm of jealousy eats at its heart; if you are careful that the home ground about it is well tended; if you nourish it with tenderness and if you water it with a loving kindness that never fails, then your love will be of the perennial blooming species and make your whole life fragrant.

As for whether the husband or the wife should make the fire in the morning, that, too, depends upon how long love lasts and which loves the more. It is the husband's duty, but usually the wife does it.

**DOROTHY DIX.**

**GET THESE GENUINE TUDOR PLATE TEASPOONS at less than 1/2 price!**

**2 FOR ONLY 25¢**  
 AND 2 QUAKER BOX TOPS

Get 2 lovely "Tudor Plate" heavily silver-plated teaspoons. Just send 25¢ and 2 Quaker box tops to Box 100, Peterborough, Ont.

**QUAKER PUFFED WHEAT and PUFFED RICE**

### Win Smart Slenderness With Low-Calorie Meals

Get Rid of Unwanted Pounds

Yes, it's the very same fall dress you're trying on yourself, Mrs. Hefty. But how differently it looks on a size 16 figure.

Only the slim are smart these days, so start now to reduce. On a sensible low-calorie diet you can lose ten pounds in five weeks.

Each one of those excess pounds you now carry around represents about 4,000 calories of heavy food which your system didn't require. Lunches like this were the culprit—1 cup beef hash on toast (450 calories), 1 cup apple tapioca (200).

For a while take fewer calories than you need and you'll soon melt the pounds. Choose such lunches as a beef sandwich (225 calories) and apple snow (125 a cup).

A calory chart can tell you what foods to avoid. In three tablespoons of French dressing there are 200 calories. Two tablespoons of jelly on your bread add 120 and two tablespoons of English walnuts on a dessert add 200.

But, never fear, your well-planned reducing diet has plenty of delicious foods. Our 32-page booklet gives tasty, healthful low-calory menus for 14 days, has recipes for low-calorie desserts. Includes liquid diet to start reducing. Tells how to gain, too.

Send 30¢ 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.

**New Under-arm Cream Deodorant safely Stops Perspiration**

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-resistant vanishing cream.  
 5. Arrid has been awarded the Approval Seal of the American Institute of Laundering for being harmless to fabrics.

**25 MILLION jars of Arrid have been sold. Try a jar today!**

**ARRID**

**PREVENTION.**  
 It's the fleecy softness  
**DUREX**  
 TISSU 3 FOR 25¢

There is SAFETY for women and girls in Purex Tissue... pure-white, fleecy-soft and sterilized.

**PUREX Super-Refined Tissue**

## What a Grand Girl! Energy, Poise and Personality

She has energy, poise and personality and is always so sure of herself. Worry and irritability are farthest from her thoughts for she is filled with the joy of healthful living.

Most any girl can have similar attractiveness if she gives proper attention to her health. Anemic condition, tangled nerves and tired, languid feelings soon give way with the use of Dr. Chase's Nerve Food. And what a pleasure it is to win back the joy of healthful living.

The foundation of all beauty is health. Creams and makeups have their uses but they cannot take the place of vigor and vitality.

**Dr. Chase's Nerve Food FOR NEW PEER AND ENERGY**

## Needlecraft—For The Home

Your first Fall dress should be cut in good simple lines, with emphasis on silhouette. This one serves as a perfect background for your new accessories. Add the bolero for a quick change of scenery. The dress has as many appearances as you have belts, necklaces and girdles. This is a frock to wear for any occasion, as you can dress it up or down at a moment's notice. The pattern also includes a shawl to drape about you according to your fancy.

Style No. 3434 is designed for sizes 14, 16, 36, 38, 40, 42 and 44. Size 36 requires 3 5/8 yards of 39-inch material for three-quarter sleeve dress; 2 yards for long sleeved bolero; 1 yard 3/8-inch with 4 1/8 yards fringe, for shawl.

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

Style No. 3434 Size .....

Name \_\_\_\_\_  
 Street Address \_\_\_\_\_  
 City \_\_\_\_\_ Province \_\_\_\_\_

A lady watching a cricket match is reported to have exclaimed, in a sudden ecstasy, during a long stand by two batsmen: "Oh dear, how clever these wonderful bowlers are!"

"The bowlers!" exclaimed her friend. "Why, they hit the bat nearly every time!" said the enthusiast.

**3434**  
 SIZES 14-44

**QUAKER PUFFED WHEAT and PUFFED RICE**

## Fine or Superfine?

asks Mary Blake

The texture and smoothness of foods prepared with milk can be fine or superfine—depending on butterfat globules.

You see, milk in the ordinary form contains comparatively coarse globules of butterfat. Carnation Milk is homogenized, which means that the butterfat globules are pulverized into tiniest particles. And that means smoother, finer texture in baked goods, cream soups, sauces, puddings, desserts.

Carnation is just whole milk with part of the natural water

**Chocolate Marshmallow Ice Cream**

2 squares chocolate; 16 marshmallows; 4 tablespoons sugar; 1/2 teaspoon salt; 1/2 cup Carnation Milk diluted with 1/2 cup water; 1 cup granulated sugar; 1 tablespoon lemon juice.

Milk diluted with 1/2 cup water, whipped; 1 tablespoon sugar, whipped; 1/2 cup water, heated diluted milk is melted. Add marshmallows until chocolate is melted. Add lemon juice, salt and sugar and heat slowly until marshmallows are melted. Chill the mixture. Whip Carnation, and chocolate mixture to whipped cream. Fold together carefully. Freeze in electric refrigerator tray 3 hours.

**IRRADIATED**  
**Carnation Milk**  
 A CANADIAN PRODUCT