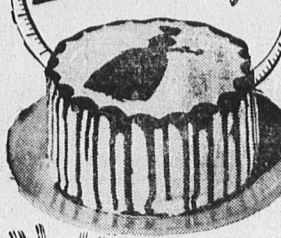


# Woman's Realm / Social and Personal / Fashions / Literature

**FULL MEASURE OF CAKE SUCCESS WITH SWANS DOWN**



Swans Down cakes are higher, because the light, even texture and supple softness of Swans Down Cake Flour permits more perfect rising.

**Special Flour for Cake Baking**

With Swans Down good results are sure, because Swans Down is specially milled for cake-baking from choicest Canadian winter wheat. The "controlled milling process" assures uniform high quality and sifting until it is 27 times as fine as ordinary flour gives Swans Down a soft, downy texture.

For full measure of cake success—higher, lighter, more tempting cakes—make it a rule to use Swans Down.

**RECIPES FOR THE 9 MOST POPULAR CAKES ARE ON THE PACKAGE**

**BUY AT TODAY'S LOW PRICE**

**SWANS DOWN CAKE FLOUR**

## Your Individual HOROSCOPE

By Frances Drake

For Thursday, January 16th

**MARCH 21 to APRIL 20 (Aries)**—During morning fine aspects for industrious efforts and sound judgment. With nighttime some unfriendly vibrations warn against deviating from essential matters; be careful about details, promises.

**APRIL 21 to MAY 20 (Taurus)**—One of these periods when your own initiative and ingenuity will put over your work and plans, important matters will brook no laziness or carelessness! Early a.m. most favorable aspects.

**MAY 21 to JUNE 20 (Gemini)**—No room for lackadaisical methods or people today! All indications point to success through earnest attention to all necessary duties. Keep appointments promptly; be patient; don't undertake or promise more than you can conscientiously do.

**JUNE 21 to JULY 20 (Cancer)**—The Moon in good aspect to several planets until 3 p.m. augurs for personal attainment and success in your co-operative efforts with and for employer or others with whom you are associated.

**JULY 21 to AUGUST 20 (Leo)**—Not unfriendly for business and work projects but you'll be wise to refrain from injecting your personal feelings into these matters. Be on guard, too, to avoid errors through carelessness.

**AUGUST 21 to SEPTEMBER 20 (Virgo)**—Efficiency in workmanship and keen mental alertness will be unfailing aids. A.M. especially favors mining, printing, building and other solid matters.

**SEPTEMBER 21 to OCTOBER 20 (Libra)**—Industrial and mechanical matters should meet with success in your worthy endeavors. Specialists in all lines are particularly in the foreground.

**OCTOBER 21 to NOVEMBER 20 (Scorpio)**—Lawyers, judges, you managing large institutions, overseers of property and inheritance matters should meet with success in your worthy endeavors. Specialists in all lines are particularly in the foreground.

**NOVEMBER 21 to DECEMBER 20 (Sagittarius)**—Not unfavorable if you are willing to be agreeable and work with others on a give-and-take basis. Your innate cleverness in difficult situations and problems can be unusually effective today.

**DECEMBER 21 to JANUARY 20 (Capricorn)**—It's top-notch day for your fortunate individuals this Thursday! Personal issues equally favored with business and helpful general matters. Romance smiles, too.

**JANUARY 21 to FEBRUARY 20 (Aquarius)**—Study, work requiring infinite patience with intricacies and details, engineering, estimating, making extensive plans are among the favored. Personal wishes may have to stay in the background.

**FEBRUARY 21 to MARCH 20 (Pisces)**—The central theme of your activities should be essential matters first, then the less urgent

## Dorothy Dix Says—

**CORRECTING FAULTS MUST BE DONE DIPLOMATICALLY**

### Wife Or Husband Tread On Dangerous Ground When They Too Abruptly Try To Change Mannerisms Of Each Other

Dear Miss Dix—It isn't the Other Woman or the typical masculine faults, such as leaving things around or dropping ashes all over the place or burying himself in his newspaper, that is my domestic problem. It is my husband's grammar. You will say that I should have reckoned on that when I married him, but his grammar was good at that time. Since then he has been working long hours among the ungrammatical and he soaks up their mistakes like a sponge. And after three years of this bad cultural environment, his education seems to be wearing off. His sloppy speech is really beginning to worry me. Not only does it get on my nerves, but also I think it will adversely affect him in his future business prospects. What must I do? Must I shut my ears when he talks? I suppose I could, for I love him and otherwise he is above the average as a husband. Do you think that a man has a right to let himself slip in such a manner simply because it is too much trouble to use the proper phrase and so easy to use what he hears every day? If I should correct him, how can I go about it in such a way as not to offend him?

Answer—The surgeon who performs a delicate brain operation does not attempt a more dangerous task than does the wife who undertakes to correct her husband's grammar and pronunciation or table manners. Sometimes the marriage survives the removal of his "I and John did so and so", and the substitution of a fork for a knife in eating peas, but generally it is fatal, and if the patient does come through the ordeal he is never the same again to his wife.

One of the terrible things about marriage is that neither husband nor wife seems able to take any constructive criticism or suggestions from their mates. This is most unfortunate, for very often one or the other has had a better education, better social contacts than the other and could do much for the other's improvement.

**Must Be Diplomats**

But the provincial wife will not let a sophisticated husband supervise her wardrobe, or teach her the amenities of polite society. And the college-bred wife finds that she needs with her husband's tastes and habits at her peril.

Why this is thus, nobody knows, unless it is because husbands and wives want to shine in each other's eyes and cannot endure the thought that those to whom they are married do not think them perfect.

So whether you dare to try to improve your husband on the cultural things in which he is slipping must depend upon your education, of whether his ambition or his vanity is the greater.

If he is ambitious, he must know that a man's speech betrays him and that he can have no greater handicap when he gets out among educated men than to be able to speak correctly.

When he messes up his pronouns and lets go all hold on his verbs, and permits his grammar and pronunciation to get sloppy, people will not set it down just to carelessness. They will think that he knows no better and rate him as an ignorant.

So, not only because your respect for him, but his whole future success depends upon his being made to realize that he is falling back culturally instead of going forward.

fry in one minute. Drain on paper, then dip in mixture of cinnamon and sugar. Or, if you wish to ice them, make a mixture of powdered sugar mixed with a little cinnamon and moistened with orange juice. Have icing thin so it will be like a glaze on the doughnuts.

## THE COOK'S CORNER

### INDIVIDUAL MEAT PIES

2 cups cooked diced beef, veal or lamb  
1 onion  
1 tsp. fat  
1 can vegetable soup  
1 tsp. Worcestershire sauce  
1 tsp. salt  
1-2 cup water

Brown sliced onion in the fat, add meat, soup, seasonings and water. Cover and simmer for 10 minutes. Fill small casseroles with meat mixture and cover with pastry which has been cut to fit. Before you put pastry on top of meat, however, cut faces in it. Be sure to cut eyes, nose and mouth large enough so that they will show when baked, as the dough will expand during baking. Bake in 40 degree oven for 15 minutes. This amount will serve six.

### CINNAMON-ORANGE DOUGHNUTS

2 tbsps. lard or butter  
3-4 cup sugar  
2 eggs, beaten  
2 tbsps. orange rind  
4 cups flour  
2 tsp. baking powder  
3-4 tsp. soda  
1-2 tsp. salt  
3-4 cup orange juice

Cream shortening, add sugar and cream together well. Add beaten eggs and grated orange rind; mix well. Stir all dry ingredients together and add to creamed mixture alternately with orange juice. Chill dough thoroughly, then roll to nearly 1/2 inch thickness, cut with doughnut cutter and fry in deep hot fat at 350-365 degrees F. If you have a thermometer, or at the temperature in which a cube of bread with-out crust will

Help Build up Resistance to

## FEMALE FUNCTIONAL COMPLAINTS

Try Lydia E. Pinkham's Vegetable Compound to help relieve monthly pain, headache, nervousness and all the other troubles that are due to functional disorders. Pinkham's is very effective help build up resistance for weak, tired women. Made in Canada!

### You Can Teach Yourself How to Play the Guitar



### Simple Chords Are Used

Grand times you never forget! And, strummin' that ol' guitar, you're not forgotten either!

Do you long to learn how to play? You can teach yourself, following simple directions.

In accompanying a song you can just play chords on your guitar and in popular music you'll find diagrams for these chords.

Our picture shows you the diagram for the C Major chord. The vertical lines stand for the strings on your guitar, the horizontal ones for the frets or small metal bars—and you just press the strings with your left-hand where you see the dots. The numbers we've added show you which fingers to use.

Then, as you press, draw the fingers of your right hand across the same strings near the sound hole, also strings marked "0".

You soon get the hang of it, are playing through your first piece—perhaps the "Beautiful Blue Danube"—with rousing success. Then you'll surely learn solos to dazzle your group.

With the directions and diagrams in our 32-page booklet you soon master the guitar. Explains the fingerboard, right fingering and technique. Gives chords, seven favorite airs.

Send 20c in coin for your copy of Easy Lessons in Guitar Playing to The Guardian Home Service. Be sure to write plainly your Name Address and the Name of booklet.

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

## If You Suffer From Cold Try These Tips

Winter seems to play a lot of us up, and this year it is essential that we should all keep fit and well.

You may have one of those skins that burn in harsh cold winds. If you have, don't use water. Cleanse with a cream, and apply a soothing lotion with an almond oil basis. Be sure that your foundation is one which protects the skin, so that the wind never actually touches the part which inflames.

Maybe your eyes water in the cold? Some of us suffer a lot this way, and if we have mascara on the lashes, don't we know it. You can't look your best crying black tears! Before you go out, make little pads of cotton wool and soak in witch hazel and hot water. Apply for ten minutes if you can, but three or four will help.

Do your lips chap and split? Use a white lipstick under the red one. At night apply baby powder to the lips, and you would not believe how this cures.

Perhaps your feet never seem to get warm? Then rub the soles with camphorated oil, and knit yourself in Shtetland wool, which is far warmer than wool, believe, tiny socks to slip under your stockings. Little more than soles with a rim round, is what you require.

And don't despise the snow boot. It's a grand fellow for cold feet, and saves such a lot of red noses, too.

### CATCH IT YOUNG

If a cold is starting, catch it young. Teach it the way to go. Take 20 drops of chlorodyne in a little water, every two hours. Take a hot mustard bath last thing at night, and cap it with a cup of hot cocoa with a spoonful of ground ginger stirred in it.

If you have a nose that will turn red on you, try this special exercise. Pinch gently upwards six times, until you can feel the blood circulating through it. Use a pale green foundation, and pale green powder with pale green face cream. Sounds too frightful, but it is the goods.

Shipping is a glorious way of starting the circulation going. If you can spare three minutes in the morning, this is your medicine, and it costs nothing.

If you get those puce-colored hands wear tiny wristlets of rabbit wool; you can knit them in a couple of hours. And do this exercise: Hold the hands limply over the head, and shake them hard till all the fingers waggle. Do this ten or twelve times.

enough to have stuck by their wives and to have refused to let her separate them from them. They would have had some sense of responsibility as men, and not mindless Mama when she told them to come back home and leave the women to whom they were married.

There are few women in the world who do so much harm as the possessive mothers who ruin their own children's lives by keeping them tied to their apron strings and who never let them grow to man's and woman's estate.

In effect, these women wish a perpetual babyhood on their children, and make their failures because they have never been permitted to stand on their own feet, or to develop whatever powers they have. Malice itself could do a child no greater harm than unwise mother love and selfishness does.

DOROTHY DIX.

By actual test, handwriting in pencil requires nearly five times as much light to be legible as writing in ink.

## Living & Leisure

—The Woman's Realm

### LET US BE KIND.

Let us be kind; the way is long and lonely. And human hearts are asking for this blessing only—That we be kind. We cannot know the grief that men may borrow; We cannot see the souls storm-swept by sorrow. But Love can shine upon the way today, tomorrow, Let us be kind.

### LEMON BUTTER SAUCE

Green beans or asparagus are good with a lemon butter sauce. Garnish with bright strips of pimento.

### CARE OF PLANTS

If you are planning to spend the holidays away from home, don't forget to take care of your plants. Place them on bricks, one brick to a pot...in the bathtub and run in enough water to just cover the bricks.

In the varied big collection of hats, the double effect of a turban is noteworthy. It has a white felt stove-pipe crown that fits the back of the head, and rising higher in front than the round top of the crown is a triangular "coronet" of bright green and white printed silk.

The popularity of the pastel pink or blue formal hat to match a crepe dress, an ensemble fashion established last fall continues, with pink outnumbering blue. These pastel dress-and-hat ensembles have greatest representation with silver fox or brown fur jackets and milk coats.

An evening dress that may be worn two ways is built up from a gray crepe slip, wearable with a slim-line, black red-and-lace tunic with long sleeves, or with a floor-length overdress chateauise tulle in full shirred panels from the waist.

Medium-sized patterns in gay colors are given much emphasis in crepe dresses.

### FIGURED OUT FOR YOU

When uncertain as to the size of your table for the number of invited guests, remember each person should be allowed two feet of space along the table edge for absolute comfort.

### BROKEN CHINA

When you break a piece of china, use colorless nail varnish to mend it. You can knit them in a couple of hours. And do this exercise: Hold the hands limply over the head, and shake them hard till all the fingers waggle. Do this ten or twelve times.

### COLORED INSETS ON BLACK FROCKS

That half-and-half look that always results from developing color in sections lengthwise is one of the outstanding novelties in color this fall. It is turning out to be one of the pet ways of taking the middle road in the matter of a black dress and a colored dress.

For if a dress is black at front, and has a red, or green, or royal blue back from shoulders down to the hem, the owner has something of the quiet style reassurance of the one, and the gaiety of the other. Sometimes the formula is altered so that just the back of the bodice and the shoulders color up against the dark black of the front.

### A CLEANING CUPBOARD

The handy, "back-of-the-d or" type of cleaning cupboard, is one which was designed by the staff of Macdonald Institute, Ontario Agricultural College, Guelph.

## Needlecraft—

—For The Home

Every girl likes a shirtwaist frock, and we all know, if we dress to please the men, that they like them too. Here is one that has the chic simplicity of this popular style, with the fitness that is most becoming. This dressmaker shirtwaist dress is easy to make in tweedy wool or novelty rayon, just as you please. It will be your favorite style all Winter long. Interesting pockets that come in handy for your handkerchiefs and three-quarter sleeves that are so very smart this season are added style features that make this dress the darling of your wardrobe.

Style No. 2637 is designed for sizes 12, 14, 16, 38, 40. Size 16 requires 3 3/4 yards of 38-inch fabric.

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

Style No. 2637 Size \_\_\_\_\_

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Street Address \_\_\_\_\_

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**CUTICURA SOAP AND OINTMENT**

**JOHNSON'S ANODYNE LINIMENT**

The Old Reliable Since 1810 for relieving RHEUMATISM AND SCIATIC PAINS GOUT - LUMBAGO - SPRAINS

**A Morning Smile**

Sambo—"Ah wants to get a plashin!"  
Druggist—"One of our porous plasters?"  
Sambo—"No, suh, Ah wants a good one."

Girl—"I'm the happiest girl in the world, I'm marrying the man I want!"  
Girl Friend—"That's nothing compared with the joy of marrying the man someone else wants."

**Do This If Child Has a Cold**

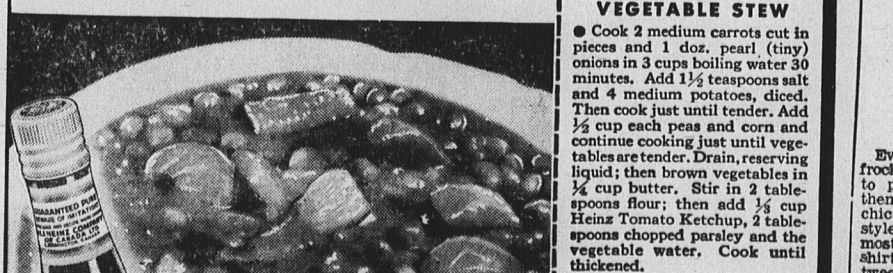
Relieve Misery Improved Vicks VapoRub

Mother, you will welcome the relief from misery that comes with a "VapoRub Massage."

With this more thorough treatment, the poultice-and-vapor action of Vicks VapoRub more 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 don't even old friends of VapoRub.

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

## TEMPT YOUR FAMILY WITH THIS LOW-COST TREAT!



### RECIPES VEGETABLE STEW

● Cook 2 medium carrots cut in pieces and 1 doz. pearl (tiny) onions in 3 cups boiling water 30 minutes. Add 1 1/2 teaspoons salt and 4 medium potatoes, diced. Then cook just until tender. Add 1/2 cup each peas and corn and continue cooking just until vegetables are tender. Drain, reserving liquid; then brown vegetables in 1/2 cup butter. Stir in 2 table-spoons flour; then add 1/2 cup Heinz Tomato Ketchup, 2 table-spoons chopped parsley and the vegetable water. Cook until thickened.

LET the "red magic" of Heinz Tomato Ketchup give lively new interest to meat loaves, omelettes, other family "stand-bys". With Heinz Ketchup you add not just one ingredient, but a medley of rich flavours—Heinz's finest tomatoes, the world's prize spices and Heinz aged-wood vinegar. Use it in your cooking—and put a bottle on the dinner table tonight!

## HEINZ TOMATO KETCHUP

THEY'LL WELCOME THESE OLD FAVORITES, TOO!

● Start the day with Heinz Tomato Juice—that "refreshing" different beverage made from vine-ripened Heinz "aristocrat" tomatoes. And keep Heinz Chili Sauce handy to pep up sandwiches and cold cuts. It's rich with the zest of Heinz tomatoes, onions, celery, Heinz Vinegar and spice!

H. J. HEINZ COMPANY OF CANADA, LTD.  
Toronto, Canada; Melbourne, Australia; London, England

OLD MEDALLION TABLECLOTH

These crocheted medallions will pile up quickly. They are joined to complete a beautiful tablecloth. Pattern No. X 349 contains list of materials needed, illustration of stitches and complete instructions.

To order this pattern, send 15 cents in coin or stamps to Needlework Bureau, Charlottetown Guardian.

To Charlottetown Guardian Needlework Department.

Design No. X 349

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A Scientific Tissue

Super-refined—Fleecy Soft and Sterilized.

It's the fleecy softness

3 for 25¢

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