

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

BAG-DAD

DELICIOUS AND NOURISHING PITTED AND UNPITTED



Dates of Quality

JONES-SCHOFIELD-HATHEWAY, LTD. (Dried Fruit Division) SAINT JOHN, N.B.

The HOUSEWIFE and HER ACTIVITIES

THE EARTH AND THE MAN

The sun, a little rain, a soft wind blowing from the west...

TAKE THE MILKY WAY TO BEAUTY

A well-known screen star uses buttermilk facials twice a week to keep her skin smooth and white...

How Can a Bride Help Her Husband? Dorothy Dix Suggests Six Excellent Methods

No Woman Can Do More to Help Her Husband Succeed Than by Making Him Comfortable and Keeping Him Well Fed, Says Dorothy Dix—For Good Business Depends First of all on Good Health

A bride asks me to tell her how she can help her husband. Well, my dear, there are several million ways in which a wife can help her husband...



In these days of fierce business competition the average man is worn to a frazzle by the time the day's work is done.

A wife can help her husband by saving his money. It doesn't make any difference how much of a go-getter a man is, he will never get anywhere if he is married to a woman who can spend money faster than he can make it.

A wife can help her husband by making him happy. Happiness is a real factor in success because it gives us the hope, the feeling that it is worth while to struggle, that leads to achievement.

A wife can help her husband by making friends for him. She can be pleasant and agreeable to all with whom she comes in contact.

More than one brilliant man has had his career blighted by a home-body wife, and more than one man has had his wife literally push him into success.

And the reverse of this is pitifully true. A shrewd woman, a gossip, a scandal-mongering woman, a rude untaught woman can ruin her husband quicker than his worst enemy could.

Wives can help their husbands by being good sports. No life is a bed of roses. No marriage is the romantic dream a girl thought it was going to be.

And, most of all, a wife can help her husband by believing in him and keeping him bucked up. As long as a woman makes her husband think that she believes that he is the greatest man in the world he will keep struggling to justify his faith.

The wives who want to help their husbands think to do it earning money. They can do it a lot better by making their husbands comfortable and keeping them happy.

valuable minerals it contains. We eat over 25 pounds of oranges per head annually; eight million pounds worth of oranges are imported every year.

In January and early February we get the best oranges. A steady stream of thousands of crates pouring into Britain from all parts of the world.

It is difficult to tire of apples even when they are as plentiful as this last season. Cooked apples provide one of the best foods for children, especially if roasted in their skins, with brown sugar, and butter in the hearts of them. Stuet



Miss Martha Allan who has won distinction and acclaim not only throughout the Dominion but in the United States and abroad for her work in connection with the Montreal Repertory Theatre.

HERE'S HOW I MAKE THOSE CREAMY SOUPS* FOR Miss Martha Allan's SMART DINNER PARTIES

Try May McKegney, cook for Miss Allan, daughter of Sir Hugh Montagu Allan, C.V.O., and Lady Allan, Ravenscrag, Montreal, and director of Montreal's smart and famous Repertory Theatre.

"I FIND," continues May McKegney, "that by using Nestlé's Evaporated Milk my soups are not only creamier, but are richer and smoother. I also find that Nestlé's Evaporated Milk brings out all the delicate flavour of the other ingredients. No matter what kind of a cream soup I make I find it is better when I use Nestlé's."

Try May McKegney's recipe for a cream soup. You will find it easy to follow and the consistently good results will delight not only you but your family and guests. Let Nestlé's help you in the preparation of many dishes. It will give added richness and flavour not only to soups, sauces, cakes, pie-fillings, but to a wide variety of tempting desserts and to all recipes requiring milk.

Nestlé's, you know, is simply the purest of cow's milk with more than half the water removed and with absolutely nothing added! Because it is evaporated, Nestlé's is twice as rich as ordinary fluid milk.

It is dependable, economical, convenient. Decide now that you will try Nestlé's. Get a few tins from your grocer today.

\$1500.00 IN CASH AWARDS CONTEST OPEN TO RESIDENTS OF CANADA ONLY

This contest is for recipes containing MILK as one of the ingredients. The milk used may be of any type ordinary or evaporated. Each entry must be accompanied by a label from a tin of Nestlé's Milk and must include your name, address, occupation, and the name of the grocer to whom you purchased the milk.

FREE containing original recipes for delicious new dishes.

A Morning Smile

Lord Balfour praises the waiters that he met in Washington at the Conference on Limitation of Armaments, and tells the following story. "I was at a hotel where all the waiters were colored men. On the first evening I pushed away the menu and gave the waiter a coin."

THE COOK'S CORNER

Tomato Butter

Have four tomatoes two ounces of butter, a little salt, cayenne, a pinch of bi-carbonate of soda, a few drops of coloring if required. Place the ingredients in a stewpan over a low gas and allow to simmer for about 20 minutes. Rub through a hair sieve, then rewarm when the butter will be ready for use.

Sauce for Veal Cutlets

Melt one ounce of butter in a pan, then add to it one tablespoonful of flour. Cook until it forms a ball. Now add one tablespoonful of anchovy sauce, one of tomato, one of onion, one of stock, one of lemon juice, salt and pepper. Boil, skim well, then strain sauce around the dish of cutlets.

Molasses Sauce for Apple Dumplings

This makes a delicious addition to the favourite baked apple dumplings. Have half a pint of treacle, one tablespoonful of butter, the juice of one lemon. Boil all together in a pan for about 20 minutes. Use either a little cornflour or arrow-root for thickening.

Sauce for Stuffed Haddock

One oz. of flour, one oz. of butter, half-pint milk, one teaspoonful anchovy sauce, lemon juice, pepper, and salt. Place butter in a pan, when melted add the flour and the seasonings and lemon juice, then the anchovy. When cooked the sauce will be smooth and glossy. Pour round the fish just before serving.

Baked Pineapple Custard

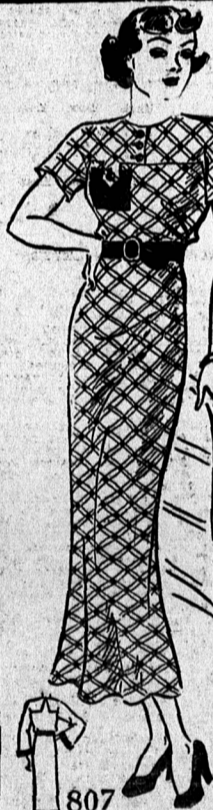
Here is a delicious way of using up a little tinned pineapple (peaches or apricots as well) which may have been left over. Two tablespoonfuls of flour, a little pineapple or fruit, two ounces of butter, one or two eggs (as available), half a pint of milk, two tablespoonfuls caster sugar. Mix the flour to a smooth paste with a little milk. Boil up the rest of milk then add the butter and stir in the mixed flour until smooth. Allow this to cool a little. Now add the sugar and about a teaspoonful of pineapple juice with the well-beaten yolks of egg. Mix well. Spread the pineapple, which should be finely chopped, over the bottom of the dish. Now cover the fruit with the prepared custard. Bake in a moderate oven for about 20 minutes. Whip the whites of the eggs stiffly, adding four ounces of caster sugar (for two eggs), and decorate the top of the custard with this. Dredge lightly with sugar. Return to a very cool oven to dry off.

Russian Padding

One ounce of margarine, one desiccated spoonful of flour, bread crumbs, one tablespoonful of flour, two eggs, half a pint of milk, half teaspoonful ground ginger. Mix the flour with a little cold milk while the rest of the milk is heating, added to which should be the margarine, sugar, and ginger. Stir in the blended flour until quite smooth, boil up for a few minutes, then allow to cool. Now add the yolks of the eggs, mix thoroughly, and then add the stiffly-whipped whites. Have a basin or mould well greased and line this carefully with the bread crumbs, pour in the mixture, cover with greased paper and a lid, then steam for about 30 minutes.

FASHIONS FOR SPRING

Ellen Worth offers pattern of this adorable model, distinguished by its perfect tailored simplicity. Style No. 807 is designed for sizes 14 to 18 years, 36 to 40-inch bust. Size 16 requires 3 1/2 yards of 36 inch material with 3/4 yards of 38 inch contrasting.



No. 807. Size Name Street Address City State

miserable Spring Colds

HEAD THEM OFF... with this amazing aid in preventing colds... VICKS VAPOROL for nose & throat

JEWELS AND MONEY RETURNED TO OWNER BY COURT ORDER

BATTLE CREEK, Mich., March 29.—A small fortune in jewels and currency taken from Mrs. Isabel McHie of Hammond, Ind., last Wednesday, when she was removed from a train to a hospital here, was returned to her by court order Saturday.

City officials and police who had the custody of the valuables—\$174,196 in currency and jewels valued at \$500,000—breathed sighs of relief as Circuit Judge Blaine W. Hatch formally ordered the money and gems turned over to Mrs. McHie.

She was removed from a Montreal-bound train to a hospital Wednesday and her valuables turned over to police for safety. When she was released from the hospital, however, city authorities decided on the formality of a court order to protect themselves.

SILK OSIERY CALL FOR NEW OFFICE CHAIR

LONDON, March 29.—The oft-heard complaint that girls ruin their stockings when using certain types of chairs has been raised by operators at the telephone exchanges. As a result, a committee of seven, including two representatives from the office of works, has been considering the question of a standard pattern chair which will meet with general approval. Two types have been chosen—one with a wooden seat and foot-rails, and the other with an upholstered seat without foot-rails. They will be submitted to the girls themselves, who will have the final choice in the matter.

Edwardsburg CROWN BRAND CORN SYRUP AN ENERGY FOOD THAT HAS NOURISHED MORE CANADIAN CHILDREN THAN ANY OTHER CORN SYRUP

PURITY FLOUR BEST FOR ALL YOUR BAKING. It's Hot Cross Bun season, and when the time comes to bake the delicious, spiced confections you'll find you'll be more than pleased if the flour you use is PURITY. For PURITY FLOUR is uniformly high in quality. Made from specially selected Western Canada hard spring wheat, products baked from it have a distinctive color, size, texture and flavor that is pleasing to the whole family. Buy a bag of PURITY FLOUR today. Use it in all your baking, and remember, one brand of flour—and that PURITY—is all you need for all your baking.

PURITY FLOUR BEST FOR ALL YOUR BAKING. Don't lose FAVORITE RECIPES. At left is illustration of Recipe No. 22 in the new PURITY COOK BOOK, sent to you postpaid for 50 cents. In addition to the cook book PURITY FLOUR now offers a convenient recipe file. In attractive cover, well illustrated and featuring PURITY FLOUR recipes, it contains 6 envelopes for filing favorite recipes received from friends or clipped from newspapers. Sent to you postpaid for 25 cents, or with the cook book for 69 cents. Send today for your copies. Dept. 635, Western Canada Flour Mills Co., Limited, Toronto, Montreal, Winnipeg or Calgary.