

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



He's a MAN in the making!

How carefully you safeguard his food, his rest, his play—for you want him to grow up the healthiest boy in the land. Of course, you worry when he doesn't want to eat.

And that's why we are reminding you of Kellogg's Rice Krispies. Delicious, toasted rice bubbles that actually crackle in milk or cream and simply fascinate youngsters.

Kellogg's Rice Krispies are one of the best of cereals for children. Nourishing. Yet so easy to digest. Fine for any meal.

Always oven-fresh. Made by Kellogg in London, Ontario. Quality guaranteed.



For The Cook

CREAM PUFF PASTRY (Choux Pastry)

One-half cup water, one-quarter cup fresh butter, one-half cup flour, speck salt, two eggs. Place water and butter in double boiler, and let come to boil. While boiling add the flour, all at once, and beat hard. Cook mixture until it separates from the sides of the pan, then remove from the fire, and add the unbeaten eggs, one at a time. With a pastry tube, drop the mixture on a greased baking sheet, and bake in a hot

The House of Dreams-Come-True

By Margaret Pedler

(Continued)

He flashed a keen glance at her face as the sudden light dispelled the shadows of the room. But there was nothing in it to contradict the insouciance of her speech. Her cheeks were a little flushed and her eyes very bright, but her smile was quite natural and unforced. Burke reflected that women were queer, unfathomable creatures. They would fight you to the last ditch—and then suddenly surrender, probably liking you in secret all the better for having mastered them.

He had forgotten that he was dealing with a daughter of Jacqueline Mavroy. All the address that was Jean's mother came out in her now, called up from some hidden fount of inherited knowledge to meet the imperative need of the moment.

No one, watching Jean as she accompanied Burke to the kitchen premises and assisted him in the preparation of their supper, would have imagined that she was acting her part in any other capacity than that of willing playmate. She was wise enough not to exhibit any desire to leave him alone during the process of carrying the requisites for the meal from the kitchen into the living-room. She had noticed the sudden mistrust in his watchful eyes and the way in which he had instantly followed her when, at the commencement of the proceedings, she had unthinkingly started off down the passage from the kitchen, carrying a small tray of table silver in her hand, and thereafter she refrained from giving him the

BURDOCK BLOOD BITTERS advertisement.

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



No. 377

A print in a gay dot design is chosen by this smart little junior, because Paris says, "It's smart to have spots this season."

You'll find it such an inexpensive little dress to make.

The original was a most attractive rayon crepe that tubs so beautifully. The background was marine blue with navy blue and orange-red spots. The cute neck bow and belt repeated the orange-red shade.

Style No. 377 is designed for sizes 8, 10, 12 and 14 years.

Linen, batiste, pique, crepe de chine and woolen type cottons are ideally suited to this model.

Size 10 requires 2 1/2 yards 35-inch.

oven for about thirty-five or forty minutes. Be sure to bake them until they are thoroughly cooked, or they will be soft. Cool them, then open at the top, and fill with whipped cream, sweetened and flavored, or any other filling you may desire.

Be sure to fill in the size of the pattern. Price of Pattern 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully.

Form for pattern order with fields for Name, Street Address, City, State.

Nervous Indigestion

Troubled for Years, Mrs. John Macdon Thanks Dr. Williams' Pink Pills for Permanent Relief

"For many years I had been troubled with indigestion and my nerves," writes Mrs. John Macdon, Calumet, Que. "I suffered constantly. I tried many remedies, but without gaining any relief. I was unable to get any rest. I got a box of Dr. Williams' Pink Pills to give them a trial. I soon saw a great change. Now I can go to bed peacefully and have a good night's rest, and am able to do a day's work with any one. All I have to thank for it is Dr. Williams' Pink Pills. I would not be without them in the house."

Dr. Williams' Pink Pills are remarkably effective in cases like the above, because they create new rich blood which supplies to the nerves the very elements they need. Equally effective for all run-down and anaemic conditions. Try them. At your druggists. 50c a package.

SOON SAW A GREAT CHANGE

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A Morning Smile

Brady—Did you hear about poor Flannery?

O'Grady—Not a word.

Brady—The big stame-nammer in the foundry dropped on his chest and killed him.

O'Grady—Well, I'm not surprised, for he always had a wake chest.

Down With the Depression! Dorothy Dix Would Write "Finis" to Hard-Luck Stories

Let's Quit Being Trouble-Lenders! The Chief Thing That is the Matter With Us Today is That We Have Infected One Another With the Depression and We Are Suffering From An Acute Attack of Pessimism

We are all aware of the folly of borrowing trouble, but what about the crime of lending trouble?

Yet this is the favorite indoor sport of a large number of people, and it is a form of diversion to which women are particularly addicted. They can't bear to keep their misfortunes to themselves. They are just bound to pass them along to all with whom they come in contact. They would feel actually selfish to monopolize any gloom by themselves. They are that open-handed when it comes to scattering seeds of sadness that they have to divide them with others.

All of us have among our families and friends and acquaintances these human wet blankets who can take the starch out of the most optimistic and

joyous, and at whose approach our temperatures sink from fever heat to subnormal. For well we know we are about to have it impressed upon us that all is not well with this best of good old worlds, but that every single solitary thing in it is wrong, and that we are hurtling to the demeriton bow-wows as fast as we can go.

Whether these harbingers of woe are never warmed by any sunshine; whether they never see any act of kindness or generosity done; whether they never see husbands and wives who love each other or any peaceful and happy family life; whether they never hear any laughter or observe any innocent fun, we do not know.

If they do, they never speak of it. The sole topics of their conversations are floods and storms and breaking banks and scandals and divorces and wild children who have broken their parents' hearts and death and destruction generally.

You can be as chipper as a sand boy when one of these trouble-lenders comes in, but before she leaves she has punctured every one of your little pink balloons and they have gone as flat as pancakes and you wonder what you ever found to be cheerful about in a world where so many things go wrong.

But you can't help resenting having your pleasant hour spoiled for no reason except that a trouble-disseminator enjoys playing her doleful trade.

You can't run the weather. You have no panacea for depression. You can't stop Jones from drinking nor keep Mrs. Smith from making a fool of herself and wrecking her home by her silly flirtations. You can't keep young people from speeding and petting or make them come home at a proper hour. So what's the use in worrying you about them? Heaven knows you have enough things to bother about yourself without taking on the griefs of your neighbors. Of course, there are some men and a multitude of women, who are

heard him pause to listen for her whereabouts. Then he shouted again. "Come back! You'll kill yourself! Jean! Jean! . . ."

But she made no answer. Dis- traught by fear lest he should over- take her, she raced recklessly ahead into the fog, heedless of the fact that she could not see a yard in front of her—even glad of it know- ing that the mist hung like a shield- ing curtain betwix her and her pursuer.

The strange silence of the mist- laden atmosphere hemmed her round the silence of a tomb, broken only by the sucking sound of the oozy turf as it pulled at her feet, clogging her steps. Lance-sharp spikes of gorse stabbed at her ankles as she trod it underfoot, and the permeating moisture in the air- soaked swiftly through her skin summer frock till it clung about her like a winding-sheet.

Her breath was coming in sob- bing gasps of stress and terror; her heart pounded in her breast; her limbs, impeded by her clinging skirts, felt as though they were weighed down with lead.

Then, all at once, seeming close at hand in the misleading fog which plays odd tricks with sound as well as sight, she heard Burke's voice cursing as he ran.

With the instinct of a haunted thing she swerved sharply, stum- bled, and lurched forward in a vain effort to regain her balance. Then it seemed as though the ground were suddenly cut from under her feet, and she fell . . . down, down through the mist, with a shattering of crumbling earth and rubble, and lay, at last, a crumpled, unconscious heap in the deep-cut track that linked the moor road to the bungalow.

CHAPTER XXVIII THEY WHO WAITED Lady Anne sat gazing absently

Norborn and vicinity mourn the loss of an old and highly respected citizen in the person of Mr. Alexander Douglas, who passed away on April 24th, aged 78 years.

The many friends of Mr. Crawford Sinclair, Summerfield, are sorry to hear of his illness.

Friends of Mr. Thomas Power, South Freetown, regret to hear of his serious illness.

Mr. F. E. Murphy, Emerald was a recent visitor to the capital.

Mrs. Arthur Corbne, Chester Basin, Nova Scotia, has returned after spending a couple of months with friends and relatives on the Island.

Sympathy is extended to Mr. and Mrs. J. E. Sinclair and her daughter, Miss Janet, spent day pleasantly in Rose Valley visiting the former's parents, Mr. and Mrs. MacKenzie.

Springfield Women's Institute—The regular monthly meeting of this Institute was held in the school house on April 28th at 8 o'clock, with the president, Miss Muriel Haslam, in the chair. The meeting opened with the Institute Ode, and Roll Call was responded to by eleven members by "House-cleaning Hints". The minutes of last meeting were read and adopted.

Oxydol advertisement: You're Right, Madam, Dishwashing is a Nuisance. But see how much easier the new Oxydol makes it.

Souris advertisement: The Klondyke Lumber Mills, re-opened for the season this week and by the quantity of lumber in their yards we predict a busy season for industry in our town.

Man's Heart Stopped By Bad Stomach Gas advertisement: W. L. Adams boasted so with gas after meals that his heart missed beats. Adierka brought out all gas and now he eats anything and feels fine. Hughes Drug Co., Ltd.

The Crown Diamond Paint advertisement: The Paints that endure for years. CROWN DIAMOND PAINTS VARNISHES ENAMELS and Walpamur.

Ocean Fares Reduced 20% advertisement: This means \$1.00 for 80 cents. Round Trip Rates between MONTREAL and GREAT BRITAIN are only Cabin \$192, up Tourist \$149. Third \$108.

MINARD'S LINIMENT advertisement: for BURNS. This equal parts of Mineral and sweet oil, castor oil, or cream. Sprayed on brown paper. Apply to burn or scald. Before long the painful smarting stops.

DR. HAMILTON'S PILLS advertisement: HEADACHE INDIGESTION BILIOUSNESS CONSTIPATION.

Had Eczema All Over Her Body advertisement: Mrs. Leo Warder, Springfield, Ont., writes: "For a long while I was troubled with eczema all over my body. It would burn and itch so at night I could not rest. I tried different remedies but of no avail. I was advised to take Burdock Blood Bitters, and after taking five bottles my blood was completely cleared of the eczema."

DR. HAMILTON'S PILLS advertisement: HEADACHE INDIGESTION BILIOUSNESS CONSTIPATION.