

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

Today's Bargain in
CANNED SALMON

RED ROSE

HIGH IN FOOD VALUE
ECONOMICALLY PRICED



FISH BALLS

- 1 lb. can "Red Rose" Keta Salmon
- 2 1/2 cups mashed potatoes
- 1 egg well beaten
- 1 tsp. onion juice
- 1 tsp. parsley
- Salt and pepper.

Add all the ingredients together. Form into cakes or roll into balls and fry. If desired can be served with hot tomato sauce or a hot egg sauce. Serves six. Cost per person, 10c. L.R.R-4

That Body Of Yours

By James W. Barton, M.D.

HOME NURSING: THE BABY
As I sat at the dining table as a youngster of 10, I noticed the expression change in the face of my youngest brother sitting in his high chair. I looked toward my mother and to the "baby."

As my mother noticed the condition, she picked up the baby, took him to the kitchen and placed his feet in hot water. In a few minutes, he was placed on the couch, apparently all right again. He had had a convulsion. I naturally thought my mother knew everything. Under the heading "Home Nursing" in "Health," Canada's national health magazine, edited by Dr. W. J. Bell, some valuable suggestions are given to mothers. "The mother soon learns the cause of the baby's cry; the lusty yell of hunger or temper, or the fretful cry with the occasional sharp scream of colic or earache, or the cry of discomfort from a wet or soiled napkin." Where there is persistent crying, there is something wrong, slight or serious, and the family doctor should be consulted. Another valuable suggestion to the mother is that she try not to become upset; but "if you observe in the child some sign of illness that you can see or suspect, consult your doctor." Don't permit your neighbors to "treat your baby."

The thought, of course, is not that childish ailments or com-

DOROTHY DIX SAYS—

Family Goats

More Duty Expected From Daughters Than From Sons

DEAR MISS DIX: Why are girls the foreordained and predestined family goats? Why do parents demand so much more devotion and personal service from their daughters than they do from their sons?
A DAUGHTER

ANSWER: Why the sex of a child should alter its obligations to its parents, nobody knows. Not even the parents, but they assume that the daughter is about ten times as much a daughter as a son is a son and hence owes ten times as much duty to those who brought her into the world, though, Heaven knows, having been born a girl is nothing to give three cheers about.

Anyway, Father and Mother feel that Susie owes them a lot more than Tommy does, and they show much more energy in collecting the debt from her than they do from him. Take, for instance, the household in which there are no servants. The boys in the family are physically stronger and more able to work than the girls, but does Mother make them help with the cooking and the sweeping and the dusting? She does not. She makes the girls do it.

And it isn't because there is something occult about these tasks that makes them a rite that only a female can perform. The best chefs are men. So are the best cleaners. So there is no reason that Mother shouldn't make Tommy do his share of the housework, except that she doesn't like to interfere with his pleasure, and it is so much easier to make Sister pick up after him and clean his room and scrub the bathtub after he has used it.

EXPECT SUPPORT, TOO
And when Mother and Father get old, who has to take care of them? The girls. There is never a question in the parents' mind about whose duty it is to support them and nurse them and look after them when they are aged and feeble. It is their daughters, and it is a curious fact that more men are supporting their wives' fathers and mothers than are taking care of their own.
And Father and Mother accept this as being perfectly right and natural. Daughters are born to be family goats.

DEAR MISS DIX: I am a widow with two children who attend high school. A man who is 20 years my senior has asked me to marry him. He has a pleasing personality, but has not had a job for the last 10 years. His mother does not want him to marry me, and my children think that he just wants to marry me for a home.
Frankly I do not know what to do. Will you please help me?
MRS. A.B.C.

ANSWER: I don't see why you should be undecided about marrying a man like that. If you have any gumption at all, you will leave him to his mother to support and not take upon yourself the burden of a man who has nothing but a pleasing personality to offer you.

DEAR DOROTHY DIX: I have two daughters. One of them is not popular with men and has no beaux. She is a very pretty girl, but just isn't the type the boys like. My other daughter is very popular with the young men.

Now this is my problem: My daughter, who is not popular with men, is very jealous of her sister. Shall I keep the younger girl from having boy friends because her sister has none?
A DISTRACTED MOTHER

ANSWER: Certainly not. Why sacrifice your younger daughter to the older one? Why penalize her for something that is not her fault and for which she is not to blame? Perhaps if your unpopular daughter would curb her jealousy and cultivate a sweet and generous disposition, the young men would like her also.
Vinegar catches no flies, and there is nothing that repulses men so much in a woman as for her to be bitter and disgruntled.

plaints should be overlooked, but that mothers should try to size up the situation and not call the doctor day or night for any little symptom. However, it is even worse to overlook or neglect to pay attention to certain definite signs or symptoms. Among those listed as requiring a physician's care are the following: Fever, sore throat, vomiting and diarrhoea, persistent cough, listlessness (and tiredness), refusal to eat and evidences of pain in the ears, abdomen or hands and feet.

The importance of proper feeding of the baby, which has had more to do with lengthening the life span than perhaps any other one thing, is strongly stressed. "If the child at the end of the first year has a good nutritional start, is protected against infection, and immunized against communicable diseases, his chances of continued good health are bright."

Better English

D. C. Williams

1. What is wrong with this sentence? "I guess you were mistaken."
 2. What is the correct pronunciation of "daub"?
 3. Which one of these words is misspelled? Microscope, antelope, elope, develop.
 4. What does the word "non-committal" mean?
 5. What is a word beginning with re that means "inclined to keep silent"?
- ANSWERS
1. Say, "I think you were mistaken." 2. Pronounce the au as in haul. 3. Develop. 4. Indicating neither consent nor dissent. "His answer was noncommittal." 5. Reticent.

Morning, noon or night, I go for



SHIRRIFF'S Good Morning MARMALADE



Legends Of P. E. Island

(By Uncle Joe)
UP A TREE

During the days when Prince Edward Island was undergoing a process of settlement, much time was lost in hunting cattle that strayed in the woods. During these rambles the fear of bears kept the searching parties on their toes, and many amusing tall tales have come down to us from the dim past.

In this legend you may hear one of them.
Toward sunset one lovely evening in June, Peter Smith of Canoe Cove set out in search of his cow Nellie, which had failed to keep an appointment with her newborn calf at home. Now, Peter Smith did not relish tramping through the forest after nightfall, especially when the woods were as full of bears as a dog is full of fleas. But, goaded on by his better half and the wails of the hungry calf, he finally got under way.
For over an hour he wandered this way and that without sighting Nellie. Indeed, the familiar sound of the cowbell that always hung about the animal's neck failed to draw his attention; and what with the gathering darkness and the

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Modern Etiquette

By Roberta Lee

- Q. Can you give me a list of about six subjects that should be avoided in general conversation?
A. Yes. Six topics that should be avoided are: accidents, disease, death, money, and personal domestic affairs. And if one wishes to avoid argument, it is better to steer clear of religious and political subjects, too.
- Q. Is it necessary to answer birthday and "greeting" telegrams?
A. It is not exactly necessary, but never out of place. Sincere appreciation of another's thoughtfulness can never be wrong.
- Q. Should a bridegroom give gifts to his best man and his ushers?
A. This is customary.

Household Scrapbook

By Roberta Lee

Stronger Than Thread

Crochet cotton is much stronger than thread, and for this reason it comes in very useful for sewing on buttons which are subject to extra strain, and for tacking seams which are liable to rip. This makes a good way to use up short pieces of the cotton which can not be used for crocheting.

Identifying Mushrooms

Mushrooms may be identified as follows: If a little salt sprinkled on the gills turns them yellow, they are poisonous; if it turns them black, they are good to eat.

Weight Increaser

If one wishes to increase one's weight try taking a wine glass of cream after each meal.

Cook's Corner

SNOW PUDDING

- 1 tablespoon granulated gelatin
 - 1/4 cup cold water
 - 1 cup hot water
 - 1 cup sugar
 - 1/4 cup lemon juice
 - 3 egg whites
- Soak gelatin in cold water, dissolve in hot water; add sugar and lemon juice; strain and set aside to cool place; occasionally stir mixture and whip thick enough to hold the mark of spoon, beat with rotary beater until frothy; add stiffly beaten egg whites.
- Mould or place by spoonfuls into sherbet glasses. Chill and serve with soft custard.

RHUBARB TAPIOCCA PUDDING

- 1-3 cup quick-cooking tapioca
 - 1 1/2 cups boiling water
 - 3 cups rhubarb
 - 1-3 cups sugar
 - 1/2 teaspoon salt
- Put tapioca in top of double boiler, over boiling water; add boiling water and salt. Cook until tapioca has absorbed all the water.
- Peel rhubarb cut in 1/2-inch pieces crosswise and sprinkle with sugar. Add to tapioca; cook until it is transparent and rhubarb soft. Cool slightly, place in sherbet glasses and put into cold place until serving time. Serve with sugar and table cream.

The Harvey Girls

By Samuel Hopkins Adams

"To save him from being hanged," she said, "I'd have done anything. Can't you understand?"
"What I can't get through my head is your turning on him as soon as he is free of the charge. There's no sense to it. Except on one hypothesis. You don't believe Trent's confession. Is that it?"
"Don't! Please, Doc."
"It is! You think Thursty did it. And Ned Trent took it on himself. That's the 'undying gratitude' part. You must have some reason."
"Through stiff lips, she said, "Didn't he ever tell you?"
"Not a thing. So you'd better." At that she broke. "Oh, Doc, Doc! I've so wanted someone I could talk to. Ned didn't kill Judge Purvis." She told him why.
"Did you tell Thursty this?"
"Yes."
"And so you still think he did it?"
"What else is there to think?" she said miserably.
"So would I," he admitted, "if it hadn't been for that shooting from behind. I can't make that fit in with Clay Thurston."
"Neither could I," she said almost savagely, "until he lied to me. Until he hoped I'd be fooled about Ned having done it. If you could have talked with poor old Mrs. Trent! She couldn't believe that her son was a cold-blooded killer. And now she's got to believe it. Always. Because I can't tell her. And Clay won't. Oh, Doc," she wailed, "I love him so! And I hope I never see him again."
The big man rose and sighed heavily. "Poor kid!" he said. "I don't see any light. I don't see how it's all coming out. But there's one thing we can do. We

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Ellen's Diary

By an Island Farmer's Wife

After much consideration on the subject, which we have deliberated over for many a year, we find ourselves with what may be a strange opinion tonight—strange perhaps when we consider the wealth of masculine relatives to which we own. However, we believe that in spite of the fact that men are often gifted with the intelligence and understanding and wisdom and tact to make them "a little lower than the angels" and are also often handsome, sympathetic, kindly and fascinating to a degree that is indeed past understanding to many a female, at the same time there is apt to be a flaw, and yet not a flaw, so much as a minor defect in their make-up, which we have seen more than once lead straight to a catastrophe. We suspect it was this lack, though we may err badly in our opinion, which since it was presently "not good for man to be alone" led to the fashioning of a companion of womanly qualifications for that lone male.

Not only on account of his loneliness in a very lovely world but we think to attend to the minute details which so often are overlooked by even the most considerate of males. That is why it is better to have women sit in at conferences with men, not so that they may be heard for their much speaking but primarily to attend to, and weld, and complete those seemingly inconsequential details of any subject often neglected by the masculine part of the gathering. . . . the odds and ends . . . the tail of the dog as it were, which does sometimes move the whole body. Not that we would at all under-rate the searching, the breadth of masculine intellects, nor yet would we discount for a moment, the innate alertness of

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How Can I!!!

By Anne Ashley

Q. How can I remove bluing stains on white materials?
A. If bluing leaves a stain on a white material, soak it in a strong ammonia and water solution, or in kerosene, and then wash with naphtha soap in lukewarm water, rinsing thoroughly afterward.

Q. How can I keep paint if the lid of the can has been lost?
A. If a lid is not available for the paint can in which a little unused paint has been left, pour some hot paraffin over the paint, and it will not harden.

Q. How can I whiten boiled fish?
A. A tablespoon of vinegar added to the water in which fish is boiled whitens the meat and renders it more firm.



JANE ASHLEY
Home Service Department
The Canada Starch Company Limited

FRESH
de-licious!

ALWAYS ASK FOR **Kellogg's**

Kellogg's
CORN FLAKES

Mother Knows A Best!

The Stars Say--

By Genevieve Kemble

For Friday, March 25
AN intriguing and unpredictable state of affairs is read from the predominant astral aspects, in which an element of the mysterious and hidden may be expected to figure. This factor should be deftly used for telling results, affecting important transactions, in which ideals, imagination glamor or subtlety may enter into business or personal interests. Surprising culminations come under this subtle rule affecting the practical as well as the emotional life or feelings. Dreams "come true" if carefully engineered to realistic results.

For the Birthday
Those whose birthday it is, may find themselves anchored in a period of the strange, unique, subtle and out-of-the-ordinary in all its relations, business as well as emotional or spiritual. With hidden undercurrents to be deftly manipulated it might be that ideals, aspirations, dreams or romantic thrills may materialize. The intuitions, "hunches" or other form of the intangible or bizarre could be actors in attaining practical results. Subtle urges may be heeded. A child born on this day may attain surprising returns by use of unique, strange or subtle talents, faculties or inner urges, if sanely and practically manipulated. Feel-

ings and emotions are its ready implements for success.

Morning Smile

Hubby: "We must think of the future. We ought to economize more. If I were to die where would you be?"
Willie: "Why, I'd be right here. The question is, where would you be?"
Teacher: "You were late this morning, Willie. Please bring an excuse from the head of your family."
Willie: "Mamma's away. Is it all right for Pa to send one?"

BOYS! GIRLS! 13 to 18

don't put up with a
BAD COMPLEXION.

Do this: Cleanse with Cuticura Soap—it's different, medicated. Then apply Cuticura Ointment to help clear up pimples, rashes and blackheads. Cuticura often succeeds where others fail. Buy at your druggist today.

CUTICURA SOAP AND OINTMENT

NO WONDER NEW Rinso with Solium IS CANADA'S MOST POPULAR WASHDAY SOAP!

NEXT TO YOURS, MY BLOUSE LOOKS GRAY—HOW DO YOU WASH THINGS SO DAZZLING WHITE?

NEW Rinso with Solium

1 **WHITER** THAN BRAND NEW
2 **BRIGHTER** THAN BRAND NEW

Women Everywhere Switch To New Rinso For the World's Whitest Wash

Whenever women get together the talk turns to New Rinso's washday results. And with good reason. For New Rinso with Solium washes clothes whiter and brighter than brand new. And the more you wash clothes with New Rinso, the whiter and brighter they get. Only New Rinso gives you these amazing results. . . Only New Rinso contains Solium. For the whitest wash ever, get New Rinso today.

SO SAFE FOR CLOTHES . . . SO KIND TO HANDS

New Rinso is used by more women than any other washday soap in the world.

"HERE'S YOUR LAST CHANCE to enter the \$10,000 CROWN BRAND CONTEST!"

Contest Closes April 15! Be sure you try for the Grand Prize now! - before it's too late!

It's easy . . . here's how you enter -

1. Simply print your name and address on any plain sheet of paper.
2. Mail this, together with a label from a 5 lb. tin of Crown Brand Corn Syrup* (or reasonable facsimile) to: THE CROWN BRAND CONTEST, Station "H" Montreal, Que.
3. Be certain your entry has sufficient postage.

That is all you do to enter the Crown Brand Contest. Now, here's what happens: . . . 154 entries will be drawn from the mail received during this last prize-winning period. The 154 persons will then be asked to mail a letter giving three reasons why they like Crown Brand Corn Syrup. . . Then, based on the merit of the replies, the 154 prizes will be awarded as follows:

1st PRIZE: \$100.00 2nd PRIZE: \$50.00 152 PRIZES OF \$10.00 EACH

And now look what happens!

THE JUDGES WILL DETERMINE WHICH OF THE THREE FIRST-PRIZE LETTERS RECEIVED DURING THE THREE PRIZE-WINNING PERIODS IS, IN THEIR OPINION, THE BEST. THE WRITER OF THIS BEST LETTER WILL THEN BE AWARDED THE . . .

GRAND PRIZE: \$5,000

* or 2 labels or cartons or a label and a carton from any of the following products:

- 2 Tins from Crown Brand 2 lb. Cans Top Tin or label from 5 lb. Tin
- 2 Tins from Kero 2 lb. Cans Top Tin or label from 5 lb. Tin
- 2 Tins from Lily White 2 lb. Cans Top Tin or label from 5 lb. Tin
- 2 Labels from Bensen's Corn Starch
- 2 Labels from Canada Corn Starch
- 2 Silver Glass Cans
- 2 Unit Cans

Prize winners will be notified by mail within 90 days after close of the contest. A complete list of prize winners will be available upon request at the close of the contest.

IT'S THE CONTEST FOR EVERYBODY BECAUSE IT'S EASY AND EVERY MEMBER OF THE FAMILY CAN WIN! WRITE NOW - AND WRITE OFTEN!

If you did not enter the first two prize-winning periods (Jan. 15-Feb. 15, Feb. 16-March 15), there is still time for you to enter this last prize-winning period (March 16-April 15). And if you entered the first two parts of the contest make sure also to enter this remaining one—the more entries you submit, the more chances you have.

THE CANADA STARCH COMPANY LIMITED
MONTREAL TORONTO