

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

NOVA SCOTIAN NUT BREAD

A Recipe from Pictou, N.S., sent in by Mrs. Howard McDonald



Ever since the young folks of Pictou, N.S., can remember (and as far back as the older ones want to) Mrs. McDonald has been winning first prizes with her nut bread at the Pictou Fair.

Better When Made With Robin Hood Flour

Mrs. McDonald earnestly advises you to use Robin Hood Flour for her Nova Scotian Nut Bread. "I'm always telling my friends how wonderful this flour is," she said.

RECIPE FOR HER NUT BREAD

- 4 Cups Sifted Robin Hood Flour
4 Tsp. Baking Powder
1/2 Cup Salt
1 Cup Brown Sugar
1 Cup Chopped Walnuts
1 Egg
2 Cups Milk
1 Tsp. Malted Butter

Robin Hood Flour Milled from Washed Wheat

PLAN ROUTINES THAT WILL IMPROVE LOOKS

This is the time of year when the truly beauty-minded woman takes seriously routines to keep skin smooth and soft, hands unchapped, hair glossy and healthy.

She knows, too that cold winds and dry, over-heated air indoors have made her skin unusually dry. So without waiting another week, she takes steps to correct minor defects which have developed during the past couple of months.

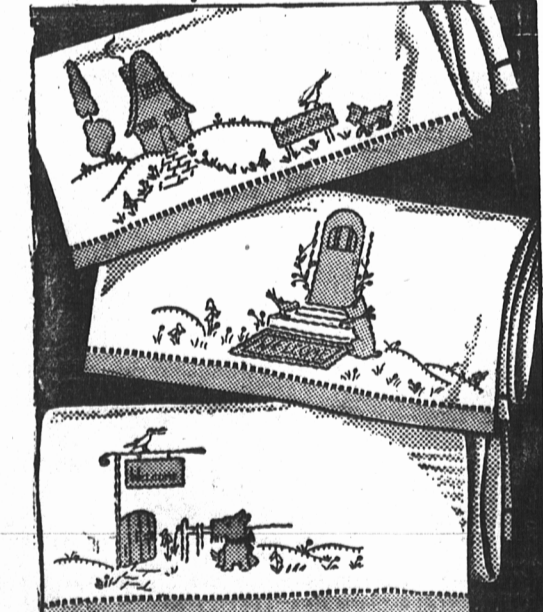
a bit of it on while she sleeps. She likes oil manicures, and she puts cuticle cream, or oil around her nails two or three times between manicures.

She starts brushing her hair more regularly and nas, or gives herself, hot oil treatments once or twice a month. Thus her hair takes on a new sheen and, in addition, gradually gets in fine condition to receive the permanent wave she'll get early in the spring.

How Women in Their 40's Can Attract Men

Here's good advice for a woman during her change (usually from 38 to 42), who feels she's lost her appeal to men, who worries about her faded, loss of pep, dizzy spells, upset nerves and moody spells.

To-Day's Popular Design By Carol Aimes



WELCOME GUEST TOWELS DESIGN NO. 602. Miss Aimes receives at least 200 votes for each design before it is accepted for this column. Send us your votes. We print all the popular designs.

The Housewife - AND - Her Activities

Sometimes on one lone lamp we gaze, That stars the midnight with its rays. And wonder what the torturing cares, The agonies and fainting prayers.

THE LONE LAMP Sometimes on one lone lamp we gaze, That stars the midnight with its rays. And wonder what the torturing cares, The agonies and fainting prayers.

GENTLEMEN PREFER BLUES Each year the fallowing prophets issue details of what men are going to wear during the coming season.

FOR ECZEMA -- SKIN TROUBLES Make up your mind today that you are going to give your skin a real chance to get well. Go to any good drug store and get an original bottle of Moone's Eczema Oil.

THE COOK'S CORNER CHEESE CIGARS Make a cup of thick white sauce, add one ounce grated ripe cheese. Season with salt, pepper, cayenne, and a little mustard.

OLD VIRGINIA CAKE Six eggs; 1 cup of butter; 1 cup and a half of sugar; 1-2 lb currant; 1-3 lb raisins; 2 cups of flour; 1-4 oz grated peel; 1 tea spoon each of cinnamon and nutmeg; 1-2 ts. ground cloves, 3 table-spoons grape juice.

GINGER SNAPS Half pound flour; 3 oz lard; small teaspoon of ground ginger; 1 teaspoon baking powder; 2 ounces sugar; 6 oz treacle and syrup mixed.

EXPECTANT MOTHERS EXPECTANT mothers who are nauseated, weak, nervous, can't sleep and eat, should take Dr. Pierce's Favorite Prescription. It tones the female organs, calms the nerves, improves digestion and stimulates the appetite.

Dr. Pierce's Favorite Prescription is liquid or tablet. Mrs. Sedie Everett, 13 McDonald St., St. Catharines, says: "Before my baby came I was not feeling well at all, my stomach troubled me and everything I ate seemed to nauseate me. I was quite nervous and couldn't sleep. After I used Dr. Pierce's Favorite Prescription I felt like a different person. I had gained weight and my baby was born healthy and strong."

SUITE RE-DECORATED TO QUEEN'S TASTE

OTTAWA, Jan. 24. (CP) - padded back will also be recovered in pink and blue flowered chintz. Off the bedroom is an all-white bathroom.

FUR TRIMS NEW EVENING FROCKS The appearance of fur trimmings on evening frocks is an interesting observation of the late winter season.

GRAPEFRUIT JELLY IS DELICIOUS This is a delicious preserve, either for breakfast or tea; it is also excellent chopped up and added to fresh fruit salads.

Be Careful About Children's Colds TREAT THEM PROVED WAY More mothers use VapoRub than any other medication of its kind—they have proved it in their own homes.

Find Companionship in Favorite Poems It's like meeting a long-lost friend to read a beloved poem again. Snatches of it run through your head—you wonder how the next verse goes—then one happy day you find your old favorite.

Modern Etiquette (By ROBERTA LEE) Q. When the coffee or tea is very hot, isn't it permitted to use the spoon to sip it?

Household Scrapbook (By ROBERTA LEE) Q. How can I prevent tarnishing of the neck or arms from gold or silver costume jewelry?

A Morning Smile ANOTHER MATTER: Master of House (in a rage): "Who told you to put that paper on the wall?"

How Can I?? (By ANNE ASHLEY) To Clean Sponges Sponges can be thoroughly cleaned by first rinsing in very weak, warm caustic-soda lye, then with clean water, and finally leaving the sponges in a solution of bromine in water until clean.

Dorothy Dix's Letter Box

Sometimes the Use of Stern Methods is More Successful Than Gentle Persuasion in Winning Back a Wife Who Has "Gone Home to Mother"

Dear Miss Dix—We have been married a little more than five years and have a fine 3-year-old boy. Because of our insufficient income and the need of more money I took on night work in addition to my job as a separate residence so that I should have spent with my wife. Also I am a reserved man and failed to tell my wife how much I loved her and admired her. I simply took her for granted.

When the baby was about 8 months old she told me that she didn't know why, but she was going to leave me. I was shocked and she left me and went back to her mother, saying she had to get away and get a perspective on our marriage. Since she has been gone I have been studying up on the marriage relationship and realize that without a knowing it I must have been stupidly selfish and inconsiderate. I have told her that I am aware of this and that I will be a changed man if she comes back. But she turns a deaf ear to all of my pleas to return to me.

If she decides on a divorce should I consent in the hope that a reconciliation can be made? Or should I make a final plea for a reconciliation? Or should I try to persuade her to return and maintain a separate residence so that we can both see the boy and trust that time will finally bring us together? I worship my wife and boy, and without them is not worth living.

I am sorry for you, Richard, but I think that you simply have to face the fact that your wife no longer loves you and is absolutely helpless in the matter. Perhaps she is equally helpless, but the heart is an unruly member we cannot control. We cannot bid it to its duty and love where it should love. Nor do any of us know why we love, or why we cease to love.

It is as unexplainable as why the food we relished yesterday is loathsome today. Or why pleasures we once enjoyed have paled upon us. Or why the people we thought so brilliant and interesting come to bore us.

Furthermore, when once love dies it is the dearest thing in all the world. It is a thing you can do about it except just accept the situation with what courage and philosophy you can and quit wasting your time and energy trying to blow dead ashes into flame.

Your wife left you for no reason at all except that she had just had her taste for you. Nothing you did or left undone had anything to do with it. A woman doesn't cease to love her husband because he is a working night and day to make a living for her and her child. She loves him all the more for it.

Nor does a woman fall out of love with her husband because he is a Clark Gable. Mighty few American men possess the technique of being granted and said it with best interests instead of orchids, the country would be filled with divorcees.

Household Scrapbook

Q. How can I prevent tarnishing of the neck or arms from gold or silver costume jewelry? A. This can be prevented by first coating the jewelry with colorless liquid nail polish.

Q. How can I clean the waffle iron? A. The waffle iron should be given a good cleaning at least every six days. Make a thick paste of three tablespoons of baking soda and two teaspoons of water. Apply with a thick brush.

Q. How can I make the leaves of my rubber plant green and glossy? A. Sprinkle a little sweet oil around the roots of the plant every few weeks.

Q. Is it rude to insist upon having the last word when conversing with others? A. Yes, it is rude, and always profitable. The success is never worth the effort.

Q. Who should select and engage the clergyman for a church wedding? A. Usually the wedding ceremony takes place in the church which the bride and her family attend.

Q. If a burned cake is allowed to stand until it is thoroughly cold, and then scraped with a lemon grater, the burnt part can be almost entirely removed, leaving the cake smooth and ready for icing.

Q. A few drops of turpentine dropped into shoe polish which has become hardened will soften it.

NEW EASY WAY TO Youthify TIRED FACES ... In just 15 minutes New Liquid Transparent Beauty Mask Vitalizes and Refreshes Skin to Flattering Loveliness.

Transpec, the new transparent mask, now makes it possible to have a beauty treatment easily and often—without fuss or muss! This liquid mask is quickly applied and in 15 minutes your pores are thoroughly cleaned—your skin firm and glowing with youth.

Timely Tips - For the Home Sewer

An utterly simple little wool-like rayon crepe dress with "tight bodice" whose full skirt makes the waist look slimmer, applique flowers accent the perky shoulders of its very brief sleeves and add effective contrast. And to give it a spring-like touch, you'll want to match your hat to your dress.

Style No. 3184 is designed for sizes 12, 14, 16, 18, 20 years, 30, 32, 34, 36, 38 and 40-inches bust. Size 16 requires 1-2 yards of 36-inch material with 1-4 yard of 35-inch for applique for dress and hat; and 3-8 yards of 39-inch material for bolero.

Send fifteen cents (15) in stamps or coin (coin preferred) wrap coin carefully, address to Charlotte Town, P.O. Box 100, Charlottetown, P.E.I. Style No. 3184 Size ...

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