

# Women's Realm Social and Personal Fashions Literature

## DOUGH CRACKS AND BUBBLES SHOWING LIFE AND LIGHTNESS

"When I mix my dough it cracks and bubbles, showing life and lightness. But I cannot tell you how long the bread will keep moist," said Miss Ada Brown, Dietitian of Gloucester Hospital, Bathurst, N.B., "for the simple reason it is too good to keep."

The bread, cakes and pastry baked by Miss Brown for Gloucester Hospital are so good, patients there accuse her of possessing some magic secret for her baking. The secret, says this dietitian, is that for nearly fifteen years she has used Robin Hood Flour. She is fully convinced that Robin Hood not only makes her twice-a-week bakings better, but it goes farther and saves her money on each baking — an economy

which is a real consideration in any institution where a large quantity of flour is used each month.

Milled from washed wheat, Robin Hood Flour is the master product of master millers. Read the famous Robin Hood Guarantee Certificate in each bag which guarantees that if you are not absolutely satisfied after two bakings, your money will be refunded plus 10% extra. If you haven't yet used Robin Hood—and if you want to learn how good a cook you really are—order a bag of Robin Hood Flour—milled from washed wheat—today.

*Evangelina*

HOME BAKING SERVICE  
ROBIN HOOD FLOUR MILLS LIMITED

## Robin Hood Flour

Milled from Washed Wheat

### YOUR INDIVIDUAL HOROSCOPE

(By FRANCES DRAKE)

(Copyright, 1938, King Features Syndicate Inc.)  
Look in the section your birthday comes in, and find what your outlook is, according to the stars.

**For Thursday, January 11th**  
**MARCH 21 to APRIL 20 (Aries)**  
Push business interests cautiously, follow good leads for improving finances or employment. The artistic and creative needs practicality, too. Consult those with valued opinions; work on inventions, clever ideas. Kindliness and tact important.

**APRIL 21 to MAY 20 (Taurus)**  
The same caution and advice to Aries also obtains for you Taurus. You should be ambitious to realize some of your big dreams through hard work. Don't permit doubt to hinder you.

**MAY 21 to JUNE 21 (Gemini)**  
The careful and personal attention you give your (and employer's or associate's) interests will determine the amount and kind of success forthcoming at end of day. Today advocates music, the theatre and other forms of wholesome entertainment.

**JUNE 22 to JULY 23 (Cancer)**  
Doubtful tendencies, especially concerning private affairs, correspondence, legal matters, signing agreements and contracts. Stars suggest painstaking care in all these. Routine and general business best favored.

**JULY 24 to AUGUST 23 (Leo)**  
You born before Aug. 8: Be particularly alert in dealings involving investments, expenditures and anything that might strain the budget. You other Leos are now favored in these matters but must be more tactful in personal issues.

AUGUST 24 to SEPTEMBER 23

(Virgo) — Stars advise careful discernment in all activities where misjudgment or misunderstandings might occur. Not an unfriendly day for duties and employment if tact is exercised.

**SEPTEMBER 24 to OCTOBER 23 (Libra)** — Very good are your vibrations. Advertise, seek new business, call on old clients; attend to important meetings, personal needs, confidential matters, new opportunities. Romance favored.

**OCTOBER 24 to NOVEMBER 23 (Scorpio)** — Not very stimulating but if your schedule calls for much activity, evenly allocate your work and other duties throughout the day to avoid worry and overstrain at the last minute. Pleasant for mild diversions.

**NOVEMBER 24 to DECEMBER 23 (Sagittarius)** — Similar indications for you as shown for Scorpio natives. Initiative and ambition will have to come from within you. Much can be accomplished if you put your shoulder to the wheel.

**DECEMBER 24 to JANUARY 21 (Capricorn)** — Your aspects tell of personal achievement and benefits through friends, relatives, close associates. Good news and fresh opportunities through private sources. Be alert!

**JANUARY 22 to FEBRUARY 20 (Aquarius)** — No chance for all this with so many good aspects, you born before Feb. 7! You born after Feb. 6 can make a good go of it.

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## Dorothy Dix's Letter Box

### Money Matters Rightfully and Properly Should be Discussed Before Marriage in These Modern Times When Most Girls Are Employed

Dear Miss Dix—Who, in your opinion is right in the following discussion between a mother and her daughter? Mother says: "Even though an engaged couple are earning about the same wages, it is the man's responsibility to buy all of the furniture for their future home." Daughter says: "This arrangement was perfectly all right when girls were not in business, or if they were, they received only a fraction of the amount of their fiancé's salary. But at present when men and women are earning an equal amount it doesn't seem fair for the man to buy all the furniture and the girl only provide the linens and a few inexpensive articles. She thinks it would be fairer if they both saved an equal amount each week and when they had enough to buy all the things they needed for their home out of this savings account Daughter says also that any money each may have saved prior to their engagement should be kept as his or her private account after marriage." Which of us is right?

CONSTANT READER.

Answer:

I think you are. Your mother's contention that the bridegroom should buy all of the furniture for the new home rests on the theory that the girl has nothing to contribute to her home, and that the man will shoulder all of the responsibility for the support of the establishment.

That was the old way in which a young couple set up housekeeping, and maybe it was a good way for the man to bring home the bacon and the wife to stay in the kitchen and fry it. But those ways have gone with the wind, and there is no use in trying to apply them to modern conditions.

Today when a girl earns just as much money as her fiancé does, it is only fair and just that they should go fifty-fifty on the expense of going to housekeeping.

Somewhere in America it has always been esteemed callous and mercenary for an engaged couple to discuss financial matters before they were married and come to some definite agreement on the money question. We have acted as if people could live on kisses and as if there would be no bills to trouble them after marriage.

Men have assured their starry-eyed little fiancées that all that they had would be theirs, and so girls have trustedly gone into marriage without even knowing what their husbands made; or what their ideas were on the allowance question; or whether they would have a joint checking account or the wives would have to get up in the night and go through their husbands' clothes to get the price of a new finger ring. The result has been tears and reproaches, and only too often divorce.

Now, when so many wives continue to be wage-earners after marriage, it is more than ever important that every couple should settle the money question before they marry instead of waiting to quarrel over it afterward. I get many letters from wives who say that their husbands gave up their jobs as soon as they found that they had wives who could support the family. Also, many wives write that their husbands make them bring home their pay envelopes unopened, which they confiscate without even a "thank you," and that they get only a few cents out of the dollars they earn.

Of course, every couple will have to write their own financial ticket, but I think that inasmuch as the wife generally does the housework in addition to her labor outside of the home, that she should not pay as much of the living expenses as the husband and that their husbands make them bring home their pay envelopes unopened, which they confiscate without even a "thank you," and that they get only a few cents out of the dollars they earn.

I suggest this arrangement not because husbands and wives ordinarily want to cheat each other, or do not trust each other, but because very often a good husband has holes in his pockets, or a wife is unduly addicted to French millinery. Each should be protected against the other's weakness as far as it can be done. Because every hurt in being deceived that he has let a ne'er-do-well friend stick him for \$5 again. Nor does any woman want to have to go to her beloved Percy for a handout every time she wants to buy something.

"Sensible" Marriage Safe, But Not Much Fun

Dear Dorothy Dix—Do you think that a successful marriage can be built without this so-called "money" thing? I have been going with a girl for the last two-and-a-half years. She is everything a man could ask for so far as looks, intelligence, character and congeniality are concerned, and we are thinking of being married soon. But I hesitate because I don't

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## AN URGENT MESSAGE to women who suffer FEMALE WEAKNESS

Few women today are free from some sign of functional trouble. Maybe you've noticed YOURSELF getting restless, moody, nervous, depressed lately—your work too much for you—

Then why not take Lydia E. Pinkham's Vegetable Compound to help quiet weary, hysterical nerves, relieve monthly pain (cramps, backache, headache) and weak, dizzy fainting spells due to functional irregularities.

For over 60 years Pinkham's Compound has helped hundreds of thousands of weak, run-down, nervous "ailing" women during "difficult days." Why not give this "woman's friend" a chance to help YOU? Try it!



## Smartest Fashions And Winter Styles

A tiny waistline is yours for the making. Here is a two piece frock that you will love to wear because it gives your waist that fragile look. A perky, peplum, scalloped around the bottom, and a four gored skirt cut on generous lines make this style particularly smart. A tiny scalloped collar in white to frame your face or a lower heart shaped neckline and short or long sleeves, whichever you prefer, make a lovely wool or silk dress for mid-season wear.

Style No. 3101 is designed for sizes 12, 14, 16, 36, 38 and 40. Size 16 requires 3 3/8 yards of 39 inch material; or 2 yards of 36-inch material for skirt and 1 7/8 yards for blouse.

Send fifteen (15c) (coin is preferred) for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wish.

Style No. 3101 Size ... ..

Name

Street Address

City Province

### RING FOR CIGARETTES

LONDON—(CP)—One of the contributions to the Overseas League's cigarette fund for soldiers was "my last husband's wedding ring" from an anonymous widow.



## Enjoy THE RICHER FLAVOUR OF LIPTON'S



### A Morning Smile

#### THE 'ATED CAPITALISTS.

Two of Hitler's new-found friends, Communists, were walking in the park. "Nice weather we're hav'ng," said one.

"Yes," said the other, grudgingly, "but the rich are having it, too."

#### MIGHT HAVE BEEN.

Teacher—James, can you tell me why the Babylonian king, Nebuchadnezzar, built the hanging gardens?  
Jimmy—I ain't sure, teacher, but I guess it was cause his neighbors kept chickens.

#### FAMILY DOUBLES

LONDON—(CP)—Two years ago 22-year-old John Kashdan won an art scholarship of \$200 (\$890) which he spent on a honeymoon. This year his wife won the same award—maybe a second honeymoon.

#### LOST HUSBAND—\$225

LONDON—(CP)—Because she "wanted him back" a 19-year-old girl sued a man for breach of promise. The judge awarded her \$5 (\$225) which he said would be "ample damages for the loss she suffered."

Here is Right Advice for the "Home Nurse"



#### New Booklet For Family Ills

What a feeling of confidence it gives you in caring for family ill if you have authoritative nursing information.

Most frequent problem right now is the common cold. Effective to give your patient a glass of fruit juice every hour to carry away the poisons. If possible have him stay in bed a day or two.

As colds are definitely catching, best to keep your patient away from the rest of the family. And so important in nursing a prolonged or serious illness, to know correct routine care, to recognize danger signals.

A barometer of your patient's condition is his pulse. To take it accurately place your first and second fingers on the inside of the wrist above the thumb and count the beats. If they are faint, if the rate is much above the normal 70 to 80 a minute—call the doctor. If he can't come at once, give a stimulant such as strong black coffee, apply hot water bags to feet.

What to do for babyhood ailments such as croup? How to make a bed with the patient in it? In our new 32-page booklet a registered nurse gives complete routine care of patients, also post-operative care. Tells how to recognize, nurse contagious diseases. Explains baby care, first aid in emergencies.

Send 20c in coins for your copy of What You Should Know About Nursing to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of your booklet.

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

## THE COOK'S CORNER

### MINCEMEAT CAKE

One package dry mincemeat, 1-2 cup water, 1-2 cup shortening, 1 cup brown sugar, 1-4 teaspoon salt, 2 eggs, 3 teaspoons baking powder, 2 cups flour, unsifted, 1-4 cup seedless raisins, 1-4 cup chopped nut meats, 1-3 cup milk.

Method: Break mincemeat into small pieces, add water, and cook slowly, stirring constantly until lumps disappear. Bring to brisk boil and cook for three minutes or until mixture is almost dry. Cool. Cream shortening, sugar, and salt. Add eggs, one at a time, beating hard after each addition. Sift baking powder and flour twice. Add cooled mincemeat, raisins, and nut meats to creamed mixture. Blend well. Add flour and baking powder then milk, and beat until smoothly blended. Pour into greased loaf cake pan and bake for 45 minutes in slow oven, 300 degrees F.

### SPICE CAKE

Five tablespoons butter, 1 1-3 cups brown sugar, 2 eggs, 1-2 cup cold water, 1 3-4 cups pastry flour, 3 teaspoons baking powder, 1-2 teaspoon nutmeg, 1-4 teaspoon cloves, 1 cup chopped raisins.

Cream butter and sugar until smooth. Beat in one egg at a time. Add the mixed and sifted dry ingredients alternately with the water. Beat in raisins. Turn into a greased pan and bake in moderate oven (about 350 degrees F.) for 50 minutes.

LONDON—(CP)—A gift of £1,000 (\$4,450) worth of playing cards was made by Lord Rothermere to Winston Churchill, First Lord of the Admiralty, for the navy.

## New Under-arm Cream Deodorant Safely Stops Perspiration



1. Does not rot dresses—does not irritate skin.
2. No waiting to dry. Can be used right after shaving.
3. Instantly stops perspiration for 1 to 3 days. Removes odor from perspiration.
4. A pure white, greaseless, stainless vanishing cream.
5. Arrid has been awarded the Approval Seal of the American Institute of Laundering, for being harmless to fabrics.

15 MILLION jars of Arrid today have been sold Try a jar today!

## ARRID

39¢ a jar At all stores selling toilet goods (also in 15c and 50c jars)

## When two lives are at stake call in a QUALITY food

THIS famous food-beverage blends malt and milk and eggs in scientific proportions.

Doctors, nurses and mothers testify that when Ovaltine is taken by the mother before and after the birth an adequate supply of rich milk is assured.

The mother is enabled to maintain her strength and to feed baby easily and naturally. Nutritional diseases, such as rickets, are prevented and baby is assured of happiness and healthy development.

A. Wander Limited, Peterborough, Canada

## Ensure Your Child the Best from the First



## Drink Delicious OVALTINE

Ideal for expectant and nursing mothers

## The Housewife And Her Activities

Shall we say, "Thy will be done," And on our own errands run? Teach us how to live this prayer, Reverently Thy plans to share. —Lucy Larcom.

### SUN ROOM HANDY WHEN WINTER COMES

The starfish has one set of eyes on each of its five arms.

All railway cars used for transporting live stock passing through important railway centres must be cleaned and disinfected before proceeding; also all auto trucks or cars conveying restricted products or diseased animals are disinfected immediately they are unloaded.

Inflammations caused by insect bites may be removed by covering the inflamed area with a paste made of equal parts of soda and salt, moistened with warm water. The paste should be held in place with a tight bandage.

Thin wool one-piece trouser suits topped by vivid plaid wool boleros are featured for informal evenings at home.

Germany has been forced to over-cut its forests seriously, in

A sun room—enclosed in glass—is not really appreciated until winter comes along. When weather conditions make it unsafe to let the children play outdoors, a sun room provides a place for recreational activities, and at the same time promotes health.

Decorated with growing flowers, plants and vines, the sun room provides delightful surroundings for entertaining guests and for the enjoyment of the family.

Washing machine hints: Always turn off the machine if you are suddenly called away. The average tubful of clothing requires six minutes for ordinary washing—and 10 minutes for badly soiled articles, such as overalls. Change the water twice in laundering soiled articles such as rugs and play suits. Never over-rod the washing machine, since the garments in it may be torn.

## HOW TO MAKE AN ECONOMICAL MEAL TASTE LIKE A BANQUET!



PEP up your meals and be kind to your budget too, with Heinz Tomato Ketchup! Savoury, spicy, and rich with the flavour of Heinz juicy, rosy tomatoes, this mouth-watering condiment makes economy dishes taste expensive! Shrewd shoppers buy two bottles—one for cooking use, one for the table. See how little Heinz Ketchup it takes to give your meals gusto!

## HEINZ TOMATO KETCHUP



THE LARGEST SELLING KETCHUP IN THE WORLD

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## DON'T COVER UP A "MUDDY" SKIN... HELP IT TO NATURAL BEAUTY WITH NOXZEMA COLD CREAM

### It Corrects as It Cleanses

Noxzema Cold Cream does more than cleanse your skin gently, thoroughly! This feather-light, dainty, fragrant cold cream contains the popular Noxzema Medication... to help smooth, soften, refresh your skin... to aid in cleaning it and refining enlarged pores!

Get a jar of different, double-action Noxzema Cold Cream at any drug or department store! See for yourself how this cream of cold cream helps restore the natural loveliness of your skin as it cleanses!

Money Refunded—If Noxzema Cold Cream fails to help your skin!



ECONOMICAL 4 OZ. JAR 49¢  
Special Trial Size 25¢ VALUE 15¢