

Woman's Realm Social and Personal Fashions Literature

"MY FAMILY TAKES THE CAKE SINCE I DISCOVERED SWANS DOWN"

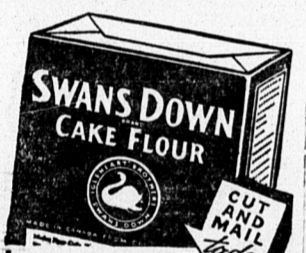
THE CAKE FLOUR FOR EXTRA-GOOD BAKING

You need not be an expert cook to bake the kind of cakes the whole family will love about. Swans Down Cake Flour is made only from carefully selected soft Canadian winter wheat. It is ground and re-ground, sifted and re-sifted through silk until it is 27 times as fine as ordinary flour. That's why the family are sure to love the delicious light cakes you bake with Swans Down.

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



General Foods, Limited, Cobourg, Ontario.
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Spring Fashions

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Dorothy Dix's Letter Box

DOROTHY DIX SAYS—SPONGING RELATIVES SHOULD CORRECT ERROR OF THEIR WAYS

Married Children Can Become Unwelcome Guests Through Too Frequent Sunday Visits With Parents

Dear Miss Dix—Is there anything to be done to discourage married people from chiseling on the home folks for dinner every Sunday? This is quite a problem in our house. My father and mother and keep our support out of our father and mother and keep our house going. All would be well except that my married sisters, with their husbands and children, descend upon us every Sunday for dinner and for supper. This means not only getting up a big Sunday dinner and supper and feeding eight extra people, but a lot of additional work and the confusion of a crowd that makes Sunday anything but a day of peace and rest. Don't you think my sisters might have a little consideration for us and stay in their own homes once in a while? But they never do because it is cheaper and a lot less bother for them to have some one else buy their Sunday dinner for them, cook it for them and clean up after them than to do it themselves. But when I mention this to Mother she goes up in the air and says that her children are welcome to HER house whenever they want to come. My father and I have the ones who pay the bills. I have a good job, but a very exacting and nerve-wearing one, and the week-ends find me a wreck. But I can't have a day's rest in which to recuperate because of the Sunday crowd that descends upon us.

Answer: The trouble with settling family problems is that you are always ground to powder between the upper and nether millstones of your wrongs and your affections. You demand justice as you could from a stranger, nor fight for rights as you could with some one whom you didn't love and whose feelings you did not have to consider.

Of course, the simple and logical thing for you to do is just to have a frank talk with your sisters and tell them that while you love them and are regularly compelled to assist them to break up the custom of the weekly Sunday feasts.

Tell them that your ability to keep on with your job and help support your parents depends upon your having Sunday in which to rest, so are regularly compelled to assist them to break up the custom of the weekly Sunday feasts.

But you will probably never summon up the nerve to do this, because you know that it will make moral demands of your sisters and their husbands. They will never be a member with gratitude all of the good food they have grafted off of you. They will only be sore because the supply is going to be shut off.

Your mother will be furious with you because mothers always fancy the children who stay at home and support them to the children who leave and set up their own homes.

Mother too often is perfectly willing to work to poor, frail girl to death to supply a lazy, good-for-nothing son with free board and lodging and to make a place where her married daughters can come for a long rest and park their children for the summer, so she thinks Janey is a mean, selfish creature if she objects to being the family goat.

So that is the position a girl is in when she has to make the choice between being enslaved to her dead beat relatives and breaking family ties, and we all know which one Nanny will take.

But it does seem that sometimes Mother might have a heart for poor Nanny and try to protect her from the sisters who eat her out of house and home.

Time Often Heals Desire for Divorce
Dear Miss Dix—What is a woman to do whose world suddenly crumbles at her feet at the announcement that her husband wants a divorce?

My husband and I have always been happy together. At least, I thought so—and he seemed con-



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Safely Checks Perspiration 1 to 3 days

Non-Greasy...Stainless... Takes odor from perspiration Use before or after shaving Non-irritating...won't harm dresses...No waiting to dry Satin smooth and creamy...Vanishes quickly
I Full Oz., 33¢ NOT JUST A HALF OZ.
GUARANTEE—Money refunded if you don't like this new cream in the best deodorant you've ever tried. The Odorono Company, Ltd., 980 St. Antoine Street, Montreal, P.Q.

YOUR INDIVIDUAL HOROSCOPE

(By FRANCES DRAKE)
Look in the section your birthday comes in, and find what your outlook is, according to the stars.

For Thursday, May 23rd

MARCH 21 to APRIL 20 (Aries)—From 8:33 A.M. until past midnight, excellent aspects suggest for in intellectual pursuits, manufacturing, industrial activities and government affairs. General advancement indicated.

APRIL 21 to MAY 20 (Taurus)—Literary matters, advertising, research, the business end of television, radio and other progressive interests particularly favored, along with artistic leanings, medicine, surgery and handling of lawsuits. Promote your private affairs.

MAY 21 to JUNE 21 (Gemini)—With a little extra effort, especially in the early morning hours, and if it is a girl whose heart is a beauty enchant him. Her youth brings back his own youth to him. He is allured by all of her little childish ways. He finds even her ignorance entertaining and amusing.

JUNE 22 to JULY 23 (Cancer)—You engaged in construction work and engineering and government projects, and you heading committees for the home can meet with personal success if you apply yourself diligently.

JULY 24 to AUGUST 22 (Leo)—Favorable rays. You can make excellent progress in your line of endeavor if you will maintain a steady pace and don't lose enthusiasm. Let past experiences help to guide your course of action.

AUGUST 23 to SEPTEMBER 23 (Virgo)—You can expect much good from your efforts and appli-

cation of talents this beneficent star-day, ideally cast for Virgo's literary, artistic, histrionic and analytical ability. Intuition, judgment and enthusiasm should be at peak. Good Luck!

SEPTEMBER 24 to OCTOBER 23 (Libra)—Should be advantageous for personal achievement, especially if you maintain an even balance and avoid unpleasant and unnecessary controversy. Go ahead with your plans and schedule.

OCTOBER 24 to NOVEMBER 22 (Scorpio)—Friendly if you, too, will lend a hand. Graciousness in manner, tolerance and patience are principal assets all day. All sound matters favored. Avoid risky ventures.

NOVEMBER 23 to DECEMBER 22 (Sagittarius)—Favorable for commerce, shipping, dealing with brokers, bankers and government officials. Generally good for sportsmen, real estate and dealing with the public. You born after December 6: Urge yourself forward to new accomplishment.

DECEMBER 23 to JANUARY 21 (Capricorn)—Strictly private interests may have to give way for the more favored general affairs and important issues. Business sponsored. Be alert, attentive.

JANUARY 22 to FEBRUARY 20 (Aquarius)—Receptive period for thinkers and doers who won't waste time loitering with non-essentials. Exercise that fine mind; busy

yourself with the many interests dependent upon YOU.

FEBRUARY 21 to MARCH 21 (Pisces)—Great driving power existent today. Don't be self-effacing. Your unusual intuition (plus persistence) can bring excellent results. Avoid indecision; don't overstrain or worry.

A CHILD BORN ON THIS DAY will be a bright, lively little spry, keen of mind, intelligently inquisitive, sensitive and kind. This individual is capable of unusual success. Must be taught self-control. Will respond to justifiable praise and encouragement, will lose heart if treated harshly and unreasonably.

A STAND ON POSTURE
Unless her posture is perfect, the 13-year-old's Spring outfit won't be 100 per cent becoming. If a younger's clothes are to be truly flattering, she must, as does her mother, carry shoulders square instead of slumped forward or thrust stiffly backward.

There must be no exaggerated hollow in the centre of her backbone. She must "stand tall," pulling the upper half of her body up and away from the lower half.

No youngster should be nagged to hold her shoulders back unless the nagger is ready then and there to teach the child a great deal about posture from head to toe. Forcing shoulders back to unnatural position will accentuate the hollow in the centre of the spine, thereby causing stomach to protrude and hips to seem inches larger than they actually are.

SPINAL COLUMN
Instead of over-doing the "hold your shoulders back darling" act, teach the little girl to stand with feet about ten inches away from a wall with all of her backbone (except three or four vertebrae at the base) touching the flat surface. The back of her head, shoulders and centre of backbone should touch the wall. Chest will be high, stomach drawn up and the hip tilted forward. Let her see how much better she feels and look this way. Then encourage her to walk with her spinal column as straight a line as possible.

Teach her to sit as well as stand correctly. The lower part of her backbone and the centre of it should touch the back of the chair. Shoulders should be square but not pressed hard against the chair. She must sit with knees together when feet are flat on the floor. When she crosses her legs, they should be crossed above — never below — the knee.

Don't Get a Reputation for Bad Table Manners
Learn the Correct Thing to Do
To have poor table manners is to be quickly branded as an outsider by smart people. The young man who hacks his roll with a knife will be avoided, you may be sure, by his well-bred dinner partner.

So get a package or two of Cubs from your grocer now—serve them for breakfast tomorrow.

Send 20c in coins for your copy of Good Table Manners to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

THE COOK'S CORNER

Cracker crumbs are the thickening for this excellent meat loaf that includes both pork and veal.

VEAL LOAF
2 pounds veal shoulder or shank
1 1/2 pound salt pork
4 eggs
2 tablespoons lemon juice
1-3 cup catsup
1 cup cracker crumbs
1 tablespoon butter
Grind the veal and salt pork. Add beaten eggs, lemon juice, catsup and crumbs. Blend thoroughly. Place in a loaf pan. Dot with butter. Bake in a moderate oven (350 degrees F.) about 1-2 to 2 hours. Serve hot or cold.

CARROT PUDDING
One cup grated carrots, 1 cup grated raw potato, 1-2 cup shortening, 1 cup brown sugar, 1 cup flour, 1 cup raisins or dates, 1-2 teaspoon cinnamon, 1 teaspoon nutmeg, 1 small teaspoon baking soda dissolved in a little water. Sift 3 hours or more, and serve with any sauce desired. This pudding may be reheated with good results.

RHUBARB PIE
1 1/2 cups sugar
4 tablespoons flour
1-4 teaspoon salt
4 cups diced rhubarb
1 tablespoon butter
Line a 9-inch pie plate with pastry.

Mix 1 tablespoon sugar with flour and sprinkle over the pastry. Combine remaining sugar and salt. Fill shell with alternate layers of rhubarb and the sugar mixture. Dot with butter and cover with pastry. Bake in a hot oven of 425 degrees F. for 30 to 40 minutes, until rhubarb is tender.

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Name _____
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DOCTOR KNOWS BEST

says Mary Blake



DOCTORS do know best about so many things that concern our health. And they know a very great deal about feeding babies. It is because they have studied *pediatrics* (child-feeding) that so many of them (particularly baby specialists) prescribe Carnation Milk.

Because it is sterilized, and because not only every can, but every drop is uniform, Carnation is a very reliable milk for baby's bottle. Babies need lots of the vitamin D which is present in extra amount in Irradiated Carnation Milk. But what makes doctors so enthusiastic about Carnation

Milk is that the very processing which makes it safe and uniform also makes it much easier to digest.

It's amazing, the number of babies who are being raised on Irradiated Carnation Milk. And thousands of mothers who first bought Carnation for the baby, have learned what a wonderful help it is in the kitchen and on the table—smooth, double-rich, convenient, economical—it replaces cream for coffee, cereals, whipping, ice cream. It adds greatly in flavour and smoothness to all cooked dishes which call for milk.

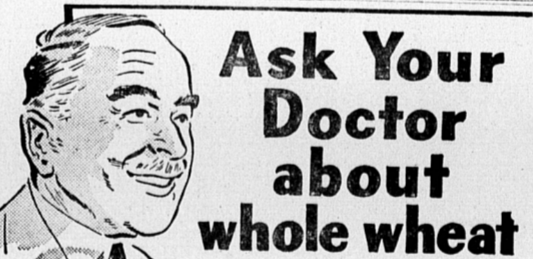
Learn more about Irradiated Carnation Milk. Order several cans from your grocer. And get these Carnation books. "Your Contented Baby" is free. The big, colourful deluxe Carnation Cook Book is 15¢ (postpaid). Carnation Company Limited, Toronto, Ontario.

RADIO—Listen to the "Contented Hour" every Monday night. See your newspaper for station and time.



IRRADIATED Carnation Milk
A CANADIAN PRODUCT

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Ask Your Doctor about whole wheat
Cubs
ARE WHOLE WHEAT

He'll tell you how desirable it is that you should give your family the benefits of whole wheat—its natural minerals, its bran, its vital wheat germ. And you'll be glad you can serve whole wheat in this extra-tempting way—as Cubs. In Cubs the whole wheat is blended with mellow malt for extra enjoyment. Cubs are toasted a golden brown, crispy-fresh and tempting-tasty.

So get a package or two of Cubs from your grocer now—serve them for breakfast tomorrow.

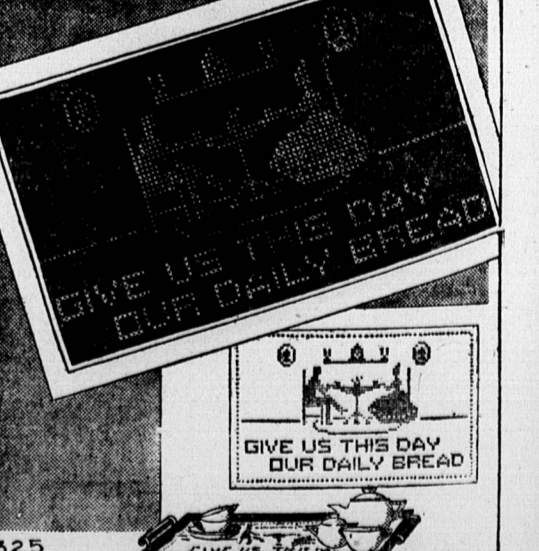


HOT LUNCHEON SUGGESTION
Serve the children Cub's with milk or cream or as croissants in their favorite hot soup... It's a delicious luncheon combination.

THE SPOON-SIZE READY TO EAT CEREAL

Quaint Cross Stitch Tray Cloth

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Here is a simple cross-stitch design with a very real appeal that you will want to make right away. As a sampler to hang on a wall, it should be hung in a plain frame to bring out the unusual beauty and originality of the design. If you wish to use it as a table cover either hemstitched or blanket stitched edges are appropriate. The original design was worked in one color—delft blue—on fine linen. There are many artistic and suitable combinations if you wish to use colors. The pattern includes transfer of the design, complete instructions for embroidering and finishing color suggestions as well as detail chart of stitches used.

To order this design write your name and address on a piece of paper and send with 15 cents in coin or stamps to Needlework Department, To Charlottetown Guardian Needlework Department.

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CREAM CHEESE AND

Bovini

Lady pupil (after smash up): "Do I need much more before I am able to drive?"
Deflected Instructor: "About a dozen more."
Lady Pupil: "Lessons?"
Deflected Instructor: "No, cars."