



Days of brilliant sunshine; nights of sparkling dew. No wonder the tiny tea leaf holds such magic properties.

The invigorating and refreshing qualities of a cup of good tea makes this one of the most popular beverages in the world. Yet, next to water, it is the cheapest. To enjoy the true flavour of well grown tea, try



For the Woman Reader

(Continued from page 8) TRICKY WORD SQUARES Here is something to try on your friends. But first let's see what you make of it yourself. Here are the clues to two squares made up of four letter words which must be read the same down and across:—

1st square.—1. A large furry animal. 2. To make softer. 3. Queries. 4. A pause in music. 2nd Square. 1. To put up with. 2. Comforts. 3. Demands. 4. To relax.

Have you worked them both out. Well, you know the answer, then. The squares are made up of the self-same words! This is because in any language there are so many words that are spelt the same and yet have different meanings. I expect you can think of many more than these:

Here are the completed word-squares.—

BEAR EASE ASKS REST BEAR EASE ASKS REST

Now give the clues to your friends and watch their faces when they find that the two sets of clues work out to exactly the same answers!

A little touch of sugar in vegetable or meat. Accentuates the flavor But does not make it sweet.

Scalloped Parsnips Slice and saute in one tablespoon butter, one medium-sized onion. When golden brown, add two cups stewed tomatoes, one and a half teaspoon salt, one-fourth teaspoon pepper, two or three cloves, pinch of cayenne, and one teaspoon sugar. Simmer until smooth. Have ready three cups of diced, cooked parsnips. Add a layer of tomato, then a layer of parsnips, continuing this until all the ingredients are used, being sure that a layer of parsnips is on top. Sprinkle with one tablespoon grated cheese mixed with one-fourth cup bread crumbs. Brown in hot oven.

PATTY SHELLS Pataty shells are usually baked in patty pans, lining the pan with pastry and baking it just before time for serving. Some cooks prefer to bake the shells on the outside of the pans, as they are more easily slipped off. If baked inside the pans, fill with dried beans, or uncooked rice, to hold the shell in place and to keep from puffing in "blisters." The same rice may be used again and again. When baked inside the pans or outside, pierce many times with a fork, which also aids in keeping the shell smooth, free from cracks and puffs.

When the shells are intended for children, or anyone on a simple diet, use plain pastry recipe; when more elaborate entrees are desired, as for a guest luncheon, use a rich pastry. The plain recipe is just the same as for pies.

PLAIN PASTRY one and one-half cups flour,

Pains Around Her Heart Tired Out After Doing Housework

Mrs. Henry Ranch, Muriel Lake, Alta., writes:—"Last fall I had bad pains around my heart, and each morning, after doing a little housework, I seemed to get dizzy and feel all tired out. Seeing that Milburn's Heart and Nerve Pills were good for these troubles I sent for a box, and after taking the Pills for a few days I felt a whole lot better. Since then I have had no return of the dizzy spells and pains around the heart."

For sale at all drug and general stores; put up only by The T. Milburn Co. Ltd., Toronto, Ont.

Institute News

ELDON WOMEN'S INSTITUTE

The regular monthly meeting of the Eldon Women's Institute was held at the home of Mrs. J. R. MacWilliams on Tuesday evening, March 8th, with seven members present. The meeting opened, the President in the chair, with the Creed repeated in unison. Roll call was responded to with an Irish joke. Reports from the different committees were given and business proceeded with. Next place of meeting at home of Mrs. Penny, response for roll call "A garden or a household hint." After adjournment lunch was served by hostess.

MT. ALBION WOMEN'S INSTITUTE

The May meeting of this branch was held in Institute hall on regular night. Meeting opened with "Club Creed" and roll call was responded to by eight members with a "Home Grown Product."

RICH PASTRY

Make plain pastry, roll out lightly; have ready four tablespoons shortening, creamed. Use half of this and dot over the rolled pastry. Fold, roll lightly together. Repeat at least twice, using all the shortening. Bake like the plain pastry. If more shortening is used a richer crust is the result; some cooks use as much as five tablespoons of the shortening to the above pastry recipe.

LITTLE POND INSTITUTE

The April meeting of the Little Pond Women's Institute was held at the home of Mrs. Henry MacDonald. Roll call was answered by a question by eleven members and six visitors. By motion it was decided that the sick list be furnished by the sick committee for the remainder of the year. The school committee reported as follows: That the school had been cleaned, and appointed three other members to scrub and clean the school for the month of May.

THE GASPAREUX WOMEN'S INSTITUTE

The regular monthly meeting of the Gaspereux Women's Institute was held at the home of Miss Matilda Steele on the evening of April 17th, with an attendance of fourteen members and two visitors present. Meeting opened by a gramophone selection "Amber tresses tied with blue." Roll was then called and answered by "Recipes."

Money Is a Good Companion

To be friendly, come in and order a Tailored to Measure Suit at \$18.75 up. Choice of 175 samples at \$29.50 for one week. Many of them selling at \$40.00 to \$45.00 in the City. Order a good Suit at \$29.50 and earn a premium. S. F. TARBUSH Who earned the Title as The "Star" Salesman for Hy Craft Tailors. 9402-5-11-41.

Steele and Mrs. Percy Dixon were appointed on the sick committee for the following month. There being no further business, the meeting then adjourned by singing the National Anthem. A delicious lunch was then served, and the remainder of the evening spent very pleasantly in music, singing and a special feature of the evening was the dancing by Mrs. Thomas Mercier and Mrs. Hector Stewart, which was very much enjoyed by all.

PLEASANT CIRCLE INSTITUTE

The April meeting of Pleasant Circle Institute was held at the home of Mrs. Ewen Cameron. Eighteen members and four visitors were present. Vice President, Mrs. Earle Boulter opened the meeting by repeating "Creed" in unison. Roll call was responded to by "Housecleaning Hints." Minutes of last meeting were read and adopted. Sick committee reported visiting sick and taking fruit. There was no report from school. New committees appointed were: Sick, Mrs. Lorne Cameron, Mrs. Harris Boulter, School, Mrs. Geo. MacKay and Mrs. Basil Sherry. Program, Mrs. Urvile Large, Mrs. Arthur MacKay, Mrs. Henry Cameron reported a donation of flannellette received from Eatons. A bill of \$2.83 was paid to Mrs. Henry Cameron, fruit 20 cents. Receipts for the evening 1 runner, 44c, collection 59c. One member subscribed for Institute News. It was decided for the Institute to send in one year's subscription. Quilt squares were given out to the members to take home to work. Program for the evening consisted of readings, by Mrs. Geo. MacKay, and Mrs. Elmer Gamble. Lunch was then served by the hostess. Meeting closed by singing "National Anthem." Next meeting at the home of Mrs. Harris Boulter, roll call to be answered with "Different Ways of Using Molasses."

NEW GLASGOW INSTITUTE

The New Glasgow Women's Institute was held at the home of Mrs. Ernest Laird on May 1st with an attendance of thirteen members and four visitors. Meeting opened by president in the usual manner. Members answered the roll call by telling how the depression has affected them most. Minutes of last meeting read and adopted. Favorable reports of sick and school committees given and same committees will act for another month. It was moved, seconded and carried that we send \$4 to the Red Cross Society in June. Members would like to have privilege of entertaining the district convention in New Glasgow this year. Roll call for next month will be answered by naming some outstanding person from New Glasgow. Place of meeting Mrs. W. B. Bulman. Luncheon, Mrs. J. B. Dickleson, Miss Elsie Laird and Mrs. R. A. Houston. Program committee, Mrs. Harland Hill, Mrs. J. B. Dickleson and Miss Elsie Laird.

CAPE TRAVERSE WOMEN'S INSTITUTE

The regular meeting of Cape Traverse Women's Institute, met at the home of Mrs. Russel Bell on April 27th. Meeting opened with Institute Ode, followed by Creed in unison. There were 15 members and one visitor present at this meeting, minutes of last meeting were read and adopted. Reports of different committees were then heard. Sick com. reported visiting sick and taking fruit. A bill of \$1.75 was ordered paid. School Com. reported having repaired window shade, also some repairs to school library were needed and the school playground wanted levelling. It was moved and seconded that Mrs. Louis Muttart and Mrs. Gordon

New Annan And Vicinity

The newly organized New Annan and Margate soccer football teams met in Margate on Monday evening and after a very exciting and hard fought battle the game ended in a tie—the score being 1-1. In the first half of play, New Annan were the first to attack and Ed Bearsto saved in great style. Margate then forced the play and Waite, the New Annan goal keeper punched them out right and left. A free kick taken by Spencer twenty yards out was saved nicely by Waite punching the ball over the bar. Mid field play occupied the remainder of the period with no score at half time.

The second half New Annan playing down hill forced the batters from the start and ten minutes of play C. Marchbanks passed to Poole who dribbled through the defence and past Bearsto to put one up for New Annan. Margate put up a stern battle from then on and equalized the score in the last ten seconds of play. A free kick by Spencer putting the ball in front of the New Annan goal, Mann rushing in shot the ball past Waite to tie the score for Margate.

Table with columns for teams (New Annan, Margate) and positions (GOAL, LEFT BACK, RIGHT BACK, etc.) listing player names.

Harvey has been appointed to see about having play ground levelled and gravel walks made, also to try and arrange for a suitable place for children to play while yard is being levelled. New committees appointed. Sick Com. Mrs. Russell Clark and Mrs. Frank Campbell. School Com. Mrs. Melbourn Howatt and Mrs. Albert Sherrin. Program Com. Mrs. Vernon Muttart and Miss Florence Bell. A letter from the Sanatorium was read by the Secretary also one from Red Cross Society. It was moved and seconded that \$10.00 be sent to the Sanatorium, also that candy be sold at play in hall, proceeds to go to Red Cross Society. Mrs. Douglas Bell and Mrs. Frank Campbell were appointed to take charge of candy. It was decided Institute pay Norman McWilliams \$1.66 towards paying for Hall lights. The Autograph quilt was reported finished, and the sum of \$12.35 was handed in to Secretary. The questionnaires were given to different members to fill in and mail. An interesting program was then put on. Prizes were won by Miss Nona Wright, and Mrs. Melbourn Howatt. Lunch was then served by refreshment Com. Meeting closed with National Anthem.

HERMANVILLE WOMEN'S INSTITUTE

The May meeting of the Hermanville Women's Institute was held at the home of Mrs. J. A. Morrison. The meeting opened with a victrola selection entitled "I Miss You In The Evening." The nine members present answered roll-call with a "Toast." The minutes of previous meeting were then read and approved of. Mrs. Frank B. MacDonald was appointed as the delegate to attend the annual convention in Charlottetown. It was decided to hold a dance in the school on May 12, for the purpose of increasing the funds. The next meeting is to be held in the school room where roll call is to be answered by "Gardening Hints." The National Anthem brought the



He can't talk mother he just cries to warn you

WHEN he's fretful... a regular little crosspatch... Mother, you may be sure it's a sign of some disorder. Often it is constipation, childhood's commonest ailment... and he may need a good laxative. But, Mother... consider carefully the laxative you give him. For many laxatives made for adult use are far too harsh for his sensitive little system. Even in reduced doses they may do more harm than good.

When your baby needs a laxative, Mother, take no chances... give him Castoria... the laxative made especially for children. Castoria is absolutely safe... and sure. It is gentle in action... does not gripe... is not nauseating. It is a pure vegetable preparation. It contains no harmful drugs... or anything to harm the tiniest system. Ask your druggist for a family size bottle. It is especially economical for older children.



NORTH MILTON

Honor roll for April: Grade X-1, Joyce Hooper. Grade IX-1, Erna Coles; 2, Esther Mathieson. Grade VI-1, Rena Coles; 2, Dorothy Hooper. Grade V-1, Reginald Coles; 2, Gordon Rodd; 3, Lawson MacKinnon and Wallace Smith (equal). Grade IV-1, Elsie Coles; 2, Garth Hooper. Grade III-1, Gladys Hooper; 2, Rollin Hooper; 3, Reta White; 4, Leonard Gillespie. Grade II (Sr.)-1, Olga Moreside; 2, Dorothy Gillespie. Grade II (Jr.)-1, Marjorie Coles; 2, Jeanette Moreside; 3, Harvey Coles. Grade I-1, Louise Hooper; 2, Parker Smith. Perfect attendance—Joyce Hooper, Erna Coles, Reginald Coles, Elsie Coles, Gladys Hooper, Olga Moreside, Marjorie Coles, Harvey Coles, Jeanette Moreside, Louise Hooper, Florence MacRae—Teacher.

RINGWOOD SCHOOL

Honor roll of Ringwood School for April: Grade X-1, Muriel McKinnon. Grade IX-1, Eileen White; 2, Nelson Currie; 3, Reta White. Grade VIII-1, Constance Currie. Grade VII-1, Stanley Dolron; 2, Florrie Currie; 3, Warren Mahler. Grade VI-1, Jean Currie; 2, Vincent Dolron. Grade V-1, Amos Georveatt; 2, Ernest Georveatt; 3, Earl McMahon. Grade III-1, Freddie Murphy; 2, Gordon McLean; 3, John Mahler. Grade I (Sr.)-1, Ella McEachern; 2, Francis McMahon; 3, Angus McMahon. Grade I (Jr.)-1, Catherine White; 2, Oswald Georveatt; 3, Charlie Currie. Perfect and punctual attendance—Muriel McKinnon, Inez McMahon, Johnnie McLean, Francis McMahon.

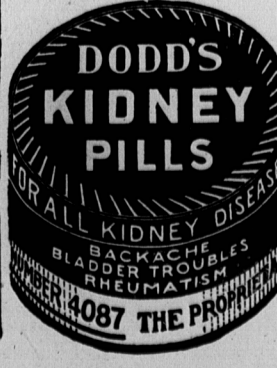
MOUNT HOPE SCHOOL

Grade IX-1, Everett MacLeod; 2, Allen MacLeod; 3, Edgar Dockendorff. Grade VII-1, Harold Dockendorff. Grade V-1, Ansel Judson and Florence Burhoe (equal); 2, Weston MacLeod; 3, William Burhoe. Grade IV (Jr.)-1, Boyd Currie. Grade IV (Sr.)-1, Gordon Dockendorff; 2, Eleanor Currie and Ervin MacLeod (equal); 3, Annie MacDonald. Grade V-1, Ethel Currie; 2, Hubert MacLeod. Grade I-1, Russell Dockendorff and Whitley Judson (equal); 2, Christene MacLeod; 3, Albert Burhoe. Perfect attendance—Allan MacLeod, Everett MacLeod, Ansel Judson, Florence Burhoe, Willena Burhoe, Boyd Currie, Eleanor Currie, Gordon Dockendorff, Erwin MacLeod, Ethel Currie, Hubert MacLeod, Whitley Judson, Russell Dockendorff, Albert Burhoe, Christene MacLeod. Percentage of attendance, 91%. Anne MacGowan—Teacher. (Patriot please copy)

WELL PREPARED FISH SOUP

FILE MOST ENTICING (Written for the Canadian Press by Mrs. Evelyn Spencer)

TORONTO, May 11—They had just seated themselves at a table in a tea room and were looking at the menu. "I don't want much lunch today," remarked the thin woman, "I rarely do."



Canadian Women Able Politicians

MONTREAL, May 12—(C.P.)—The effect feminine domination will have on the affairs of Canada during the remaining years of the 20th century as predicted by the Notre Dame de Grace Women's Conservative Association was amusingly set forth by some of its members in a stage presentation of a mock parliament in the year 2000. One lone man fought for the rights of his fellowmen, his contribution to Hansard consisting in the main of protests against persons of his sex being classed with lunatics, children and criminals. He hoped the "good old days" would return and the Agnes MacPhail School for Pacifists at Kingston would become once more the Royal Military College. The political affiliation of the two parties was marked by the gowns and caps of the "Members," blue and rouge of a vivid hue. Facts gleaned from the discussions during the session were that Canada will have its own Riviera on the north shores of Hudson Bay, the problem of the railways will have been solved by scrapping them all, the coal standard will have replaced the gold standard. "Reds" will be rendered innocuous by being injected with a sedative serum and sent to Greenland to cool off. The Opposition saw the Arctic Riviera Development Bill, a patriotic scheme keeping pleasure-seeking people in Canada instead of letting them go to the French or Italian Riviera, passed despite its vigorous protests. An Act to enable excavation of all the railway lines and ruins which once belonged to Canada's two leading railroad companies was introduced as a measure to provide work for the antiquarians in the country. This would corroborate history which told of a partially completed \$5,000,000 station buried somewhere in Montreal. The Prime Minister was absent for a time and returned from a conference with the Premier of France to announce the new fashions and to say the franc had been stabilized and the dollar deodorized. It was recalled that in 1976 the women of the Province of Quebec got the vote, tucked up their party petticoats and set to work at political housecleaning. All the way through the session there were the occasional sarcastic interruptions of honorable members with now and then evidences of boredom not unknown in legislative halls, but an altogether new departure from parliamentary procedure of 1933 was the introduction of music in the form of songs.

looks," cried her companion, who had lost no time in the tasting. "Let's ask the manager how it was made. I would like to try it at home."

The manager smiled, gratified to hear her dish praised. You can make the soufflé with any kind of left over steamed or boiled fish, or with canned fish," she said. "Mix equal parts of finely minced fish and a thick white sauce, made on a base of three tablespoons of butter and three of flour to each cup of milk used. Season with lemon juice, Worcestershire sauce, tomato or mushroom catsup, anchovy sauce, or any preferred seasoning. Then have a little cooking sherry. Some like the stiffly beaten egg whites all ready to fold in the last thing. For a family quantity of say a pint to a quart of fish and sauce take from two to four egg whites. You can further enrich it by adding the yolks, too, if you wish. Crumb up stale bread as for stuffing, mix with melted butter and strew over the top of the fish. Bake it in a medium oven for less than 10 minutes, until the crumbs are golden brown. We cook and serve soufflé on scallop shells but you can bake it in a pudding dish or a glass casserole or in individual ramekins of glass or earthenware. "The finest accompaniment to a fish soufflé," she added, "is Sauce Tartare—a thick, plain mayonnaise with the addition of one tablespoon each of finely minced dill, pickle, onion, parsley and capers."

CHOOSE COTTON FROCKS FOR SUMMER WEAR

If you like to look crisp and fresh through the hot days of summer and enjoy a clean dress every morning why not have a wardrobe this year composed entirely of cotton?

Linen suits and dresses are excellent on the street and in the office. Fine cottons in intricate patterns make handsome dinner dresses while your formal evening wardrobe might consist of a couple of simple organdy or organza gowns with white plique swaggar jacket for a wrap. Incidentally, the pique coat may be worn on the street over your washable dresses as well as in the evening.



Real Relief from NEURALGIA

There is no known medicine that works quite like Aspirin for the awful head and face pains of neuralgia. The speed of these tablets, and their perfect safety, makes them invaluable in relieving severe suffering of this kind.

Doctors know this peculiar efficacy of Aspirin in neuritic pain, and recommend it. Aspirin is safe. You could take it every day in the year without any ill effect. It does not depress the heart. So, stick to this proven product with proven directions. Safe, uniform, dependable.

Buy the bottle of 100 tablets at the new reduced price!

