

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

The Queen Visits Her Troops



It was during her triumphant tour of Canada nearly a year ago that Her Majesty Queen Elizabeth last saw the Toronto Scottish Regiment of which she is Commander-in-Chief and they were in their peace-time uniforms. And so it was a happy reunion with the men recently when she visited their training camp "somewhere in England" under war time conditions. This excellent photo of the Queen was taken as she passed down the line of formerly killed men, wearing the new battle dress, although still retaining the Glen-garry cap.

Helpful Hints For The Women Folk

A little sun, a little rain,
A soft wind blowing from the west—
And woods and fields are sweet again,
And warmth within the mountain's breast.
A little love, a little trust,
A soft impulse, a sudden dream—
And life as dry as desert dust
Is fresher than a mountain stream.
—Stoepford A. Brooke.

CLUB SPRING SALAD IS GOOD

Now is the time to fetch out the salad bowl again, for April brings the appeal of the crisp greens combined with fruits or vegetables. The greens must be thoroughly washed and carefully dried if they are to gladden with the dressing. After the inside of the bowl has been rubbed with half a clove of garlic, toss in the greens, a head of lettuce, a bunch of cress, a few dandelion leaves, romaine or endive, crisp and dry. Add a tomato, or cucumber, or bunch of radishes, thinly sliced. Pour over the salad just enough French dressing to coat the greens. Toss lightly with a wooden fork and spoon.

The largest turkey farm in England produces 6,000 birds yearly. The largest turkey undertaking in the United States is worked on a cooperative basis and maintained a breeding stock of 118,000 birds on 13 farms looked after by 19 young married couples. In 1939 more than 640,000 turkeys were produced.

FANCY WEAVES ARE FAVORITES AMONG TWEEDS

Oatmeal tweeds, combined with blending plaids, fine checks worn with wide broken checks, self diagonals with blending tweeds, fuzzy woolens mixing up their colors in two and three tones in one suit, give to the spring suit made a new and delightful variety. Two-color tweeds, such as checks and plaids with plain skirts and either plain or checked tops. Shadow plaids are shown with plain wool, stripes with stripes. Herringbones find interest by varying their colors, and chalk stripes may be used with perfectly matched plain material. Dual and triple weaves in twill are new and very smart! These are shown in light suitings, and may be combined with heavier coatings. Triple crepes and soft flat crepes are shown in dressy suits and ensembles. Repp weaves and fine ribs look new and exquisitely tailored in some of the new reffer suits.

MATURE WOMAN WINS BEAUTY BY PROPER COSTUME PLANNING

The mature figure, correctly conceived and distinguished by good posture, is a striking sight. In fact, wherever you see it you hear more complimentary comments than about the young. The figure which is well-proportioned and which there are many in this world of ours. But it takes costume planning and a study of type to achieve distinction when you are over 40.

Mother's Day Cross Stitch Sampler



Once a year we set aside one special day for Mother. Once a year we give her a token of our love; our unflinching confidence in her love and our appreciation of all the things she has done and still does for us. Nothing could please a mother more on her special day than to receive this lovely sampler worked by someone she holds very dear. She will cherish it always and always it will bring her joy and pleasure. The pattern includes a transfer for the design, complete stitch and color keys and diagrams.

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, Charlottetown, Guardian.

To Charlottetown Guardian Needlework Department.

Design No. 470

NAME _____

STREET _____

PROVINCE _____

THE COOK'S CORNER

CHOCOLATE PEPPERMINT CAKE

Two cups sifted cake flour; 1 teaspoon soda; 1-2 teaspoon salt; 1-3 cup butter or other shortening; 1-4 cups sugar; 1 egg unbeaten; 3 squares unsweetened chocolate, melted; 1-2 cup thick soft cream; 3-4 cup sweet milk; 1 teaspoon vanilla.

Sift flour once, measure, add soda and salt, and sift three times. Cream butter thoroughly, add sugar gradually, and cream well. Beat in egg, then chocolate. Add about 1-4 cup of flour and beat well; then pour cream and add remaining flour, alternately with milk, in small amounts beating after each addition. Add vanilla. Bake in three greased 9-inch layer pans in moderate oven (350 degrees F.) 30 minutes. Spread with Peppermint Frosting. When cold but soft, sprinkle border of chocolate flakes around top. Finish with scrape unsweetened chocolate with sharp knife, scraping down.

Peppermint Frosting

Two egg whites, unbeaten; 1-2 cups sugar; 5 table-spoons water; 1-2 teaspoon; light corn syrup; 1 teaspoon vanilla.

Combine egg whites, sugar, water and corn syrup in top of double boiler, beating until foamy. Place over rapidly boiling water, beat constantly with rotary egg beater, for 7-8 minutes, or until thick and stand in peaks. Remove from boiling water; add vanilla. Color a delicate shell-pink by adding a small amount of red coloring, and flavor to taste with oil of peppermint (only a few drops are necessary). Beat until thick enough to spread.

OLD-FASHIONED NUT LOAF

Two cups sifted cake flour; 2 teaspoons double-acting baking powder; 1-2 teaspoon salt; 2-3 cup sugar; 1 egg; 1 cup finely cut nut meats; 7 table-spoons milk; 1 teaspoon vanilla.

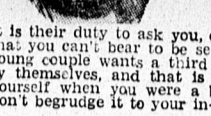
Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Beat eggs until thick and light and nearly white; add to creamed mixture and beat thoroughly and mix. Add milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in greased moderate oven (350 degrees F.) 1 hour, or until done.

Dorothy Dix's Letter Box

DOROTHY DIX SAYS — BEING AN IN-LAW IS HARDEST JOB ANY WOMAN HAS TO FACE

The Best Way to be a Mother-in-Law is Not to be One at all, But be a Real Mother

Being a mother-in-law is the hardest job on earth next to being a daughter-in-law, but here are a few efficiency tips that will help her to make a success of it. Don't be a mother-in-law at all. Be a real mother to your in-law. Open your arms to the young woman and young man who come into your family and take them to your heart instead of giving them the cold shoulder. Make them feel that you are welcome instead of afflictions that are sent on you by some malign fate. Especially don't make some poor little girl feel that you look upon her as an artful and designing mix who has somehow managed to share your help and innocent son into marrying her. Make your in-laws ready to start that you are going to be friends with them, that you are not going to criticize them and that you are going to make the same sort of allowances for all their little weaknesses that you do for your own children.



Don't go to live with your children unless the only alternative is to go to the Poorhouse. Don't go to live with them because they feel it is their duty to ask you, or because you are lonely, or because you feel that you can't bear to be separated from your aged, frail or John. No young couple wants a third party in their new home. They want to be yourself when you are a bride, so don't begrudge it to your in-laws.

Every young couple wants to run their home in their own way, make their own mistakes and learn by their own experience. And they have a right to do it. After all, have you made such a howling success of your own home that you should set up as an authority? If you were a Solomon in petticoats, your in-laws don't want you. No one would want to have it at any price. The only way that you can be persona grata with them is to keep your tongue between your teeth.

Be just to your in-laws. Don't expect your son-in-law to be a better husband than your son is, or think it right for your daughter to be the sort of a wife that would have her son to a divorce if he had had the ill-luck to get her.

Don't uphold your son in being a booby who neglects his wife and spends all of his money in silly indulgence, and think that your son-in-law should be a slave to his family. Don't think that your daughter-in-law should wear high-heeled shoes and save all of her husband's money and that your own daughter should wear Paris frocks and imported hats and spend money as if it grew on trees. Play fair with them, and try to look at the in-law side of every thing.

Abdicating the throne when your children get married. Don't try to be first with them any more. Don't get green-eyed when they love their husbands and wives better than they love you. Don't begrudge them their happiness and that they are really married.

There are about a million other tips that I might give you about how to play the mother-in-law game, but if you will follow these, you will win out.

YOUR INDIVIDUAL HOROSCOPE

(By FRANCES DRAKE)
(Copyright, 1940, King Features Syndicate Inc.)
Look in the section your birthday came in, and find what your outlook is, according to the stars.

For Friday, April 26, 1940

MARCH 21 to APRIL 20 (Aries) — Deal with wholesalers and retailers, doctors, dentists, nurses, advertising agencies, theatrical and sports enthusiasts, charity workers, diplomats. Any worthy try will be respected.

APRIL 21 to MAY 20 (Taurus) — Keep improving your sense of values, you will need it more every day. Today's rays especially favor your regular-business and general affairs. But if some new interest of worth appear, give them consideration.

MAY 21 to JUNE 21 (Gemini) — Heart and money matters are particularly favored for you born between June 5. Generally friendly indications for you other Gemini natives if you'll cooperate with the right forces, mainly with honesty and appreciation.

JUNE 22 to JULY 23 (Cancer) — Deal with superiors and sell yourself to advantage. Be steadily busy during working hours, then relax thoroughly during free time. Don't let sensitiveness spoil this grand day.

JULY 24 to AUGUST 23 (Leo) — Whatever your schedule calls for, tackle that with vim and confidence. If you have time, try out a brand new idea. Without straining, make this fairly favorable day give you plenty for your efforts.

AUGUST 23 to SEPTEMBER 23 (Virgo) — Get a break, enthusiastic start this morning and half of your difficulties likely to occur will be conquered. A good day for you who will DO, not just plan. Show your resourcefulness.

SEPTEMBER 24 to OCTOBER 23 (Libra) — Money and general business interests to the fore. Don't waste time with time-wasters. Sound investments (thoroughly investigated) should not be overlooked. Listen to the ideas of young people, some often are valuable.

OCTOBER 24 to NOVEMBER 23 (Scorpio) — Seek the advice of and favor from superiors and clients. Be persuasive (as you of this period can well be), but tactfully so. Making sensible investments for the future, planning for the week-end and next week and clearing away old matters.

NOVEMBER 23 to DECEMBER 22 (Sagittarius) — Satisfactory results will come primarily from well-organized and distributed energy and talents. Concentrate on the important thing first—meaning the necessary details, too!

DECEMBER 23 to JANUARY 22 (Capricorn) — Especially favorable aspects for you born after January 5th. All of you can chalk up a credit record at today's close if you will heed the dictates of your consciences, resist temptations, be sensible, careful in indulgences and think logically.

Breakfast time, and do you say



... if not, you won't get the nourishment you need!

Queer but true: if you don't really enjoy your breakfast, your system can't get from it the quick start you need. So it's well to remember that Kellogg's Corn Flakes do the three important things every breakfast should. (1) Proven first in flavour*, they tempt your appetite. (2) Jam-



A REAL ECONOMY! Canada's favourite cereal costs only a few pennies for the whole family's breakfast—or the children's supper. Have you tried the new family-size package?



packed with carbohydrate 'fuel' they start you quick. And (3) they help keep you going. Ready in 30 seconds, no pots and pans to clean! Get several packages tomorrow! And, note for husbands away from home, insist on Kellogg's in the wax-wrapped individual package. Made by Kellogg's in London, Canada

*Housewives voted 5 to 1 for Kellogg's as against any other brand of Corn Flakes when asked "What ready-to-eat cereal is your family's favourite?" And here's what Mrs. Mabel Robbins, Head Dietitian of Honey Dew Ltd., says after an impartial taste test in which she sampled the four leading brands of corn flakes: "No one knows better than a dietitian the importance of tempting flavours. So, I was glad to make this impartial test. The sample I unhesitatingly chose for flavour was the sample which proved to be Kellogg's."

A Morning Smile

By the way, playmates, I must tell you the story of Smith and his wife who were sitting on the veranda at a New Year's dance. Suddenly a young couple strolled through the gloom, and the young man started to propose to the girl. "Fred," she whispered, "whistle to warn them!" "What for?" replied the old groom. "No one whistled to warn me!"

A pedestrian got run down in the black-out. They took him home and sent for the doctor. When the doc. had finished looking him over, he went outside and said to this chap's missus, "I'm afraid he will never be able to work again." "Then I'll tell him straight away," she said. "It will cheer him up like anything."

Care In Selection Of Meat Provides Cheap Nourishment

Some of the most nutritious meats are found at the bottom of the butcher's meat price list—kidney, brains, heart and liver. All these meat organs, except calf liver, are inexpensive. Kidney, heart and liver are packed with vitamins and iron. They are also rich in protein and are well rounded when they come from good, young animals.

Avoid fat kidneys, flabby hearts, thin livers and brains that are broken into pieces. In selecting brains, make sure there are few blood clots, and also that the texture of liver is fine-grained and without coarse strings. Remove the outer membrane and fat from kidneys; trim the gristle and veins off a heart; and take any blood clots off the brains. Calf and beef livers require no special preparation, but lamb and hog livers are usually scalded to improve the flavor.

The very tender organs—liver, kidneys from young animals and brains and heart—require a moderate temperature, and no longer than necessary. To keep the meat tender and to retain the delicate flavor, be careful not to overcook it. Broiling is one of the common methods for cooking the tender calf or lamb kidneys and tender liver. The flavor is best when they are cooked only until the red color has disappeared. Both the kidneys and liver make a welcome addition to the mixed grill menu.

Tender kidneys and liver also may be pan-broiled on top of the stove. Cook bacon or browned onions make a satisfying accompaniment. Or broiled or par-broiled liver may be made into a number of other appetizing dishes when the meat is ground or chopped fine. Try baking ground liver in a loaf or in patties with onion, bacon and tomato sauce added as a finishing touch. Brains, broken into small pieces, also may be pan-broiled. After browning the brains, scramble them with eggs or add them to an egg omelet. If the brains are to be kept firm, as for a creamed dish, simmer them for about 15 minutes in water with a little vinegar and salt added. The less tender organs—the beef kidneys and the muscular hearts of all animals—require longer preparation. To make them tender, cook them long and slowly with some liquid added. To cook a beef kidney, cover it with cold water and heat slowly just to the boiling point. Discard the water and rinse the pan. Repeat this process about three times, or until there is no scum left and any strong odor has disappeared. Then add fresh water and simmer until tender. The cooked kidney can be chopped up and used in making stew or the traditional English steak-and-kidney pie. Use butter, or other fat, with flour in thickening the kidney stock to make a rich gravy.



Ignorance Betrays You

You don't know French? A weak spot in your culture. In the papers, at the news-reels, in social life French words frequently appear—and it's embarrassing not to recognize them when correctly pronounced. It has to ask what they mean!

Yet French pronunciation is simple when you know the rules. And the meanings of words of course are easily learned. In COMMUNIQUE (an official communication) you have the French "u," the accented E. To pronounce "u," fix lips and tongue to say "o," but instead say "ee," making the sound "yu." The E gets an "A" sound. Now say the whole word KO-MYU-NI-KAY. Easy, isn't it?

POILU (the popular name for a French soldier) has, besides the "u," the vowel diphthong "oi." The rule is to pronounce both vowels rapidly, making a "WA" sound. The word—FWA-LYU.

To know just these three points give you the key to many words! At a restaurant you tell your escort you want CAFE NOIR (black coffee), calling it KA-FAY NWAHR. PUREE (a thick soup) is FYU-RAY.

To know all the pronunciation rules, acquire a good vocabulary study our 32-page booklet. Explains basic grammar, includes words often used in travel, shopping, dining.

Send 20c in coins for your copy of Teach Yourself to Speak French to the Guardian Home Services. Be sure to write plainly your Name, Address, and the Name of your booklet.

Spring Fashions

Contrasting colors make a jumpier frock that is grand for school. Simple lines that are easy to sew are enhanced by big pockets and buttoned straps. A tailored shirt blouse is the perfect complement to this frock, especially if it is made in a harmonizing color. Linen, denim, cotton broadcloth or a wool-like rayon is just what you want for wear now as well as later on. Make several blouses so that you will always have one that is spic-and-span.

Style No. 3268 is designed for sizes 12, 14, 16, 18 and 20 years. Size 16 requires 3 yards of 39-inch fabric for jumper; 1-2 yards for short sleeved blouse. Send (15c) coin is preferred, for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wish.

Style No. 3268 Size
Name _____
Street Address _____
City _____ Province _____

WOMEN WANTED

38 to 52 years old. Women who are restless, moody, NERVOUS—who fear hot flashes, dizzy spells—to take Lydia E. Pinkham's Vegetable Compound. Pinkham's is famous for helping women during these "trying times" due to functional irregularities. Get a BOTTLE TODAY from your druggist! Write TRYING!

