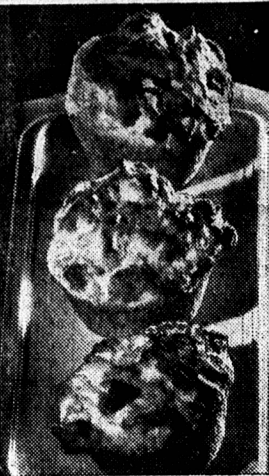


Woman's Realm -:- Social and Personal -:- Fashions -:- Literature

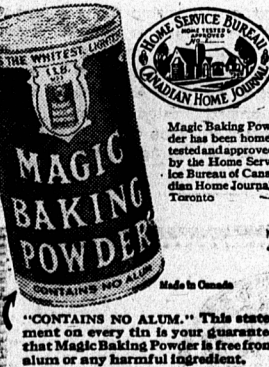
Miss Ann Adam's Recipe for Bran Muffins
3/4 cup bran, 1/4 cup sugar, 1 1/2 cups flour, 1/2 cup milk, 1/2 teaspoon salt, 1 egg, 3 teaspoons Magic Baking Powder, 1/2 cup melted shortening



Miss Ann Adam bakes her famous Muffins with Magic Baking Powder

"When selecting ingredients for my recipes," says Miss Ann Adam, cookery authority of the Canadian Home Journal, "I consider three points - economy, health value, and successful performance."

FREE COOK BOOK - When you bake at home, the new Magic Cook Book will give you dozens of recipes for delicious baked foods.



For The Cook JELLIED CLAM SOUP

With the approach of spring the thoughtful housewife prepares her menus accordingly, and naturally one of the lists contain food soup.

NERVILINE STOPS THE PAIN EVERY DROP RUBS IN

Dorothy Dix Letter Box

Shall Tired Flapper Marry Man She Loves or Man Who Loves Her? - Straight Talk to Married Man Who Has Fallen in Love With His Protege - Fanatical Parents

Dear Miss Dix - I am 22 years old, a flapper, but am tired of flapping and am going to enter matrimony. I am engaged to two boys. Taken from the standpoint socially, physically and financially, they rate about the same.



Answer: Of course, the ideal match is where the husband and wife love equally, but this seldom happens, and when it becomes a question of a woman marrying the man she loves or the man who loves her, I think she does wisely when she takes the man she loves.

There are many reasons why it is better for a woman to marry the man with whom she is passionately in love than it is for her to marry the man who is deeply in love with her.

A man who marries a woman who does not really fire his fancy has a better chance of becoming content with her and being reasonably happy than does the woman who marries a makeshift husband, because the man has the interest of his business or career to occupy his thoughts, and in the realization of his ambitions he can find solace for much that he missed in the domestic relationship.

The woman who marries a man she does not care for is bored to tears. She does not enjoy his companionship. She gets no kick out of trying to please him. His caresses are repulsive to her. Life is just one dull round of doing her duty.

But the woman who marries a man with whom she is desperately in love is eternally on her tiptoes. She is always breaking her neck to try to keep her husband fascinated and amused. She is forever putting forth every art and cajolery to hold him and, while this may be wearing at times, it keeps her peppy up and on her mettle. Life may be full of tacks for her, but it is never monotonous. It is one long thrill.

And, finally, such a woman has her great moments, her moments of ecstatic bliss when all her world is full of star dust. They are not a continuous performance. Between them there may be aching voids in which she aches barrels of bitter tears. But the one glad, mad moment was worth its price. DOROTHY DIX.

Dear Miss Dix - I am a man up in my 40s, have a good deal of money, a wife that is all that any man could possibly ask for and three little girls who love me dearly. Some year ago my wife and I met a little girl who was trying hard to be something and who had no chance unless she was helped. We sent her off and educated her. Now she is a beautiful girl, and she and I have fallen hopelessly in love with each other. I see her about four nights a week and she has offered to go away with me. Do you think she really knows her mind well enough to give up everything for me? Shall I go to my wife and ask for my freedom, or let my own heart and this little girl's heart ache? WORRIED.

Answer: It is weak men like you and unprincipled little gold-diggers like this girl that make women afraid to try to hold out a helping hand to any member of their sex who is under 30, and who isn't bald and toothless and string-haired.

I have known dozens of cases in which generous, sympathetic, warm-hearted women have taken girls into their homes to try to help them; women who have given girls their board to keep them off the street; who have given girls pretty clothes and social advantages they could not otherwise have had, and in only too many instances the girls have repaid this generosity by vamping the husband. Sometimes the girl has even been the woman's sister. Oft on it has been a near relative.

This has happened so frequently that my advice to every woman who wants to keep her husband is never, under any circumstances, to take a woman to live under her roof who is younger and better-looking than she is. This may sound like hard counsel, but safety first.

Somewhat, there seems to be something in that poor, feeble masculine nature that is always on the lookout for temptation and that can't resist proximity with a flapper. The contrast between her freshness, her slimmness, her pep and gaiety and his sedate, middle-aged wife is too much for him.

As to which one is more contemptible, the weak, disloyal husband, or the traitorous girl who repays her benefactor by robbing her of her husband and breaking up her home, I don't know. Both are despicable beyond words. But one thing I do know, and that is if you give up your good wife for this girl, you will rue the day.

Evidently she has as little idea of morality as she has of gratitude or she would not be willing to become my mistress. Her only idea is to grab the best thing in sight, and when she grows tired of you, as she will, because you are more than twice her age, she will betray you as she and you have betrayed your wife, and it will serve you right.

Your feeling for this girl is just a passing infatuation, and it is a pity that while the madness is on you, you can't be locked up in some sanatorium where you will be safe, and not permitted to wreck your home and your business prospects and disgrace yourself and your children. DOROTHY DIX.

Dear Miss Dix - A girl asked me for advice and the case is so puzzling I feel incompetent to advise her, so I am passing it on to you. The situation is this: Mary is a high school girl of 16. Her parents belong to a very strict religious sect. She is not permitted to attend any parties. They are horrified at her desire to go to the movies. She is never allowed to go anywhere except to church and prayer meetings, and at home they are

CROUP Spasmodic Croup is frequently relieved by one application of VICKS VAPORUB

A Morning Smile

Having urgent reasons for leaving his home town in two days, a colored man located in a village not far distant. After a few months he entered the ministry. One night when he arose to preach he noticed, not far from the front, a man whom he immediately recognized as a resident of his home town. For a moment he was at a loss to know what to say, but escaped from the dilemma by saying: "Since coming to this pulpit I am moved to change my text. Next Sunday I will preach from the text announced for tonight. Tonight you will find my text in the 79th verse of the 103rd chapter of Isaiah, where it says: "If you know me, say nothing and I will see you later!"

Women's Institute Executive Meeting

A meeting of the Provincial Executive took place on March 31st, at 1:30 p.m. The following members were present - Mrs. Rose, Mrs. Crosby, Mrs. Jerome MacDonald, Mrs. Shaw, Mrs. Crockett, Miss Hazard, and Mrs. MacMillan. In the absence of the Secretary, Miss Lea, Mrs. Allison MacMillan was appointed to act as Secretary. The minutes of the last meeting were read, corrected, and approved as corrected. The Rest Room Committee reported that nothing had been accomplished by waiting on Mr. Crockett of Holman's and after some discussion it was decided that Mrs. Shaw, Mrs. Crosby and Mrs. Jerome MacDonald wait on the Mayor in regard to the Rest Room. A motion to this effect was moved by Mrs. MacMillan and seconded by Mrs. Crockett. Motion passed. A letter received from Dr. Creelman in regard to Dental Clinics was read and as the same letter is to be published in the Institute News it was not necessary to discuss it further. It was moved by Mrs. Crockett, seconded by Mrs. Jerome MacDonald that the subject of Home Economics be left in the hands of the Supervisor until the Annual Convention when a convenor will be appointed. It was moved by Mrs. MacDonald, seconded by Mrs. Crosby that Mrs. Crockett, Convenor of Canadianization and National Events, be in charge of League of Nations until the Convention, when a convenor will be appointed. It was decided that \$150.00 be sent as our allotment to the F. W. I. C. The question of a hall for the Annual Convention was left in the hands of the Supervisor. It was moved by Mrs. Crosby, seconded by Mrs. Hazard and carried that we have an extra session at our Annual Convention this year. The dates for the Annual Convention for this year were discussed and a motion that the convention be held on July 14 and 15th, was moved by Mrs. MacMillan, seconded by Mrs. MacDonald and carried. Plans were discussed for the Women's Institute booth at the Provincial Exhibition and it was decided to demonstrate a well equipped school room including Hot School Lunch. A motion to this effect carried. On motion the meeting adjourned.

always praying for her, though the girl has always lived a perfectly innocent life. They delve into all her studies at school for fear she will be taught "infidelity." Mary loves her parents and is loyal to them, but feels that she is being deprived of her girlhood and made old before her time. What can she do to get a little joy out of life? WONDERING.

Answer: Nobody can tell a girl how to deal with parents who are fanatics. They are immovable because they conscientiously believe that they are doing right. The only thing Mary can do is to submit and study hard so that she can get herself to make a living away from home. Then she can enjoy the innocent pleasures to which every girl is entitled, and which make her a better-balanced woman. DOROTHY DIX.

This Easy Exercise Stops Gas Bloating

Drink a glass of water. Stand erect and push out belly as far as you can. Pull it back way in. Do it 10 times. This washes stomach. To reach upper bowel add a little Adierika to water. Adierika washes out BOTH upper and lower bowel, removing poison which causes gas bloating, nervousness, bad sleep. It is harmless. Get Adierika today; by tomorrow you feel the wonderful effect. Hughes Drug Co., Ltd. For free sample send 2c stamp to ADLERIKA CO., Dept. J, St. Paul, Minn.

Back Broke Out With Eczema in Rash. Healed by Cuticura.

"For the last five years my back has been broken out with eczema. It came in the form of a red rash and itched and burned so much that I could not get more than a couple of hours sleep at night. I used other remedies but without any results. I read an advertisement for Cuticura Soap and Ointment and sent for a free sample of each. The first application gave relief so I purchased more, and after using two cakes of Cuticura Soap and three boxes of Cuticura Ointment I was healed." (Signed) HUGIE McDougall, Williams Pt., Antigonish, N. S., Aug. 31, 1931.

Soap 2c. Ointment 25c and 50c. Tubes 25c. Sold everywhere. Sample each free. Address: Canadian Dept., J. T. Watt, Company Limited, Montreal.

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington

Here's a clever little frock favouring the smart idea of contrast so popular with the grown-ups this season. It can be long or short sleeves, just as you please. A wrap-over side-closing effect makes it so individual.

Two shades of wool crepe is an excellent scheme for its development. Its inspirator combined a light navy blue with pale blue, so thoroughly French.

It's a darling dress for "dress-up" occasions fashioned of printed crepe silk in rose-red with plain red. Style No. 3272 may be had in sizes 6, 8, 10, 12 and 14 years. Size 8 requires 1 1/2 yards of 39-inch material with 1 yard of 38-inch contrasting.

Another cute idea is brown jersey with Persian green. Be sure to fill in the size of the pattern. Send stamps or coin (coin preferred). Price of pattern 15 cents.

Form for pattern request: No. 3272. Size, Name, Street Address, City, State.



Man-A-Block Plan Receives Support

WINNIPEG, Man., April 4 - (By The Canadian Press) - With the slogan "Hire a father," a practical scheme for relief of unemployment is meeting with marked success in Winnipeg and is rapidly catching on in other cities throughout the west.

Sponsored by the Winnipeg Board of Trade the "Man-A-Block" plan enlists residents of every block in the city to give employment to a jobless married man. Twenty houses are required in each block as a beginning and for odd jobs each week a resident pays 75 cents enabling a man to earn \$15.00 weekly.

More than fifty blocks have been organized since the plan was adopted early this year, and so great has been the response of householders that it is expected the number will be more than doubled within a short time.

The man's time is divided to meet the wishes of the people he serves. Many and varied are the "chores" so lifted from the tired business man's shoulders - clearing sidewalks of snow, carrying out ashes, and chopping wood.

Social clubs and other organizations are coming forward to help in the work of organization. Captains for the various blocks are supplied by these groups. Their job is to canvass householders and sign them up to provide work. All applicants for jobs are carefully investigated and an effort is made to place them in the blocks where they live or close at hand.

A similar scheme to employ heads of families is being arranged in Regina. The Young Men's Section of the Board of Trade recently decided to get behind the project and a payroll of \$4,000 monthly is their aim. At Saskatoon a venture to make all workless men self-supporting is well under way. Under direction of Captain E. Scott Dudley, the Hub City's "Make-A-Job Club" has launched a drive to interest individuals and associations in the welfare of the unemployed citizen. Citizens of Moose Jaw are being asked to help relieve unemployment by making necessary home improvements. A special committee is urging residents to draw up plans for repairs so that the work can be carried on as early as possible.

PAINTS FIGS' TAILS GREEN TO PUT AN END TO THEFTS

GIBBSTOWN, N. J., April 4 - Curled green tails appeared today on the farm of Louis Evangelista near here and the tails were all attached to pigs. The farmer said his idea was to paint his pig's tails green so, if they were stolen, he could distinguish them. He conceived the idea when a seventy-five-pound porker was taken from his pen last week. The paint is permanent and can not be washed off in the hog "wallow."

CLOTHESPIN AID MODE

NEW YORK, April 4 - Clotheslines and corks already have been snatched from the kitchen shelf to serve as decorative belts and buckles on swagger spring coats.

"I Robbed Your Dresser Drawer"



"This My Signature"

A certain city had an epidemic of house robberies in daytime. The robbers would ring doorbells and if anyone answered, they would make some excuse and depart. But, if no one answered, they would break in through a window or a skylight. One such robber left his finger print on a broken piece of glass. The police had that print on file. They knew the robber, his gang and their records. The crooks were all picked up and convicted. All because one of them had left his finger print.

Germs in Every Print

This is told to remind you that we all leave finger prints on everything we touch. Do this always before eating. Teach the children this habit, for safety's sake.

Wash your hands with Lifebuoy often. Do this always before eating. Teach the children this habit, for safety's sake.

Stops Body Odour, Too Lifebuoy is a beauty soap, made from two palm oils. No soap is better for your skin and complexion. Yet it offers you protection against germs every time you use it.

Also against body odour. Lifebuoy's creamy, abundant lather penetrates deep into the pores, cleansing them of the impurities that cause unpleasant odour. A bath with Lifebuoy, before you go on a party or before you start the day's work, insures you against body odour for many hours.

You will learn to love Lifebuoy's extra-clean scent of safety, which disappears in a few minutes, but tells you it purifies - and protects. Keep Lifebuoy handy on your wash basin and bath so all the family can use it. Your dealer has Lifebuoy for you. Why not adopt it today? Lower Brothers Limited, Toronto

Lifebuoy Health Soap A Luxury Soap Plus an Antiseptic

Now the humble clothespin hold in place folds of the new scarfs. Sometimes three of these in different colors are worn side by side. Clothespins are shaped exactly like their more utilitarian sisters but, naturally, are smaller.

You'll notice an immediate improvement YOURSELF!

His morning cup of coffee will bring a new ray of sunshine to the breakfast table - the flavor is so wonderfully improved. His dinner at night will be something to look forward to. Rich creamy soup, as only St. Charles Milk can make it - a St. Charles entrée fit for royalty. Then a cream pie - and what a pie - flaky pastry, light as a feather. Tear out this coupon and we'll send you a wonderful cook book, in full color, showing you just how to make these things - and make them far better than you ever dreamed possible.



Borden's ST. CHARLES MILK UNSWEETENED EVAPORATED

The Borden Co. Limited 115 George Street Toronto, Ontario Getters: Please send me copy of your free cook book "The Good Provider". Name: Address: