



Some Answers to Wartime Cake Problems

What About the Sweetener?

Who said "NO CAKE?" You can make wartime cakes that are just about as fine cakes as you ever baked—in spite of some difficulties over ingredients like shortening or sugar or eggs. It's all a matter of the right recipes, carefully followed, with good ingredients.

The Question of Butter

You have your choice of three ways of reducing the amount of butter you use in cake-baking—or of eliminating butter entirely, if you wish.

1. Wherever the recipe calls for butter, use half butter and half some other kind of shortening.
2. Use some other shortening entirely in place of the butter called for in the recipe. This can be done with all Swans Down Cake Flour recipes.
3. Make some of the many wonderful Swans Down Cakes which call for no shortening of any kind! Here's one you can try.

Champion Sponge Cake

2 cups sifted Swans Down Cake Flour
 1 1/2 teaspoons Calumet Baking Powder
 1/4 teaspoon grated lemon rind
 4 egg yolks
 1/4 cup sugar
 1/2 cup boiling water

Sift flour once, measure, add baking powder and salt, and sift together three times. Add lemon rind to egg yolks and beat until thick and light. Add 1/2 cup sugar gradually, beating constantly. Beat egg whites until light and foamy throughout; add remaining 1/4 cup of sugar very gradually and continue beating until stiff enough to hold up in definite, satiny peaks. Add vanilla. Add boiling water to egg yolks, stirring well; when acid flour all at once and beat with spoon until smooth. Fold quickly into egg whites. Turn into ungreased 9-inch tube pan and bake in slow oven (325°F.) 1 hour, or until done. Invert pan 1 hour, or until cold.

One-Egg Cake

2 cups Swans Down Cake Flour
 2 teaspoons Calumet Baking Powder
 4 tablespoons butter or other shortening
 1 egg, unbeaten
 1/4 teaspoon salt
 1 teaspoon vanilla
 1 cup sugar

Sift flour once, measure, add baking powder and salt and sift together three times. Cream shortening, add sugar gradually and cream together well. Add egg and beat very thoroughly. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in two greased 8-inch layer pans in moderate oven (375°F.) 25 minutes.

Eggs a Bit Scarce?

Many women think that it takes a lot of eggs to make a light, tender cake. But not if you use Swans Down Cake Flour. One of the special features of Swans Down is that it responds so wonderfully in quite simple recipes. You can make splendid Swans Down Cakes with only one or two eggs—even with no eggs. Try this eggless chocolate cake. Its lightness and tenderness will amaze you. But, of course, no ordinary flour could give such results.

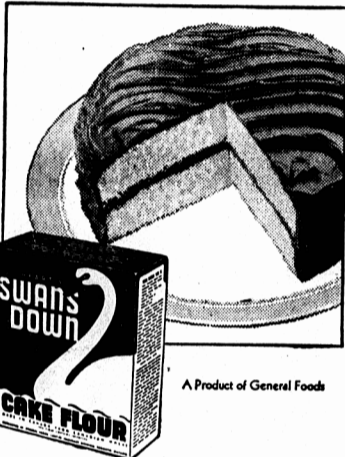
Eggless Chocolate Cake

2 squares Baker's Unsweetened Chocolate
 1 1/4 cups sifted Swans Down Cake Flour
 1 cup sugar
 1/4 teaspoon salt
 1/2 cup shortening
 1 teaspoon vanilla

Combine chocolate and milk in top on double boiler and cook over rapidly boiling water 5 minutes, stirring occasionally. Blend with rotary egg beater; cool. Sift flour once, measure, add soda, salt and sugar and sift together three times. Cream shortening, add flour mixture, vanilla, and chocolate mixture, and stir until all flour is dampened. Then beat vigorously 1 minute. Bake in two greased and lightly floured 8-inch pans in moderate oven (375°F.) 20 minutes.

For Better Cakes

Made from soft wheat grown in one particular part of Canada, Swans Down is a special cake flour that makes better baking easy. The choicest part of the wheat is selected, milled by Swans Down "Controlled Milling", then sifted again and again through silk, until 27 times as fine as ordinary flour.



SWANS DOWN CAKE FLOUR

CENTRAL GUARDIAN

This column is reserved for news of local interest, but advertising of a service business may be inserted as five cents a word, strictly payable in advance.

CRASWELL for photographs.
 CONFEDERATION LIFE INSURANCE.
 COOKS for Christmas Photographs.

COMMUNITY CONCERTS ASSOCIATION—Emergy Darcy Reel Monday night, Sears Memorial Hall, 8:15 o'clock. 10-25-43.

MRS. J. L. BROWER — Mrs. J. L. Brower, mother of Mrs. Cyrus Macmillan of Montreal, was buried at Bordenstown, N.S., after a funeral service there. Mrs. Brower's husband, the late J. L. Brower, was connected for a number of years with the St. Lawrence Paper Company, Montreal. Formerly Miss Mary Eaton, Mrs. Brower was the daughter of the late T. H. Eaton, a Philadelphia veteran of the American Civil War. She came to Canada 35 years ago with her husband and two children. Her husband died in 1917. The survivors are one son, John E. Brower of Toronto and a daughter, Mrs. Macmillan, wife of Dr. Cyrus Macmillan of the faculty of arts and science at McGill University. —Montreal Star.

SOCIAL GATHERING — On the evening of October 21st, Mrs. E. A. Leves, High School teacher, presided to the Ladies of the Auxiliary of the Bro. of Railroad Trainmen, in the presence of a number of guests, leaving shortly to make her home in Montreal. A delectable chicken supper was served by the hostesses, assisted in serving by several of the members. Mrs. Ray Doyle then read a short address, expressing the regrets of the members of the Auxiliary at the departure of Mrs. Leves. Mrs. A. J. Coffin presented her with a beautiful bouquet of flowers of remembrance from Gulf Garden Lodge. Mrs. Paquet, through courtesy of Mrs. Leves, was warmly thanked the members for their kindness. During her short stay in the village, Mrs. Leves was very cheerful and kindhearted. The remainder of the evening was spent in card games and ended up with the singing of "For She's a Jolly Good Fellow."

ISLAND LADY PASSES. — Mrs. Josephine Pickard, 201 Grifflon Street, died on Saturday, October 23rd, at her home in Long Beach, Calif., of her sister, Mrs. Mary Jane Cook, widow of Mr. James Buckley in her 83rd year. Mrs. Buckley was a daughter of the late Mr. and Mrs. James Buckley of Charlottetown and was the oldest member of the family, and will be fondly remembered by her relatives and friends. Mrs. Buckley, who was a woman of charming qualities, enjoyed excellent health until about a month ago. She lived with her daughter Mrs. Samuel Jones, 2232 East St., Long Beach, California, and for many years was active in church and patriotic work. Mrs. Buckley was very much missed by her immediate family and sympathy goes out to Mrs. Pickard who is the bereaved mother. The funeral took place on Friday.

MISCELLANEOUS SHOW — On Tuesday evening, Sept. 28th, a large number of friends and neighbors gathered at the home of the bride's parents, Mr. and Mrs. George E. Young, Belle River, to show Mr. and Mrs. Robert Miles, a beautiful wedding cake. The bride and groom were escorted to the seats of honor by Jeannine Cook and Mrs. Young. The cake was read by Miss Mary Bell. Then the many lovely gifts were opened by Mrs. Norman Cook, assisted by Miss Anna Riley, Misses Florie Beaton and Mary MacNeill arranged the gifts on the table. The groom's honor card was read by the bride. The bride thanked one and all for the many lovely gifts and good wishes. Then she opened the gifts. The bride and groom were then escorted to the seats of honor by Jeannine Cook and Mrs. Young. The bride and groom were then escorted to the seats of honor by Jeannine Cook and Mrs. Young.

PEPPER — UPPERS — Even though the season is getting late, ingredients for some types of pickles still are available and if you feel that your supply of them is not all it might be, Laura Pepper of the Dominion department of agriculture offers this new recipe for chopped cucumber pickle: Peel, remove seeds and cut in small dice four cups of green cucumbers. Chop one cup onions, red peppers, one cup green peppers, one and one-half cups apple and one cup celery, all chopped fine. Cook 20 minutes longer and pack in sterilized jars.

PLANNING MEALS — Most housewives, day in and day out, are confronted with the problem of planning and preparing well-balanced, interesting lunches. Lunch or supper dishes seem more of a problem than dinner dishes. A basic pattern of soup, salad or sandwich and dessert which can be varied from day to day may prove the answer to the what-to-have-for-lunch problem. Nutrition services say that a nutritionally adequate lunch should contain milk, a fruit or vegetable or both, and some form of protein food such as meat.

WAR—25 Years Ago Today — Oct. 25, 1918 — Canadian 3rd and 4th divisions established themselves along the Scheidt Canal with the Valenciennes at the junction of the Scheidt and Rhonelle rivers their next immediate objective. King Boris succeeded to Bulgarian throne.

MacMILLAN — MALLETT WEDDING — The Church of the Most Holy Redeemer was the scene of a pretty autumn wedding Monday morning at 8:15 when Rev. Fr. Kenneth MacMillan, brother of the groom, joined in the holy bonds of matrimony, Margaret Sybil Mallett, daughter of Mr. and Mrs. Mallett and Francis A. MacMillan, E.C.A.M.C., son of Mr. and Mrs. T. M. MacMillan in the presence of a large gathering of relatives and friends. Autumn leaves and flowers were used on the altar adding a colorful touch to the beautiful setting. Entering the Church to the strains of the wedding march played by Albert MacFarlane, of Murray Harbor in marriage by her father, was attended in a two piece tulle suit with hat to match and carried a beautiful bouquet of American Beauty Roses. Mrs. (Dr.) L. S.

ARMY WEEK



—Monday, October 25th. to 30th.—

Hear Hon. J. L. Ralston Minister of National Defence

Empire Theatre 8 P. M. Monday Oct. 25th.

FRIENDS OF THE ARMY SUPPORT THE ARMY
Speed The Victory — Buy Victory Bonds

Duffy, sister of the bride, was Matron of Honor, attractively gowned in a tan dress with brown accessories and carried a bouquet of Tullman roses. Dr. J. A. MacMillan, brother of the groom was best man. Rev. Fr. McPherson, uncle of the groom, Rev. A. MacDonald, O.S.B., and Rev. D. Edward O.S.B., occupied seats in the Sanctuary. During the Mass Miss Mary Moran rendered some very beautiful hymns in her usual pleasing voice. The wedding breakfast was held at the Charlottetown Hotel and fall flowers adorned the table with the three tier wedding cake being used as centerpiece. Later Capt. and Mrs. MacMillan left by plane for Portland, Maine, the bride choosing to travel in a Gold Wool Suit with black accessories and carried a tweed coat trimmed with blue fox collar. Previous to her marriage Mrs. MacMillan was entertained with showers by Miss Mary Duffy, Mrs. Ernest Robin and Mrs. (Dr.) L. S. Duffy.

Charlton and Vicinity

Mr. and Mrs. Charles B. Doull have returned from Shemogue where they were attending the 50th wedding anniversary of Mrs. Doull's mother, Mr. William Stright and Mrs. Stright.

Miss Mary Gulesley, Charlton, was a recent visitor to Charlottetown.

Mr. and Mrs. Wilber Cairns have returned to their home in Halifax after a week's visit with Mrs. Cairns parents, Mr. and Mrs. Frank Quigley, Charlton.

Staff Sergeant Wendell MacWilliams of the R.C.A., accompanied by Mrs. MacWilliams, returned to Charlottetown on Tuesday after spending a two-week vacation at her home in Cape Travers.

Mr. and Mrs. Robert Trenholm, Charlton, spent several days last week at their old home in Cape Travers.

Miss Eleanor Bell has returned to Charlton after a week and visit to her home in Charlton.

Mr. and Mrs. Charles Doull had as their guests recently Mrs. Thomas Sturdy Craup and Mr. Warren Villett, Hampton.

Miss Olga MacWilliams returned to Charlottetown on Tuesday after spending a two-week vacation at her home in Cape Travers.

Friends of Master Gordon Townsley, who has been under treatment in the Prince County Hospital for the past nine weeks, are glad to learn that he is improving.

Mr. and Mrs. J. McCurdy Bell, Charlottetown, spent Sunday in Charlton and Cape Travers.

Miss Mildred Walker, Charlottetown, spent Sunday at her home in Cape Travers.

Mr. and Mrs. H. A. Stewart and Mr. Leighton Stewart, Norboro, were guests of Mr. and Mrs. H. C. Muttart, Charlton on Sunday.

Miss Marion Bell, Charlottetown, spent Sunday at her home in Charlton.

Mr. and Mrs. Crilly Lea, Jackie Lea, Mrs. Iman Herrin, Freeman and Rev. Herzing and Miss Kathleen MacFarlane, of Murray Harbor motored to Charlton on Sunday.

son with their children, Ireta, Gordon and Joan enjoyed a week's holiday in Pleasant Valley.

Mrs. (Dr.) Everett A. Bell, Cape Travers, has returned from a visit with her brother, Mr. Clement Bannister of St. Catherine's, Ont.

Mrs. L. Dougherty, Victoria, is visiting Mrs. H. C. Muttart, Charlton.

Mr. and Mrs. William Younker and little daughter Ruth of Kingstons, spent Sunday in Charlton. Guests of Mr. and Mrs. Boyd Lowther.

Mr. and Mrs. James Stavert, North Bedouque were guests of Mr. and Mrs. John Haslam and Mr. and Mrs. Albert Muttart, Charlton, on Sunday.

O.S. Wendell F. Hewitt, R. C. N. V. R. has returned to duty after spending a few days with his family. He was accompanied by his wife, Mrs. J. W. Howatt, Cape Travers. He was accompanied by his wife, Mrs. J. W. Howatt, Cape Travers.

Pte. Lloyd G. MacWilliams, R. C. E. has returned to his unit after spending a week and leave in Cape Travers with his wife and two little daughters. He was accompanied by his mother, Mrs. Gordon MacWilliams, returning to Halifax after a pleasant month's visit with her mother and daughter-in-law.

Mrs. Frank MacKay Albany, spent Sunday with her parents, Mr. and Mrs. L. R. Campbell, Cape Travers.

A large number of friends and neighbors gathered at the home of Mr. and Mrs. Alf Norring, Cape Travers, last Tuesday evening in honor of O. S. Jens Hansen of the R.C.N.V.R. who is home on leave. An address was read by Keith Lord and Norman Campbell presented a handsome ring with the crest of the R.C.N.V.R. Jens made a nice speech of thanks after which all sang "For He's a Jolly Good Fellow." A happy evening was spent in singing, singing and other amusements, and the ladies served a delicious lunch. The evening was brought to a close with God Save the King.—D

RICE POINT W. I.

The Rice Point W. I. met at the home of Mrs. Charles MacDougall for the October meeting. Meeting opened in the usual manner with the president Mrs. Donald McDonald in the chair. Minutes of the last meeting were read, approved and signed. Roll call was responded to by nine members, a collection of \$1.00 was taken and the school was moved and seconded that stove piping be purchased for school.

It was also moved and seconded that the Institute donate \$5.00 to the Salvation Army funds. It was reported that \$9.18 worth of cigarettes and chocolates had been purchased.

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NUTRITION MEETINGS

MISS NESTA HINTON Nutrition Services, Ottawa, will address public meetings as follows: CHARLOTTETOWN, Queen Square School Auditorium TUESDAY, October 26th., 3.30 p.m. SUMMERSIDE TOWN HALL WEDNESDAY, October 27th., 3.30 p.m. —Topic—

Putting Canada's Food Rules Into Action KNOW THE RIGHT FOODS EAT THE RIGHT FOODS

been sent to nine members overseas. The school teacher, Miss Velma MacLean reported she is about to organize a girl sewing club in the district. 1 girls sweater was passed in for the Red Cross. Mrs. Wm. MacEwen invited members for their annual meeting. Roll call to be answered with fees for next year. Meeting closed with God Save the King and lunch was served.

First Girl Hiker: "I inserted an advert in our local paper the other day under a box number for a male partner to go with me on a fortnight's hiking trip." Second Girl Hiker: "How marvelous? Did you have many replies?" F. G. H.: "Oh, hundreds, but there was a terrible row at home over the business." S. G. H.: "Good gracious, why?" F. G. H.: "Father was one of the applicants!"



SGT. SANTA

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Children's Duds Big Problem For British Mothers

By Barbara Wace Associated Press Staff Writer LONDON, Oct. 20 — (CP) — Barter has become an important part of life in Britain. From Steptey to Mayfair, English schoolboys who used to get soundly beaten for swapping their possessions, now do it officially with the approval of parents and teachers. Mothers, rich and poor, stretch clothing coupons by exchanging their children's outgrown clothes. Most of the English private schools for boys, and all the girls' schools and colleges run some sort of system whereby children can get their second hand. If the school outfit is run in the school outfit. Two hundred shoe and clothing exchanges have been set up in recent months all over the country where the Women's Voluntary Service helps mothers of school-age and smaller children to fit them up with clothes, boots and shoes. The busy exchange in London's much blitzed Battersea is typical of these. A row of patient, tired looking mothers was sitting in an

office, while the woman in charge examined the clothes each had brought for exchange, and gave them a point value with no relation to money, varying from 20 points for an almost new child's coat, to one or two points for a small pair of cotton panties. The name and point value due is entered on a card, and the mother passes into another room where the clothes and boots are on display. If she does not find what she wants, or uses only part of her points, her credit is marked on the card, and she can bring it back another day when more clothes will have been brought in to choose from. Everything is spotless and mended.

Boy's Clothes Short — The W. V. S. helper in charge of the stocks explained that shoes and boy's clothes are the hardest of all to get. Everybody wants them, but very few are turned in. Boys wear out their clothes much quicker than girls. Boys' shirts are the shortest — they cost six coupons each in the shops — and to buy four to start a boy off at a new school takes the whole of his stock. Exchanges in some country districts, where the population is small, find that mothers are shy of exchanging, as the clothes can be so easily used for rags. They get over that difficulty by starting mobile exchanges in a van which exchanges clothes handed in at one village with those of another. "But it's extraordinary how observant children are," the W. V. S. helper said. "We met a little boy

friend of my small daughter in the village the other day, and she immediately asked him why he'd got Jimmy Green's sun suit!" But it's not only in working class districts like Battersea that barter is popular. Mothers of boys at Eton and Harrow have the same trouble, and all the schools have taken steps to solve the problem of the boy's uniforms. In the historic tuck shop at Harrow, where so many boys later to become famous, including the young Winston Churchill, have bought their candy and ice cream, the school runs a proper second hand department. Girls' schools also run their own exchanges or the girls "swap" among themselves.

Helpful Hints To The Housewife

BY THE CANADIAN PRESS OTTAWA, Oct. 21—(CP)— Helpful hints for housewives busy at their fall tasks: WINDOW GARDEN — The joy of watching things grow, says Marion Harlow of nutrition services, can continue all winter if parsley plants are dug from gardens and brought indoors in pots. Besides being decorative, parsley is unusually rich in vitamins C, vitamin A and iron — which is another excellent reason for having some growing in your winter garden.



Out to set the pace in the Fifth Victory Loan, the Army got off to a bang-up start when mass meetings for reasons of National Defence Headquarters in Ottawa were held. Lieut.-General Kenneth Stuart, C. B., D. S. O., M. C., Chief of the General Staff, shown on the left, spoke to the assembled officers and men, who are shown on the right, listening intently to his message. Members of the Canadian Women's Army Corps were also present. Across the country, similar Army rallies were held. In the Fourth Victory Loan, men and women of the Canadian Army made an outstanding contribution. (Canadian Army Photo)

War—25 Years Ago Today

Oct. 25, 1918 — Canadian 3rd and 4th divisions established themselves along the Scheidt Canal with the Valenciennes at the junction of the Scheidt and Rhonelle rivers their next immediate objective. King Boris succeeded to Bulgarian throne.

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