

Woman's Realm / Social and Personal / Fashions / Literature

2ND HELPINGS ARE PROOF OF GOODNESS

When everyone comes back for more you know they appreciate your Swans Down Cake.

Special Flour for Extra Good Cakes
Swans Down Cake Flour is 27 times as fine as ordinary flour. Swans Down is made only from a particular kind of Canadian wheat, grown in one particular section. This selected grain is ground by Swans Down's "Controlled Milling Process" and sifted through silk to assure superlative fineness.

The unvarying high quality and uniform delicacy of Swans Down Cake Flour gives all your cakes velvety crumb, extra lightness and tenderness.

RECIPES FOR THE 9 MOST POPULAR CAKES ARE ON THE PACKAGE

THE INSURANCE POLICY FOR BETTER CAKES

TWO WAY RADIO SETS FOR ANZAC SOLDIERS

SYDNEY, Australia—An Australian foot-soldier will be able to carry a complete broadcasting and receiving radio station on his back when a new type wireless outfit is issued to the Australian Imperial Force. The equipment will be carried on the back like an ordinary infantry pack. It is an adaptation of the infantry Morse radio set used in England. The British set required two men for two-way working, but the Australian set enables one man to transmit by radio-telephone and receive with headphones. It will enable scouts to work singly, giving running commentaries on their observations as they go.

USEFUL CROCHETED BIBS FOR BABY

811

Design No. 811

Little time is required to create these crocheted bibs for baby, making ideal gifts for the layette. Pat. No. 811 contains list of materials needed, illustration of stitches and complete instructions for making both bibs.

To order pattern: Write or send above picture with 15 cents in coin to Charlotte Town Guardian Needlework Department.

NAME _____
STREET ADDRESS _____
CITY _____ PROVINCE _____

South From Mayfair By Pearl Bellairs

CHAPTER XXII
SECRET INQUIRY

Two days later on a hot morning in a wooden-walled barely furnished room at the back of the court-house in the town of Mayfair, a dozen grave-faced men sat on benches by a long table, and carried out a sober inquiry. Some were in military uniform, the majority were not. Their cars, drawn up in the dusty sunshine outside bore the number plates of New Zealand Government Service, and one man had come in the military aeroplane which was lying on the landing field at the aerodrome.

Lorna, somewhat pale and heavy-eyed, gave her evidence. Her father, who had brought her, was in the back of the room. But Hawksford whom she had not seen since the night of Richard's death, was not in court.

"On the 28th of November," she was asked by the dignified, white-moustached personage in charge. "Where were you?"

"At Gulliver's Bay."

"Alone?"

"No, with Mr. Hawksford." Her face flamed.

"What happened there?"

She told them, about seeing the life-boat on the shore with the name "M.S. Yama Maru" on the bow. "These grave-faced gentlemen were not anxious, she was relieved to find, to know what she had deduced from it, but only the actual events of the day. She described the shots which had been fired at them on the hillside, and in the bush; how Hawksford had gone to try to shoot the attacker—here she was frightened for fear of injuring him—and how she herself had tried to escape out of the bush. How Richards had followed her, aimed his rifle at her to shoot her, and how Hawksford had prevented it by shooting him from the bush behind.

"Mr. Hawksford saved my life!" she said.

"They didn't seem interested in that."

"Thank you, Miss Marris. That will be all. On the 28th of November did General Marris show you this piece of paper?"

"Yes, he handed her the slip with the letters relating to the Picton defences put on it."

"Yes, my father found it in the lid of his typewriter."

"That was all, she was allowed to go."

Before she left the court with her father, she saw another witness come forward and recognized the man she had seen through the window of the house in Papanui, who had given Hawksford the letter which he had steamed open. She heard the commencement of the examination:

"Are you Arthur Henry Beeson, of 15, Outram Avenue, Christchurch?"

"I am."

"You are employed by the Post Telegraph Department?"

"That's right."

"Did you, on the 24th of November, on the instructions of your superiors, hand a letter to Mr. Hawksford, addressed to Captain Allen Richards at a Christchurch post office box-number?"

"I did."

"That was all she heard. She understood then that the letter had been for Allen; and that the postal authorities had given it to Hawksford for examination."

She left the court with her father, and they drove back to the hotel in a taxi.

The General had told her when he arrived from the Chatham Islands the previous day that Hawksford had gone to Wellington to report. "Is Hawksford here now?" she asked.

"Yes, he gave evidence before you, they sent him out while you gave yours."

(To Be Continued)

"YES MADAM, IT'S THE BEST WE HANDLE"

Barbour's ACADIA BAKING POWDER

Grocers Recommend the Baking Powder with Double Action

Living & Leisure - The Woman's Realm

COMMON THINGS

He talked of very common things. Those days in Gallée: The things that folks knew all about. No puzzling mystery.

To men he spoke of vines and corn. Of seedlings, harvest, too; Of catching fish and tending sheep: The work they had to do.

He talked to women of their lamps: Of salt and bread and patching. He sanctified their toil.

And now, in kitchen or in field Or in the market place, We have no echo of his voice, No glimpses of his face.

O Master, come again to us In that old simple way! Touch with thy grace the common As in that far-off day!

—FLOY L. EMMHOFF.

The right way to acquire the ability to read music mentally is to learn to sing without the aid of an instrument.

Pineapple juice, instead of water, is spurted by a drinking fountain in a Honolulu cannery.

Beach clothes, fishing suits and bathing suits show individual trimmings; for example, one designer likes to use grommets and ropes at waistlines instead of belts. Straps

MANY NURSES SAY

"MILDLY MEDICATED CUTICURA IS A GREAT HELP IN RELIEVING UNSIGHTLY PIMPLES OF EXTERNAL CAUSE."

CUTICURA SOAP & OINTMENT

THE COOK'S CORNER

MINCED CARROTS
2 cups cooked sliced carrots
2 tablespoons butter
1 tablespoon brown sugar
1-3 cup orange juice
Grated rind 1-2 lemon
Method: Cook sliced carrots in a small amount of salted water until tender. It is best to use a pan with a tight-fitting cover for this. When the carrots are ready, the water should be almost cooked away.
Melt the butter in a pan and stir in the flour, then add the water and blend to a smooth paste. Lastly add the sugar, mint and lemon rind, and cook, mixing in the carrots as the sauce cooks. When thoroughly blended, and heated through, it is ready to serve.

ORANGE MARSHMALLOWS
Two tablespoons unflavored gelatin
1 cup orange juice
2 cups sugar
1 egg white
1 teaspoon grated orange peel, powdered sugar.
Soak the gelatin in 1-3 cup of the orange juice. Add the other 1-2 cup orange juice to sugar and boil to hard ball stage (265 degrees F.). Stir this into the soaked gelatin and beat until dissolved. Beat egg white until stiff. Gradually beat the gelatin mixture and orange peel into egg-white and continue beating until cool and stiff. Pour into a square pan that has been buttered and dusted well with powdered sugar. When firm cut into squares with a sharp hot knife. Roll in powdered sugar. Keep in a covered container in refrigerator to retain moisture.

When Colds "Go Down"

Get After Distress Improved Vicks VapoRub

If a cold has "gone down," causing coughing, muscular soreness, or irritation in upper bronchial tubes, what a "VapoRub Massage" can do for you!

With this more thorough treatment, the poultice-and-vapor VapoRub for 3 minutes until effectively penetrates irritated air passages with soothing medicinal vapors... STIMULATES chest and back like a warming poultice or plaster... STARTS RELIEVING misery right away! Results delight even old friends of VapoRub.

TO GET A "VapoRub Massage" with all its benefits—massage VapoRub for 3 minutes until PORTANT RIB-AREA OF BACK as well as throat and chest—spread a thick layer on chest, cover with a warm cloth. SURE to use genuine, time-tested VICKS VAPORUB.

Lenten Meditations

Gracious Father, who givest the hunger of desire, and satisfiest our hunger with good things; quicken the heart of Thy servant who mourns because he cannot speak to Thee, nor hear Thee speak to him. Refresh, we beseech Thee, the dullness and dryness of his inner life. Grant him perseverance that he may never abandon the effort to pray, even though it brings for a time no comfort or joy. Enlarge his soul's desires that he may be drawn unto Thee. Send forth Thy Spirit into his heart to help his infirmities; to give him freedom of utterance, and warmth of feeling. Let him muse upon Thy goodness; upon the blessings with which Thou hast strewn his path; upon the mystery of the world, and the shame of sin, the sadness of death,—until the fire kindles and the heart melts in prayer and praise and supplication.

Lord, teach him to pray the prayer that relieves the burdened spirit, and bring Thy blessing, which maketh rich and addeth no sorrow. Hear us, for Jesus sake Amen—Samuel McComb.

Lord, work in my heart a true Faith, a purifying Hope, and an unfeigned Love towards Thee; give me a full Trust in Thee, Zeal for Thee, Reverence of all things that relate to Thee; make me fearful to offend Thee. Thankful for Thy Mercies, Humble under Thy Corrections, Devout in Thy Service, and sorrowful for my sins; and Grant that in all things I may behave myself so, as befits a Creature to his Creator, a servant to his Lord.

make me Diligent in all my Duties watchful against all Temptations, perfectly Pure and Temperate, and so moderate in Thy most Lawful Enjoyments, that they may never become a Snare to me; make me also, O Lord, to be so affected towards my neighbour that I never transgress that Royal Law of Thine, of Loving him as myself; grant me exactly to perform all parts of justice; yielding to all whatsoever by any kind of Right becomes their due, and give me such Mercy and Compassion, that I may never fail to do all Acts of Charity to all men whether Friends or Enemies, according to Thy Commandment. Example Amen. —Thomas A. Kempis (1379-1471).

GLORIFIED APPLE PIE

Next time you serve apple pie serve it hot, lathered with whipped cream and sprinkled with chopped walnuts.

The use of wheat or rye flour or a mixture of the two for purposes other than the baking of bread has been prohibited in Belgium.

French chalk will absorb a grease stain more quickly if heated by holding a hot iron above it.

The original meaning of the words "history" and "story" is the Greek word "istoria," which means "learning by inquiry."

Ten million dollars in salaries said to have been paid by Paul Whiteman in his 20 years as orchestra impresario.

A Morning Smile

WONDERFUL MANKIND

The landscape architect was showing an ignorant, newly-rich woman over a formal garden.

"What's that?" she asked.

"The landscape architect told her it was a sun dial."

"What's a sun dial?"

Whereupon her companion patiently explained how the sun, moving through the heavens, casts a shadow which is recorded on the dial, indicating the time of day.

"The woman beamed with interest. "My! what will they be thinking of next?" she exclaimed.

HER FAULT

A woman estate owner collected her own rents in order to save expenses. She found one of her tenants in a dis-oriented frame of mind and thinking that attack might be the best defence, she began with a complaint of her own. "Your kitchen, Mrs. Brown," she said, "is in a very bad state."

"Yes, ma'am, it is the tenant's agreed. And you would look the same way if you hadn't had any paint on you for five years."

HELP FULL TRUCK

Tie a button on the end of the string attached to small son's wagon or truck so he has something tangible to hold in that little chubby hand. The end of the string slips through his fingers if there is nothing on it to prevent.

Scald the new brown in hot sudso to toughen its straws.

LET HIM HAVE BUTTER

Let the youngster eat plenty of butter. So many mothers are so particular about wasting butter with children and watch them carefully when they spread their bread, or else butter it for them. Butter is usually the only fat a child will eat and it is good for him to have a little fat. Economize on the candy and ice cream cones and let the youngster enjoy the butter.

FIRST-AID FOR TIRED FROCKS

Here is something you can make out of almost nothing! If you have a felt hat in some bright colour, such as a good red, green, white, yellow, or blue, you can make yourself some felt flowers to wear with a dark frock which needs evening up. Just what sort of flowers you choose will be a matter of personal taste, but you should choose something which is more or less a flat flower, as these are easier to handle.

Cut out your flower in paper to use as a pattern, then cut out the felt ones. Take a few coloured glass beads, preferably yellow ones, put a cluster of four in the centre of each flower, sewing them in firmly with a few strands of gold thread work a few long stitches from the bead centres. To make these garlands, take a length or two of strong embroidery silk and make this a convenient length to fall just below the neckline of the frock. Sew the flowers on firmly at intervals, starting from the centre and arranging about five or seven (if small ones) either side. A green silk looks well for this purpose.

It is possible to combine the use of two colours most effectively in this way, using say red and white, or yellow and green, but a little experimenting with whatever coloured felts you are lucky enough to have will soon show you the intriguing possibilities of this effective yet inspiring ornamentation.

BEEF-STEAK served in a tea-cup

would be unusual

But— you can enjoy beefy flavour and goodness in stimulating

HOT BOVRIL

"PREVENTS THAT SINKING FEELING"

Needlecraft - For The Home

A nipped in waist, a becoming white collar and buttons down the front make this new style perfect for your little girl. She'll love wearing it for Sunday best or to school for many months to come. A dark colour with clear white dots is a neat and appropriate choice for a fashion conscious Miss. Short sleeves with galloped cuffs or long comfortable full sleeves are both provided for in this easy-to-sew pattern, that will be the pride and joy of your school age daughter.

Style No. 2810 is designed for sizes 6, 8, 10, 12 and 14 years. Size 8 requires 2 1-2 yards of 35-inch fabric with 3-8 yard of contrasting fabric for short sleeved dress; 2 7-8 yards for long sleeved style.

Send Twenty (20c) coin is preferred for Pattern. Write plainly your Name, Address and the style number. Be sure to state the size you wish.

Style No. 2810 Size

Name _____
Street Address _____
City _____ Province _____

JOHNSON'S ANODYNE LINIMENT

The Old Reliable Since 1810 for relieving RHEUMATIC AND SCIATIC PAINS GOUT • LUMBAGO • SPRAINS

2810 SIZES 6-14

Protect Your family with this Gentle Tissue

750 SHEETS WHITE SWAN EMBOSSED TISSUE

Now 3 ROLLS 2250 SHEETS 25¢

You know the QUALITY of this snow-white, soft and safe tissue. Have you ever realized that the QUANTITY you get for 25¢ makes it the best tissue value on the market?

2250 sheets—750 in every roll—of the highest quality tissue, closely rolled to fit neatly into your fixtures. Put Eddy's White Swan on your shopping list today!

Protect your family with this gentle sanitary tissue

Give New Life To ECONOMY MEALS WITH SPAGHETTI!

BUDGET meals become occasions when you serve Heinz Cooked Spaghetti! It's perfect with leftovers, For Heinz chefs make their own spaghetti—saute it with a spicy medley of Heinz prize tomatoes and zippy cheese. Do you keep Heinz Cooked Spaghetti handy? It's the makings of many a delicious hurry-up meal!

SPAGHETTI WITH BACON STRIPS
● Fry strips of bacon slowly in frying pan. Heat large (26 fl. oz. size) tin Heinz Cooked Spaghetti. Heap spaghetti on platter and arrange bacon strips around it. Garnish with parsley.

H. J. HEINZ COMPANY OF CANADA, LIMITED

HEINZ COOKED SPAGHETTI