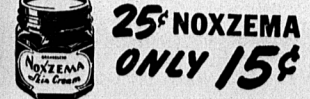


Woman's Realm / Social and Personal / Fashions / Literature

Wonderful for Chapped Hands



Use a Medicated Cream to Aid in Quicker Healing—FOR SOFTER, WHITER HANDS



25¢ NOXZEMA ONLY 15¢

Refugees in Ontario?

MONTREAL, March 19—(CP)—General K. F. Aitken of Fin-

land from Kingsley Graham, Finnish Consul in Toronto who disclosed today that Premier Hepburn of Ontario had offered to aid in settling 100,000 Finnish refugees in the Northern Ontario clay belt.

Helpful Hints For The Women Folk

MEOW!

She's everything I'd like to be Her home is run efficiently

So nearly perfect that I'm glad At least that her complexion's bad

Paint the bottom cellar step white. It makes going down the stairs much safer.

Gum as Mouth Freshener

While chewing gum constantly is considered a bad and unpleasant habit, it is one way for the employed girl to freshen up her mouth

Color in Cupboard

Even if the kitchen is painted a different color it is nice to have the back of the cupboard shelves painted white or light ivory.

Template obtained from old kerosene cans is being used for the manufacture of coins in Kwangsi Province, China.

Lemonade was sold as a scurvy remedy by medieval pharmacists in Florence, although not until recently has science understood the vitamin C value of citrus fruits.

A stall, in aviation, is described as the loss of flying speed beyond the point of "sustentation."

All of the weather on our earth is produced by the sun.

The blood sucking vampire bats have such small gulle's that they can not swallow solid food.

PINEAPPLE STUFFING

A little crushed or diced pineapple is a good addition to the savory stuffing used for roasts.

A 60-year-old native of Bosnia is said to be the world's smallest man.

In Africa, lions are generally classed as vermin.

Fifty square feet of leather is yielded by a 12-foot shark.

Textiles from serbians have been experimentally produced.

The Red Sea gets its reddish tinges from a tiny seaweed.

RICE AND CHEESE PIE

Fill a pie dish with alternate layers of rice (previously cooked in milk) and grated Cheddar cheese

TIGHTLY MAD? BED MAY SPOIL REST

A change in bed-making technique often will help to solve sleeping problems.

ment of the sleeper and thus cause wakefulness. Most bedmaking authorities agree that the top sheet and blanket should be firmly tucked in at the bottom of the bed

BOOKS

The books that help you most are those which make you think the most.

AFFECTIONS

How can I withdraw from the world? With whom should I associate if not with suffering mankind?

DISORDER

Heaven but tries our virtue by affliction and oft' cloud that wraps the present hour serves but to brighten all our future days.

CLOUDS

White of egg or vaseline added to a mustard plaster prevents blistering.

A new air safety device developed in Great Britain will automatically cut off ignition and lighting circuit when a plane crashes or overturns.

An inventor in Buffalo, N.Y. has joined tubes leading from oxygen and acetylene tanks for welders by a rubber web to prevent them becoming tangled.

Denmark has ruled that no motion picture film which might in any way offend any of the belligerent nations may be shown in Danish theatres.

New Under-arm Cream Deodorant

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, stain less vanishing cream.

5. Arrid has been awarded the Approval Seal of the American Institute of Laundering, for being harmless to fabrics.

ARRID

39¢ a jar At all stores selling toilet goods

Here IS QUALITY



STRENGTH and PURITY IN EVERY DROP

Barbour's FLAVORING EXTRACTS are BETTER

A Morning Smile

A class was asked by the teacher, "Where is the country they call England?"

Doctor: "Why do you have BF 7652 tattooed on your back?"

"Oh! Well, perhaps I don't want to see you again! I'm afraid it's a little late for neck checkings."

"That's my business!" She played at him. "Will you please get out?"

"No—I won't. You can't take this thing out alone. There's a storm coming."

He glanced up at the sky, where, during the past fifteen minutes, heavy black clouds had been rapidly gathering.

Quick Flowering Annuals for Every Garden Purpose

It would be difficult to state a garden purpose for which a quick growing annual flower is not available.

For edges and borders—Sweet alyssum, dwarf nasturtiums, lobelia, dwarf marigold (tagetes signata pumila), ageratum, Virginia stocks forget-me-nots, nieremburgia.

Long stems for cutting—Asters, calliopsis, mourning bride or scabiosa, cosmos, salvia farinacea.

Short stems for cutting—Marigolds snapdragons, calendulas, sweet peas, annual chrysantheums bachelor buttons, sweet alyssum, ten weeks' stocks and gypsophila.

For color masses—Petunia, zinnia, marigolds, calendulas phlox Drummond, verbena, stock aster, salvia and poppies.

For light or poor soil—Nasturtiums, Clarkia, g. delta, poppy portulaca and zinnias.

For fragrance—Mignonette, heliotrope, nasturtiums, alyssum matthiola bicoloris nicotiana, datura, ten weeks' stock and sweet peas.

For shady places—Pansies, torenias or wishbone plant, godetia, forget-me-not, geranium, impatiens, musk plant and other varieties of the handsome monkey flower (mimulus).

For hot situations—Sunflowers, heliotrope, portulaca, ice plant petunias balsam and annual gallantia.

Don't Let Yourself Get Constipated!

Why endure those dull headache days due to constipation, plus the inevitable trips to the medicine chest, if you can avoid both by getting at the cause of the trouble?

If your constipation, like that of millions, is due to lack of "bulk" in the diet, the "better way" is to eat Kellogg's All-Bran.

This crunchy, toasted breakfast cereal is the ounce of prevention that's worth a pound of emergency relief.

Est. Kellogg's All-Bran regularly, drink plenty of water, and see if you don't forget all about constipation. Made by Kellogg's in London, Canada. Sold by all grocers in two convenient sizes.

WANTED! WOMEN

38 to 52 yrs. old, who are restless, moody, nervous, fear hot flashes, dizzy spells, to take Lydia E. Pinkham's Vegetable Compound. Reliable for helping women during "trying times" due to functional "irregularities." Try it!

Navy Beau

By Joseph Lewis Chadwick

(Continued from page 8)

"Yes, I'm sorry for the things I said the other day. I shouldn't have talked to you like that."

"Do you think an apology can mend everything?"

"Perhaps not—but won't you please accept it?"

"No—I want to call quits."

"Joyce arched her brows skeptically. "Has your conscience been hurting you?"

"Maybe." Phil hesitated, then looked directly at her and said, "Or maybe I wanted a pretext to see you again."

Smartest Fashions And Winter Styles

Simplicity rules when you are thinking about a new frock to wear about the house. Comfortable cap sleeves cut in one with the dress, darts to fit the waistline and a side-button closing are the features that make this frock home frock.

Style No. 3155 is designed for sizes 12, 14, 16, 38 and 40. Size 16 requires 3 1/8 yards of 39-inch material with 2 1/2 yards of ruffling.

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

A little camphor and borax in a quart of water makes an excellent hair tonic, let it stand 24 hours before using.

BLACKHEADS

Don't squeeze blackheads—dissolve them. Get two ounces of peroxide gently with wet, hot cloth over the blackheads. They simply dissolve and disappear by this safe simple method.

HAVE YOU HEARD about the Canada Starch Home Service Dept., directed by Mrs. H. M. Aitken, famous Cooking Authority? It offers a wide range of valuable recipe and other booklets FREE.



YOUR INDIVIDUAL HOROSCOPE

(Copyright, 1939, King Features Syndicate Inc.) Look in the section your birthday comes in, and find what your outlook is, according to the stars.

For Thursday, March 21, 1940

MARCH 21 to APRIL 20 (Aries) — Don't let the interference of others spoil your disposition or mar your effort this excellent planetary day.

APRIL 21 to MAY 20 (Taurus) — We hope you will show us every honest ambition. Today asks a lot of you, but it offers a lot, too.

MAY 21 to JUNE 21 (Gemini) — The more you have to do, the better — and today offers plenty of scope for your versatile, enthusiastic self.

JUNE 22 to JULY 21 (Cancer) — Meet people, make friends; be interested in others' doings and opinions, both to help you differentiate the right from wrong and to broaden your knowledge.

JULY 22 to AUGUST 21 (Leo) — Don't let a notion to wander send you from your straight and true course. Today's vibrations are indeed favorable, but they expect you to be in a willing, friendly mood too.

AUGUST 22 to SEPTEMBER 21 (Virgo) — Do your necessary duties early, and leave time, if possible for the planning and probably the beginning, of some undertaking that will complement your artistic nature.

SEPTEMBER 22 to OCTOBER 21 (Libra) — You too, are among the many Zodiacal natives who are very favored by today's beneficently aspected planets.

OCTOBER 22 to NOVEMBER 21 (Scorpio) — New interests some fascinating discovery, and very likely new acquaintances are in your chart — if not for today, then soon, with today's activities working toward bringing them about.

NOVEMBER 22 to DECEMBER 21 (Sagittarius) — Especially favorable rays for you born before December 7. You other Sagittarians are advised to add more initiative and inventiveness to today. Religion, necessary business, domestic affairs rank above outside interests.

DECEMBER 22 to JANUARY 21 (Capricorn) — When you arise to

HOW THE WHOLE FAMILY ENJOYS MY CAKE

SINCE I CHANGED TO SWANS DOWN, ALL MY CAKES ARE LIGHT AND FLUFFY



THE QUALITY FLOUR FOR BETTER BAKING

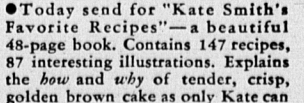
Swans Down is different from ordinary flour. Milled only from the choicest of soft Canadian winter wheat...

RECIPES FOR THE 9 MOST POPULAR CAKES ARE ON THE PACKAGE

147 Recipes—Hundreds of Baking Hints "Kate Smith's Favorite Recipes"

27 TIMES AS FINE AS ORDINARY FLOUR

Today send for "Kate Smith's Favorite Recipes"—a beautiful 48-page book. Contains 147 recipes, 87 interesting illustrations. Explains the how and why of tender, crisp, golden brown cake as only Kate can do it. Use coupon below.



General Foods, Limited, Cobourg, Ontario.

Please send me "Kate Smith's Favorite Recipes". I enclose 6c in postage stamps.

Name _____ Address _____

Does Everybody Know This?



asks Mary Blake

A friend said, "Don't waste your advertising space telling about Carnation Milk for creaming coffee. Everybody knows that!"

I wonder if everybody does know what a great difference using Carnation Milk makes to coffee—gives it a tempting, golden-brown colour—brings out the full, smooth, rich flavour. Try it!

What Carnation does for coffee, it does for all creaming—on cereals, in cream soups and sauces, in ice cream—in fact in every dish in which it is used.

The heat treatment and homogenization which make Carnation Milk safe and smoothly creamy also make it much more digestible as an infant food. Carnation is just whole milk with part of the natural water taken out; sterilized so it keeps on the pantry shelf indefinitely; homogenized to give every drop equal creamy smoothness; irradiated for extra "sunshine" vitamin D.

There are glorified recipes of all kinds in the beautifully illustrated deluxe Carnation Cook Book—15¢ (postpaid). Carnation Company Limited, Toronto, Ontario.

IRRADIATED Carnation Milk A CANADIAN PRODUCT

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YOU'LL LOVE MAXWELL HOUSE FOR ITS EXTRA RICH, EXTRA FULL BODY. Try this coffee for its EXTRA FLAVOUR. MAXWELL HOUSE IS TOPS BECAUSE OF THESE THREE ADVANTAGES*

MAXWELL HOUSE IS TOPS BECAUSE OF THESE THREE ADVANTAGES*