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

Final Lenten Meditation

O Eternal God, though Thou art not such as I can see with my eyes or touch with my hands, yet grant me this day a clear conviction of Thy reality and power. Let me not go forth to my work believing only in the world of sense and time, but give me grace to understand that the world I cannot see or touch is the most real world of all. My life to-day will be lived in time, but eternal issues will be concerned in it. The needs of my body will be clamant, but it is for the needs of my soul that I must care most. My business will be with things material, but behind them let me be aware of things spiritual. Let me keep steadily in mind that the things that matter are not money or possessions, not houses or lands, not bodily comfort or bodily pleasure; but truth and honour and meekness and helpfulness and a pure love of Thyself.

For the power Thou hast given me to lay hold of things unseen;
For the strong sense I have that this is not my home;
For my restless heart which nothing infinite can satisfy:
I give Thee thanks, O God.

For the invasion of my soul by Thy Holy Spirit;
For all human love and goodness that speak to me of Thee;
For the fullness of Thy glory outpoured in Jesus Christ:
I give Thee thanks, O God.

I, a pilgrim of eternity, stand before Thee, O eternal One. Let me not seek to deaden or destroy the desire for Thee that disturbs my heart. Let me rather yield myself to its constraint and go where it leads me. Make me wise to see all things to-day under the form of eternity, and make me brave to face all the changes in my life which such a vision may entail; through the grace of Christ my Saviour. Amen.—John Baillie, D. D.

O Thou in whose boundless being are laid up all treasures of wisdom and truth and holiness, grant that through constant fellowship with Thee the true graces of Christian character may more and more take shape within my soul:

The grace of a thankful and uncomplaining heart;
The grace to await Thy leisure patiently and to answer Thy call promptly;
The grace of courage, whether in suffering or in danger;
The grace to endure hardness as a good soldier of Jesus Christ;
The grace of boldness in standing for what is right;
The grace of preparedness, lest I enter into temptation;
The grace of bodily discipline;
The grace of strict truthfulness;
The grace to treat others as I would have others treat me;
The grace of charity, that I may refrain from hasty judgment;
The grace of silence, that I may refrain from hasty speech;
The grace of forgiveness towards all who have wronged me;
The grace of tenderness towards all who are weaker than myself;
The grace of steadfastness in continuing to desire that Thou wilt do as now I pray.

And now, O God, give me a quiet mind, as I lie down to rest. Dwell in my thoughts until sleep overtakes me. Let me not be fretted by any anxiety over the lesser interests of life. Let no troubled dreams disturb me, so that I may awake refreshed and ready for the tasks of another day.

And Thou, O Lord, by whom are seen
Thy creatures as they be,
Forgive me if too close I lean
My human heart on Thee. Amen.

—John Baillie, D. D.

ARTHUR W. DYCER.

The ashes of burnt paper money can be identified and redeemed.

A small automobile capable of a speed of 45 miles an hour that has been designed in England can be run 85 miles on a gallon of gasoline.

Happenings Of The Week

Lady Byng entertained His Excellency the Governor-General and H.R.H. Princess Alice informally at luncheon one day last week in Victoria, B. C. at the Oakbay Beach Hotel. The distinguished visitors lunched in the main dining-room, where the table was decorated with daffodils and hyacinths. After luncheon His Excellency and Her Royal Highness spent a short time with Lady Byng in her suite before returning to Government House, Victoria.

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Queen Elizabeth inspected the American Eagle Club set up for American volunteers serving with the British fighting services in London. She said she thought that "it is all very nice." She talked with Sidney Bracy, a Hollywood cameraman who is now serving as a corporal with the Royal Engineers. Bracy told her how he stowed away on a freighter Sept. 28, 1939 to get to Britain and then found he was not eligible to enlist because he was an American. Later, he persuaded the British to allow him to join up. "It's amazing," said the Queen, "what you boys will do to get here."

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Among the out-of-town guests to attend the wedding of Miss Helen DeBlois, daughter of the Hon. G. D. DeBlois and Mrs. DeBlois Riverhurst, to Mr. Andrew Likely of Victoria, B.C., which is taking place in St. Paul's Church next Tuesday morning, will be Mr. Likely's parents, Mr. and Mrs. Frank J. Likely of Saint John, who will be weekend guests here. Other guests to arrive will be Lieut. and Mrs. Robert Likely, Miss Rosalie Dickason, Mr. and Mrs. A. E. Fleming of Saint John; Mr. and Mrs. Edward McManus and Mr. Reid McManus of Memramcook, N. B.

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Dr. Cyrus MacMillan, M.P. and Mrs. MacMillan are arriving home from Ottawa, to spend the Easter season with the Doctor's sister, Miss Christina MacMillan.

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Miss Louise Avard, daughter of Mr. and Mrs. Gordon Avard, is spending Easter with relatives in Sackville.

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Mr. and Mrs. F. G. Spencer, Saint John, have returned from a holiday visit to Florida.

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Miss Margaret Burden, R.N. left Thursday morning for Montreal, where her marriage to Mr. Daniel MacIntyre is taking place in the near future. Miss Burden who was a member of the Clinic Staff received an exquisite chest of silver from the Clinic Doctor's expressing their best wishes for Miss Burden's happiness and regret at losing such a capable and pleasant fellow-worker

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The young ladies of the Clinic expressed their affection and regret over Miss Burden's departure with a shower of gifts for her personal use.

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Miss Mildred Bell left yesterday for Halifax, where her marriage to Mr. John Alistair McKinnon is taking place during Easter week.

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Last Saturday evening Mrs. Gordon McDonald and Mrs Ivan Horne entertained for Miss Bell at Mrs. McDonald's home, when she received a shower of adorable gifts for her trosseau.

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Miss Kathleen McRae and Miss Jean McLean also had a most enjoyable farewell bridge party for Miss Bell at Miss Martha Poole's home, when the happy young bride-to-be was given a lovely gift as a souvenir of remembrance.

• • • •

Mrs. John Jack, who has been the guest for the past week with Mr. and Mrs. Brice Bishop, left Thursday for her home in Summerside.

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Mr. Jack Jenkins is home from Bishop's College School, Lennoxville to spend Easter with his parents, Colonel and Mrs. J. S. Jenkins at the Roxborough, Ottawa.

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Miss Jean McLean, R. N. who spent the week-end with her parents, Mr. and Mrs. Roy McLean, Souris, returned Tuesday by plane to resume her Military duties in Halifax.

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Miss Florence Coffin is being welcomed home from an extended holiday in Toronto.

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Master Allan Ellinthorpe, son of Col. and Mrs. Ellinthorpe of Truro, is spending the Easter season with Major and Mrs. F. B. Conrad. Major Conrad arrived home Thursday for the holiday.

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Mrs. G. Gordon Hughes left yesterday for Parrsboro, N. S., to attend the funeral of Mrs. Cook, whose death occurred at her home there on Thursday. She was accompanied by her nephew Flight Lieut. George Keefer.

These Plants Must Have An Anti-Freeze Mixture

Right or wrong? There are three vegetables which can be left in the garden soil all winter and dug whenever a thaw comes in fine condition to eat.

How many gardeners would know that the answer to this quiz is "right?" The three vegetables which are not injured, but rather improved by freezing are: parsnips, salsify, and kale.

They must have an anti-freeze mixture in their veins; though on second thought they probably freeze, like other plants; but for some strange reason freezing does not injure them. Parsnips, indeed, are definitely improved in flavor and tenderness by freezing.

All these are long season vegetables, taking four months to mature and should be sown in the spring, in well fed soil. At least four pounds of well balanced plant food should be used to each hundred square feet in, which they grow, and they should be thinned out in the row, to six inches for parsnips, four for salsify, and about a foot for the kale.

Kale produces edible leaves, rather thick, with a distinctive flavor. Salsify is the vegetable oyster which gets its name because when

Parsnips, Kale and Salsify Are Three Vegetables That Can Be Gathered Any Time During the Winter Months. Freezing Improves Their Flavor.

cooked its flavor resembles that of the oyster.

The roots are long and slender and seldom more than an inch in thickness. They are at their best after having been frozen.

One of the reasons that has caused this vegetable to lack popularity is its unattractive and discolored appearance when cooked. This is due to the fact that it secretes a milky juice which turns black when exposed to the air. It should be cleaned and scraped in water which has been acidulated by the addition of vinegar. This will do away with the discolored appearance.

It is cooked by dipping it in batter and frying it in deep fat or by boiling and creaming it. In either style it is a very tasty vegetable.

A Morning Smile

An ambitious young man heard of the death of the junior partner of a big firm. Being full of self-confidence, he hurried to the offices of the firm, whose senior partner was a friend of his father's.

"How about my taking your partner's place?" he asked.

"Excellent!" said the senior partner. "If you can fix things with the undertaker."

Dorothy Dix Says—

GIRLS SHOULD NEVER LET MEN MONOPOLIZE THEM

Long-Time Exclusive Dates Work To The Detriment Of Both And Should Be Avoided

Dear Miss Dix—You make frequent references to the fact that many men monopolize the time of girls during the years when they are most attractive and leave them flat when they grow old and ugly. And you infer that the men who do that are nothing short of villains. I take issue with you on that score, for I think a girl who lets a man monopolize her time is just as guilty as he is. Take my own case, for example. I have been going with the same girl for more than six years and have no intention of marrying her, but, although I have never mentioned marriage to her in any way, she seems to assume that some day I will escort her to the altar. I do not love her and have never told her that I did, but she takes it for granted that I do because I have been nice to her in numerous ways. Because I have been courteous to her I find myself in a predicament which I would give anything to be out of without having to tell her flatly that I was making my getaway. Not only have I had this experience, but many other of my friends have had the same difficulty with girls who thought they were in love with them because they dated them. Once a girl thinks she has her hooks in you it is easier to tear down a mountain with your bare hands than to loosen herclaws. I've seen the glint in a girl's eyes and soon thereafter the marriage announcement. THE VILLAIN.

ANSWER—I quite agree with you brother, that a girl who lets a man hang around her, year after year, wasting her time and keeping other men away without ever mentioning marriage is just as much to blame as he is. More, because she has more to lose than he has, for she is the one who is left flat when he kisses and rides away for other conquests.

Any girl is lacking in just plain, good, hard, horse sense who lets any one man monopolize her until the wedding day is set; because once she gets known as Johnny's girl or Tommy's girl and gets paired with him it automatically cuts her off from other matrimonial chances and Johnny or Tommy may have no serious intentions whatever beyond spending a pleasant evening.

It is easy enough for a girl to drop out of circulation but hard enough for her to get back in again if her "steady" leaves her. ...

Wasting Time

Girls are stupid enough about the way they play the love game and show little enough intelligence in conserving their own interests. For they know that the years from 18 to 25 or 26 is when they are most attractive and most likely to marry. Yet they will throw away this precious time on men who make no pretense of being in love with them, and who hold out no prospects of ever marrying them. No wonder there are so many old maids, for it does look as if even a dumbbell should have sense enough to know that she must make her matrimonial hay while the sun of her youth and beauty shines, and that the motto she should hang on her parlor walls is: Put up, or shut up.

I get hundreds of letters from girls asking how they can make some man propose who has been camping on their trails for six or eight years without ever popping the question.

They say they know these men love them because they see the love light in their eyes, or because they have always been so kind, and courteous to them, and they feel it is just because the men are so shy that they never can be brought to discuss marriage licenses and wedding rings. Stuff and nonsense! No man was ever yet too shy to ask for the thing he wanted.

Bad Business for Both

Nor do men who go steady, as the phrase puts it, with a girl for years get off scotfree. The boy friend may have no intention whatever of marrying her, but she probably has different views on the subject, and the betting is ten to one that before he knows it he finds himself saying "I do" before the preacher. The girl's insistence and public opinion, which long age had married them, bring a pressure that few men can resist.

And even when the man is astute enough to escape falling into the pit of his own digging it makes a pretty mess. For it is hard to tell a girl to her face that you are tired of her, and it is all over. Finished. Done. Many men have tried it, and most of them have succumbed to the girl's tears and were floated to the altar.

"Keeping company" for long stretches of time is bad business for both girls and boys.

THE ANSWER IS: DO NOT MARRY

Dear Dorothy Dix—I am engaged to a fine young man. We are congenial in every way except in the matter of religious beliefs. He does not approve of dancing, card playing, smoking and so on, while I have been brought up to take all such amusements as just a part of social life and to be indulged in in moderation.

I would be willing to give up these things for him, but suppose we have children. How should we train them? By his teachings their mother's view would brand her as a wicked woman; by mine their father would be narrow and bigoted. He will not change and neither will I, so how could we make a peaceful home with this divergence of views? Would I make a mistake in giving up a man who is all right in every other respect? Shall I get out of this mess while I can? ALICE.

ANSWER—The one essential thing to the success of every marriage is congeniality. There can be no happiness in a home where the husband and wife have diametrically opposite habits and tastes and points of view on everything in life. And that is saying nothing about principles or religious convictions.

I think you and this young man will make a great mistake in marrying, and that if you do you will bitterly regret it. You may think now that love will be strong enough to bridge the gulf between you, but it will not. It will be haunted forever by the ghost of his disapproval of everything you do and say and think, and your contempt for all his narrowmindedness.

Better each of you to your own kind.

SOMETIMES SPANKING IS ONLY REMEDY

Dear Miss Dix—I have been married for nearly 18 months and am very much in love with my husband. My only trouble is that he will insist on punishing me as though I were a child. Some days ago, when it was very cold and the roads were slippery he told me not to take out the car. I disobeyed him and when I was driving into the garage when I got home I skidded against the post and dented the bumper. This made my husband very angry and he laid me across his knee and spanked me with the hair brush. Was that right of him? NAUGHTY WIFE.

ANSWER—It may not have been right, but it was certainly a natural reaction. Many of us have felt like doing it to the careless drivers who dented our cars. DOROTHY DIX.

Your Individual HOROSCOPE

By Frances Drake

For Saturday, April 12th

MARCH 21 to APRIL 20 (Aries)—Whole day stresses sound judgment and close attention to your job. Waste and carelessness should be strictly avoided. Be amenable to suggestions and advice from superiors, be fair, just with conscientious employes.

APRIL 21 to MAY 20 (Taurus)—Business, credit and financial transactions may require more than usual forethought and economy. Adjust amicably all matters that may cause dissention or misunderstanding. No time to display personal emotions.

MAY 21 to JUNE 21 (Gemini)—Can be a very productive day for you if you rightly exercise the great VARIETY of your talents and your cleverness in adroitly handling public interests or demands. Be your true ingenious self.

JUNE 22 to JULY 23 (Cancer)—You, too, are slated for good returns for applied efforts. Secretive (but wholesome) matters, investigations and activities that require expert detecting and intuition are especially favored.

JULY 24 to AUGUST 22 (Leo)—Curb an unreasonable tendency to gamble or speculate, either with your talents or money. Sound, constructive activities are the favored. This does not mean, however, that you are to forego new, good opportunities or hazardous but necessary tasks.

AUGUST 23 to SEPTEMBER 23 (Virgo) — Intricate work, analyses, reporting, investigating, details, slowly moving projects are first in favor. Patience with all problems required. Even small achievement is worth the striving.

SEPTEMBER 24 to OCTOBER 23 (Libra) — Study, following through incompleted work, familiar matters, checking errors and loopholes are favored before starting new projects (unless the latter are very urgent). Be patient.

OCTOBER 24 to NOVEMBER 22 (Scorpio) — Indications are good today for remunerative results if right and consistent efforts are applied to essential matters. Drastic changes just for divertissement are not advised but necessary adjustments and improvements are favored.

NOVEMBER 23 to DECEMBER 22 (Sagittarius) — The combination of great and small occasions of life, like the combination of practical and artistic pursuits, are essential to the whole structure of civilization and each needs our sympathy and attention. Today says: Do your duty to the best of your ability.

DECEMBER 23 to JANUARY 21 (Capricorn) — Very encouraging for you folks. Whatever your job, give it your honest effort and it will return your benefits in like. It's good logic to support all worth while projects.

JANUARY 22 to FEBRUARY 20 (Aquarius) — Re-examine your work of the week, make notations of improvements that can and should be made; speed up production where necessary; plan for greater efficiency next week.

FEBRUARY 21 to MARCH 20 (Pisces) — Today's amount of effort to be expended and what tempo to set will have to be determined by you and your requirements. Just a mediocre day unless you make it otherwise.

A CHILD BORN ON THIS DAY has many commendable qualities and possibilities for unusual achievement. Perhaps difficult to manage at times, but gentle, firm persuasion and reasoning, not punishment or force, will work wonders with this bright, active child. Adaptable to positions of authority, public interests, the stage.

Look Your Best for THE EASTER PARADE

Individual hair-style by experts at lowest prices.

SUNNYSIDE BEAUTY PARLOR

(Over Canadian Stores)

THE COOK'S CORNER

AULD REEKIE EGGS

Soak a thick slice of bread in a little milk, then squeeze out any superfluous milk, and mix bread with 3 tablespoons cooked minced beef and ham, mixed in any proportions you like. Have 3 eggs boiled hard and shelled, roll each lightly in flour, shake to throw off any superfluous flour, then divide meat and crumbs in 3, wrap each portion carefully round an egg till all is covered, then dip in flour, shake, dip in milk, flour again in same way, shake and gently place into pan of boiling hot deep fat and cook till crisp and golden. Drain on kitchen paper, and serve in a hot dish garnished with watercress. Can be beaten hot for breakfast or cold with salad for lunch or Sunday night supper.

VEGETABLE CHOWDER

1 ham bone, 1-2 cup chopped onion, 1 cup chopped carrots, 1 cup diced potatoes, 1 cup canned peas, 2 tablespoons butter, 2 tablespoons flour, 2 cups milk, salt and pepper.

Cover ham bone, onion and carrots with water and cook for 1-2 hour in covered saucepan. Add potatoes and simmer for 1--2 hour, adding more water if necessary. When potatoes are cooked, add peas. Make a cream sauce of butter, flour and milk. Add sauce to vegetables. Remove bone. Season to taste. One cup minced or finely diced ham may be added to the chowder.

LEMON SPONGE PIE

4 eggs, 1 cup sugar, 1 1-2 lemons, grated rind and juice, 1-8 teaspoon salt.

Beat egg yolks, sugar and salt until light. Add lemon rind and juice. Stir and cook over hot water until thick. Fold in egg whites, beaten stiff. Pour into baked pie shell and brown lightly in oven.

This cake makes a good dessert. It keeps fresh longer than most cakes and may be iced or not as preferred.

All good bakers are proud to serve you bread baked with BEST YEAST. Its golden, crispy crust and delicious flavour are beyond compare. Because bread is *best* only when it's baked with BEST!

BEST YEAST

Made from the health-giving sugars of Maritime Spruce. Remember: it's QUALITY that counts!

Best for Baking: Best for Health!

Living & Leisure

—The Woman's Realm

THE VOICE OF EASTER

The wheeling planets mark the changeful year,
And Time records its passing on the earth;
From stormy blasts of snow and winter drear
The Spring proclaims the story of new birth.

The drabs and browns give place to colors gay,
And meadows dress in gowns of vivid green;
While lively shoots lift through the breaking clay,
Their startled eyes upon the wondrous scene.

Here life triumphant meeting human need
O'erwhelms the reverent soul with sacred awe;
Here the credentials of our christian creed
Are writ with letters large in natural law.

The voice of nature and the living word
Still speaks above the clash of mortal strife,
This is the message of our Risen Lord,
"I am the resurrection and the life."

EASTER EGG DECORATIONS

Here is a new way of making original Easter egg designs. First blow out the inside of the egg or hard boil the eggs if you plan to serve them on Easter Day. Then dip them in the dye bath — there are Easter egg dyes that may be purchased in many stores.

Make a selection of decorative seals such as stars, hearts, dots, flowers, birds, animals, cunning faces and even reinforcements and lawyer seals make perfectly grand patterns. Use strips of bright colored paper tape for the bands and lines. It gives a good chance to let your imagination run riot. For instance you may arrange festive spring tulips in a wreath around the centre of the egg, make an all-over design of stars or gay gummed dots. Cut lawyer seals in half and arrange them side by side, going first one way, then another, with dots between. Place clusters of hearts on either side of an egg, or use Mr. Bunny hiding among the tulips.

There are two ways of applying the seals. Either stick them on the natural colored eggs or dyed ones, or put the stickers on before the eggs are dyed. Then remove them after the eggs are taken from the dye bath.

But why do we celebrate Easter with its egg feasts, legends, lilies and rabbit stories? They have come down to us as emblems from other ages and older nations. Though now significant of the resurrection, the Easter celebration has also borrowed the customs and rites practised by the ancient peoples in their annual festival to the goddess of Spring. Long before Christ had risen from the tomb as the first born of a more glorious creation, this mystery of life and resurrection generated the spirit of prophecy, furnishing the peoples and nations of the very earliest times with many rites and symbols.

As Easter signifies a new birth into a higher life it is quite easy to understand how the pagan idea that the egg was the beginning of all kinds of life came to be accepted by Christians as a fitting offering at Easter as an emblem of bright and happy hopes. The egg in some form has been the symbol of new life from the dawn of time. An egg is a common thing, and yet about it are woven countless myths, legends and traditions in all countries. The Druids regarded the egg as a symbol of the sun. They believed that from it hatched the earth and all other planets.

With us today the meaning of Easter eggs or their symbols is far more beautiful and significant. Spiritually speaking, an egg contains the elements of future life, and is a most appropriate symbol of Christ's resurrection.

Just when bunny came to be associated with Easter is not known. It was the hare—a near relation to the rabbit — that figured in the Easter celebrations of ancient times. In ancient Egypt the hare was identified with Easter. Being born with its eyes open and fabled never to close them, the hare was termed the "opener" and thus became associated with the opening of the year and renewal of nature in Spring.

Music is an important part in Easter celebrations. The first Easter hymn of which we have any knowledge dates back many centuries. It was composed in the fourth century by St. Ambrose, a famous leader in the early struggles of the Christian church. One stanza of this first Easter hymn is as follows:

"What can be ever more sublime?
That grace might meet the guilt of time,
Love doth the bonds of fear undo,
And death restore our life anew."

Exercise Ends Bulges That Give an Old Look

Middle Age Starts at Middle

That discouraging matronly bulge at the waist! You push it in, girdle it in, but out it pops—unless you exercise it away!

Middle age begins at the middle. Abdominal muscles may get slack as early as twenty-five, and when they do, it means a thickening waist, drooping shoulders, a forward head and then—a "dowager's hump." You'll be looking old while still young.

So harden your abdominal muscles, be slim-waisted, erect, young! This exercise gets happy results if you do it faithfully every day:

1. Lie on black, arms at sides, knees bent, feet flat on mat.

2. Lift hips upward and pull in abdominal muscles hard, at the same time raising arms overhead.

3. Return to position. Repeat 5 times and rest; another 5 times and rest.

Or is your special problem fatty hips or heavy legs or a drooping bust?

Our 32-page booklet has exercises to remedy those figure faults, too. Tells how to correct poor posture, faults of shoulders, bust, arms, waistline. Gives exercises to relieve foot troubles, constipation, nervous tension, also a daily routine for the entire body.

Send 20c in coins for your copy of Best Exercises For Health And Beauty to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

Name

Street Address

City Province

Needlecraft— —For The Home

Slimming lines and a touch of crisp white are the perfect formula for Spring. This attractive dress has an interesting neckline that is becoming to larger sizes. The snowy jabot simply slips through the buttoned-down bands for easy laundering. Gores in the well-cut skirt aid in fitting your dress neatly about the waist and hips, and soft bust fullness adds to the comfort of this practical frock. Make it of printed silk and you'll wear and wear it this Spring as well as all Summer.

Style No. 2836 is designed for sizes 16, 36, 38, 40, 42, 44, 46 48 and 50. Size 36 requires 3 1-2 yards of 39-inch fabric with 1-4 yard of contrasting.

Hat No. 3082 is designed for one size adaptable to any headsize and must be ordered separately.

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

Style No. 2836 Size .....

Name

Street Address

City Province

Annie L. Hunter IS A STICKLER FOR GOOD INGREDIENTS

ANNIE L. HUNTER of Summerside, P.E.I. is famous for her fine home-made chocolates which she boxes and sells throughout the Maritimes. But she can make more than good candies—her cakes have quite often won many first prizes at the local fairs. "Selling candies commercially has made me very accurate in measuring everything," Mrs. Hunter told me. "So when I beat up a cake for the family I take just the same care as when making my chocolates."

"For as long as I can remember," Mrs. Hunter said, "I have used no other flour but Robin Hood. I like it for bread, cakes, pies—everything I bake. I bake quite a few wedding cakes, and it is a wonderful flour for fruit cakes—it is so fine it keeps the fruit in place. Being a stickler for good ingredients, I always use Robin Hood Flour."

Why not order a bag from your dealer to-morrow? Every bag of Robin Hood Flour is guaranteed to give you absolute satisfaction or your money back with an extra 10%. You'll find Robin Hood so dependable, so uniform, so economical that like Annie L. Hunter and thousands of other Canadian women you'll always insist on Robin Hood, once you've tried it.

Evangeline

HOME BAKING SERVICE
ROBIN HOOD FLOUR MILLS LIMITED

Robin Hood Flour

Milled from Washed Wheat

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TO EASE MISERY OF CHILD'S COLD RUB ON VICK'S VAPORUB