

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

Morning
Serve with milk as a cereal. Put in the children's school lunches.

Noon
So tasty with cheese or any "spread".

or Night
Delicious with desserts or beverages.

Serve

Christie's Graham Wafers

RECIPES: GRAHAM WAFFLE CREAM, GRAHAM WAFFLE BUTTER, GRAHAM WAFFLE SYRUP, GRAHAM WAFFLE CHOCOLATE SAUCE, GRAHAM WAFFLE ICE CREAM, GRAHAM WAFFLE COFFEE, GRAHAM WAFFLE MILKSHAKE, GRAHAM WAFFLE PANCAKES, GRAHAM WAFFLE CRISPS, GRAHAM WAFFLE CRACKERS, GRAHAM WAFFLE BREAD, GRAHAM WAFFLE BISCUITS, GRAHAM WAFFLE COOKIES, GRAHAM WAFFLE CAKES, GRAHAM WAFFLE PASTRY, GRAHAM WAFFLE PIES, GRAHAM WAFFLE TARTS, GRAHAM WAFFLE PASTRY CRUST, GRAHAM WAFFLE PASTRY SHEET, GRAHAM WAFFLE PASTRY ROLL, GRAHAM WAFFLE PASTRY CUTTERS, GRAHAM WAFFLE PASTRY TIPS, GRAHAM WAFFLE PASTRY TOOLS, GRAHAM WAFFLE PASTRY RECIPE CARDS, GRAHAM WAFFLE PASTRY BOOK, GRAHAM WAFFLE PASTRY KIT.

Living & Leisure - The Woman's Realm

SIMPLE THINGS

What goodness lies in simple things? We need not envy queens and kings; Clean sneezes upon a well-made bed; The luscious crust of fresh-baked bread; Clothes washed and rinsed, and hung to dry; Where Spring's gay wind goes blowing by.

White cleanliness of well-scoured wood; A flame's bright glow — how plain, how good! The freshness of an April rain That makes the air so sweet again. How best we are, who still have these— Life's unadorned felicities! —Claire Ritchie.

SMALL HOMES ARE GREATLY IMPROVED

The modern type of small home is far better than that of 10 years ago, it is admired by all persons connected with the building industry.

Today's small home is as complete a dwelling unit as its more elaborate counterpart and considering the type and quality of standard equipment—automatic heating plants, modern cooking ranges, mechanical refrigerators, etc.—it represents a great advance over the small house of even a few years ago.

WEATHER-PROOFING

Unless you fill window openings with weather-tight leak-proof windows, all the money you have spent for good framework and insulation is gone for naught. You must consider windows as part of the framework, for they cannot be replaced except at great trouble and expense.

REIMBURSEMENT LACKING

George Frederick Handel, the great composer, completed The Messiah in 24 days, and never realized one penny for it.

AIDED

Surgeons grafted pupils from the eye of an animal to the optic nerve of a boy who was born without pupils 25 years ago. The boy, Frank Bentz, since has been graduated from the University of Wisconsin Law School.

HOT WATER READILY AVAILABLE

With a shovel of coal or a small amount of gas a day, and very little attention, home owners may enjoy an abundance of hot water during spring and summer months.

LAMENTS SILVER

An English writer, now elderly, from royalties bought some years ago, a large house in the suburbs of London where she kept a rare selection of 18th century English silver. A bomb hit her house recently. Her husband, a high naval officer, had a remarkable escape, but their daughter was pinned for some hours under the wreckage. This woman felt the loss of her family silver deeply. But what seemed to really annoy her was that she had not made the best use of it while she had it.

est development. The thermostat is set at a desired temperature and keeps the burner going until the temperature is reached, then shuts it off.

The soil chemist and the field crop specialist are able to determine the amount and kind of plant food needed for various crops on various soils and to recommend fertilizers that will produce, profitable crops.

Style forecasts for fall predict the popularity of henna and rust shades.

Emeralds are among the oldest of gems.

Cut-out embroideries, off-shoulder décolletés with long sleeves, and a hair-do very up and to-the-front, plied with crisp curls — these are all of fashion interest.

To clean piano keys wash with a solution of equal parts of peroxide of hydrogen and water. Use a clean soft white cloth slightly dampened with the solution and rub the keys gently until soil is removed.

ATTACHING IRONER

The most convenient place for an outlet to which to attach an electric iron is overhead. Have a drop cord with an other hung from the ceiling at a convenient place and attach the iron to it. This keeps the cord off the floor and out of the way.

At ordinary temperatures air has about 1-770th the weight of water.

There are 250 bridges in Venice, Italy, city of canals.

BEDROOM DECORATION SHOULD BE PLANNED FOR RESTFUL ATMOSPHERE

Regardless of whether it is to be simple or luxurious, every bedroom should strive to create an atmosphere of peace and quiet. Soft harmonious colors best serve this end.

Rooms in which white predominate are in wide favor today, and soft shades of white are frequently used for bedroom walls and ceilings when they are offset with appropriate bits of color.

Most bedrooms have enough windows to provide cross ventilation, but if this condition does not exist, the addition of transoms over doors and enlargement of windows may be desirable. Addition of such features as built-in bookcases, reading lights at beds, and full-length mirrors entail no large expense but add much to the comfort and appeal of the room.

HOUSEHOLD HINTS

Rub gray stains as hard as you can on the moment they are made or blot them up with blotting paper, and most of the difficulty will be averted; usually they wash out quite simply if the solid coloring matter is removed like this.

Have you ever thought of using the cardboard tube in the centre of toilet rolls for keeping ribbon unrolled? Wind the ribbon round and round the tube and secure with a small pin.

When Too Tired for Fun Nerves May Be to Blame

Her Energy Used Up In Worry

Too tired—no matter what gay plans are afoot! But why—if she's not ill. "Nerves" perhaps. If you feel exhausted all the time but have nothing organically wrong with you, you're probably the high-strung type, letting worry eat up all your energy.

And yet, just because you are high-strung, you could be one of the most charming and vital people if you would turn those inward energies outward.

How to do it? Try to understand what's making you nervous. Is there some problem you've tried to ignore?

An unsolved problem, you know, can be as alive and destructive as a disease germ. The thing to do is to force it to the surface. Out in the open it can be driven away.

But ignore it, grow still more tired and irritable, and you'll drive away friends and family instead. You'll be right on the road to a nervous breakdown.

Our 32-page booklet explains causes of "nerves" and "nervy" symptoms such as indigestion, insomnia. Describes a physical and mental program to overcome them. Gives right diet, body care for sound nerves, vitality.

Get your copy of our copy of Overcoming "Nerves" and Everyday Health Problems from The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

Name _____

Street Address _____

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Quality Dependability Economy

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25¢ POUND

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WHAT HAPPENED AT MONTALBAN

By PETER BENEDICT

CHAPTER XI IN THE STEPS OF MAILIA

Late in the afternoon, Molly telephoned to Montalban. She had not meant to do it; it was just one of those things that seem to happen without direction. Before she knew what she intended, she was in a call-box waiting for her connection, the familiar number demanded and graciously granted, and a faint doubt in her mind as to whether she had been over-eager. The whole motive force of this probable foolish investigation had come from her.

Severn had laughed at her then, while she had begged him, with careful restraint, to take some more of his own protection. Probably he would be laughing still when he came to the telephone.

In a moment came his voice, soft and cool, and somehow graver than she had expected.

"This is Severn."

"Molly here."

"It's a pleasure to hear your voice, of course, but—"

"The important, I have proof, Lawrence—proof that Mailia Daunt was the girl in the car smash. Do you see the force of that?"

"I've got a photograph. A snapshot taken in the garden here. No, there's no possible mistake. Anyone would identify it at once as Mailia."

For SPRING

Kayser's Loveliest "Mir-O-Kleers"

To make your new costume an important success buy Kayser Mir-O-Kleer. Choose one of the heavenly new shades that harmonize best with your skin tones—your outfit. \$1.15

MOORE & McLEOD Limited

And Lawrence—she was out for blood—Montalban blood—any Montalban blood. My nurse says she cherished the grudge of grudges against the man who had her and her mother shut up here.

"And you think—" prompted Severn gently.

"That she deliberately wished herself on to Charles to get even with them all. What else am I to think?"

"What, indeed? And what do you want of me?"

"Something I don't suppose you can supply. An address of hers—any address of hers. She had a banking account in London, she must have had a home in London, too. And there can't have been so much secrecy about it. A woman like Mailia butting into a household like that had to have a background, even if it was a fictitious one. She had to be able to slip in a word here and there about her home and her circle, and you're neither blind nor dumb, as you remarked yourself."

"On her second visit she spoke casually of a flat in a mews off Bed Street. Why? What are you going to do?"

"I'm going to London, instead of staying the night here. And early to-morrow I'm going off on a pilgrimage—in the steps of Mailia Daunt. Probably backwards, as it were, retracing her steps."

"There was a pause, and then Severn said: "You're cast for a new part, my dear. Do you feel equal to it?"

(Continued on page 8, Col. 6)

Your Individual HOROSCOPE By Frances Drake

For Thursday, May 22nd MARCH 21 to APRIL 20 (Aries)

Investigations, new ventures, exploring fresh fields for improvements and achievement and personally making a good record for yourself and your particular work, are favored by several favorable aspects.

APRIL 21 to MAY 20 (Taurus)

Can be a fruitful, important period for you Taurus. Reach for new, even difficult attainment. Be aggressive in your desire to accomplish in necessary matters. Help to inspire others to follow the course of ACTION for liberty, justice, religious tolerance, etc.

MAY 21 to JUNE 21 (Gemini)

Executive, employe, salesmen (saleswomen, too), you engaged in the newspaper and magazine fields and you in government authority share an abundance of friendly rays with professional artists.

JUNE 22 to JULY 23 (Cancer)

Quite favorable, especially for gains through your own efforts in business and financial matters, handling food stuffs and table delicacies, hotels and restaurant interests and all honest work bringing you in contact with the public.

JULY 24 to AUGUST 23 (Leo)

Mildly encouraging for you Leontes who will exhibit your inborn sunny personality to put across your activities in a healthy manner. Don't use forceful tactics; be intelligently persuasive.

AUGUST 23 to SEPTEMBER 23 (Virgo)

Personal affairs, transacting important confidential matters especially favored. Benefic Sun, Jupiter and Uranus vibrations. All unusual and unique ideas and devices of worth should prove profitable.

SEPTEMBER 24 to OCTOBER 23 (Libra)

Eventful, with work and financial gains favored under careful management and intelligent, skillful workmanship (which should be second nature to you). Watch for new developments that may change your plans.

OCTOBER 24 to NOVEMBER 22 (Scorpio)

Travel and legal matters are favored if sensible caution is exercised. Almost any worthy undertaking to which you give your own clever attention will survive and thrive today.

NOVEMBER 23 to DECEMBER 22 (Sagittarius)

Changes for the better which will open new avenues for advancement indicated now and

STOP Irritation

Protect your health and comfort—use PUREX!

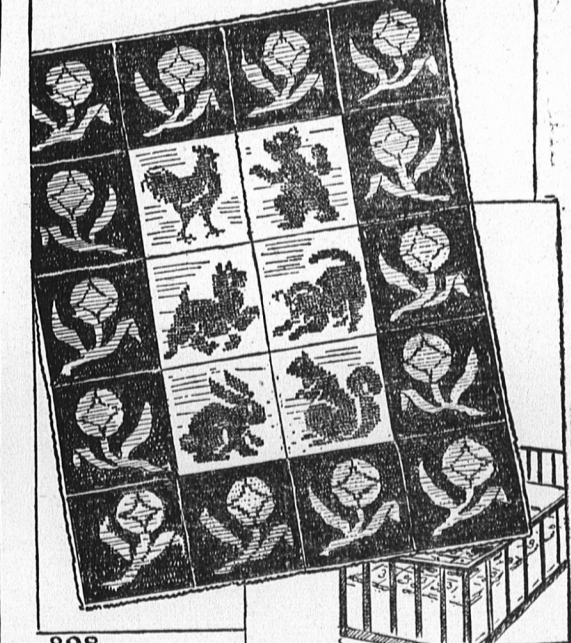
It's the fleecy softness.

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INFANT'S CARRIAGE ROBE



DESIGN NO. 898

Soft yarn in two colors, makes this delightful crocheted cover for baby's carriage. Easy to make and a necessity for baby's wardrobe. Pattern No. 898 contains list of materials needed, illustration of the design and complete instructions.

To order pattern: Write or send above picture with 15 cents in stamps to Needlework Bureau, Charlottetown Guardian.

To Charlottetown Guardian Needlework Department

Design No. 898

NAME _____

STREET ADDRESS _____

CITY _____ PROVINCE _____

MAIN DISH SALAD For Spring Suppers

DEVILLED EGG SALAD

Cut 6 hard cooked eggs in halves lengthwise, then remove yolks. Mash yolks, then add 3 tablespoons Heinz India Relish, 1/2 teaspoon salt, dash of pepper, 3 tablespoons Heinz Mayonnaise and 1 teaspoon Heinz Distilled White Vinegar. Mix well. Refill whites, then place three halves per serving in a nest of watercress. Place a spoonful of Heinz Mayonnaise in centre. Serve with crisp whole wheat crackers, as illustrated. (Serves 4.)

FOR the extra flavour that makes folks remember your salads, use Heinz pure Vinegars! These sparkling vinegars are made from the finest ingredients nature provides—patiently mellowed in wood to full strength. That's why they give added zest and flavour to salads—why they go further, too! Select your favourite kinds from these three: Heinz Cider Vinegar for fruit salads—Malt for heartier salads—Distilled White Vinegar for salads, boiled dressings and pickling.

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Genuine TUDOR PLATE

2 TEASPOONS For only 25¢

AND 2 QUAKER BOX TOPS

QUAKER PUFFED WHEAT AND PUFFED RICE

A Morning Smile

Teacher: "Can anyone tell me what causes trees to become petrified?"

Bright Student: "The wind makes them rock!"

The small daughter sat watching her mother making up her face, no doubt wondering what it was all about. When it came to the time for the application of the lipstick the small girl could contain herself no longer.

"What do you put all that on your face for, Mummy?" she asked.

"Mummy puts it on to make her look pretty," came the reply.

"Then why doesn't it?" asked the small girl innocently.

ANCIENT LINEAGE

While walking near San Sebastian some years ago, the late King Alfonso of Spain offered a gold coin to a gipsy woman who accosted him, reports the News of the World. This she declined proudly. "King," she said, "keep your money. My race is older than yours. I will give you a piece of gold." The gipsy then placed in the monarch's hand a coin bearing the effigy of Phag, the last king of the Akmoravidi, who died in 1147.

A milk stain on artificial silk should be soaked in equal parts of glycerine and water. Rub with your finger tips until it loosens, then wash it out in tepid water.

Use slightly softened beeswax for filling that crack in the woodwork whether it be your dining-table or the front door, smooch the surface level with a knife, stain to match the woodwork, and there you are.

I'M PROUD AS PUNCH

But the Credit for My Cakes Belongs to Swans Down

When people praise my cake, naturally I'm proud, but secretly give thanks to Swans Down Cake Flour, Swans Down is a finer, high quality flour, made especially for cake baking. Try it! You'll find it reacts quicker and more thoroughly to leavening. It will be easy to bake those light, luxurious, smooth textured cakes which never fail to win praise.

SWANS DOWN CAKE FLOUR

MADE ONLY FROM SELECTED SOFT CANADIAN WINTER WHEAT.

Ground by the Swans Down "Controlled Milling" process.

Sifted again and again through silk till it is 27 times as fine as ordinary flour.

Try the 9 tested recipes on every package.

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