

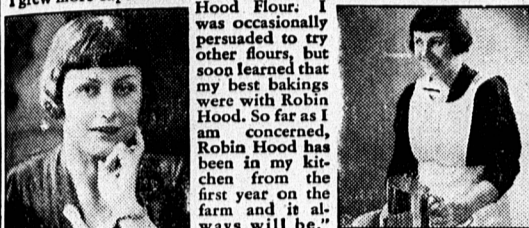
Woman's Realm / Social and Personal / Fashions / Literature

Meet Kathleen Strange

As the famous author of "With the West in Her Eyes" And as a Clever Housewife on a Western Farm

In July, 1920, Major H. G. I. Strange, with his young wife, came from England to Fenn, Alberta. Neither one of them knew anything about farming. Yet today Major Strange is widely known in the West, and to many people in the East also, as the winner of a World's wheat championship and an authority on seed grain.

Mrs. Strange, however, insists that many farm women could tell of struggles just as great or greater than her own. Laughing about her first adventures in baking she says, "I was as green as could be, yet it wasn't long until I was turning out bread of which I could be really proud. As I grew more experienced I became more and more attached to Robin Hood Flour. I was occasionally persuaded to try other flours, but my best baking was done with Robin Hood. So far as I am concerned, Robin Hood has been in my kitchen ever since the first year on the farm and it always will be."



Kathleen Strange, Famous Author of "With the West in Her Eyes" Mrs. Strange enjoys baking good things for her family

Thousands of other farm housewives—and city ones too—will back up Mrs. Strange in her preference for Robin Hood Flour. They know that in both bread and fancy baking, they get their best results by using Robin Hood. The bread is more flavoured, is lighter and whiter, and the flour is always dependable as it never varies. Another point is economy. Week in, week out, Robin Hood Flour is cheapest in the long run because it goes farther and yields more loaves to the bag.

Robin Hood Flour owes its purity and absolute cleanliness to the fact that it is milled from wheat that is thoroughly water washed. If you would only give Robin Hood a trial in your own baking you would prove how much better your bread and cakes can be by using a superior flour.

THE HOSTESS APPRECIATES AND THE GUEST APPROVES

The Crisp, dainty pastry-filled with your special sweet or savoury!



MARVEN'S PASTRY-SHELLS NEW IDEA - YOU-FILL-EM! MARVEN'S for QUALITY

To-Day's Popular Design By Carol Aimes



HONEY CROSS STITCH SAMPLER DESIGN NO. 683 Miss Aimes receives at least 200 votes for each design before it is accepted for this column. Send us your votes. We print all the popular designs. Dear Readers: Friendly and cheerful samplers are always welcome Christmas gifts. This one carries a lovely message that is dear to the hearts of all. More popular than ever before, these decorative wall hangings are very quickly made. The pattern includes transfer of the sampler, material requirements and complete directions for finishing the sampler exactly as illustrated. Send 20 cents, coins preferred. Pattern Order Form—To be used when ordering Patterns and Volving for POPULAR DESIGNS. To The Charlottetown Guardian Needlework Dept. DESIGN NO. 683 Name: Street Address: City: I suggest the following as a POPULAR DESIGN All reproduction rights to this Design reserved.

THE HOUSEWIFE -AND- HER ACTIVITIES

IN AN OLD GARDEN The old house dreams within the garden closes. Wild tangled vines creep o'er the old stone wall, And fiery cross and wee sweet cinnamon roses Grow wild mid larkspurs blue and tiger lilies tall.

And oft at nightfall when the world lies dozing And shadowy bats a-wing flit to and fro, Come from the dark into the world of seeming The ghosts of old, old lovers long ago. —By M. A.

Have you ever noticed how a coffee pot that you don't use very often gets a stale, musty sort of smell about it that affects the taste of the coffee? The best plan is to clean it out just before you use it by placing a tablespoonful of soda in the pot, filling it with cold water and boiling for quarter of an hour. Wash out three times with cold water and your pot will have every right to call the kettle black if it feels that way!

A child with defective sight or hearing may do poor school work without telling the teacher the cause of his trouble, because he does not realize that other people see or hear any better than he does.

HEALTHFUL HABITS AS AID TO BEAUTY

Generally speaking, cultivation of excellent health habits will cure the annoying little defects that may otherwise be beauty. One who gets outdoor exercise every day, eats sensibly, sleeps eight hours every night and is meticulously clean, isn't likely to have problem hair, nails that split or blemished skin. Exercise which stimulates sluggish circulation and sends the blood stream rapidly through the veins keeps the pores of the face from getting clogged and falling to do their normal work. The diet that includes calcium-rich milk and orange juice, salad greens and fresh vegetables which are rich in minerals and vitamins keeps nails from splitting and encourages hair to be thick and shining and healthy. And sleep, of course, is the greatest beautifier of all.

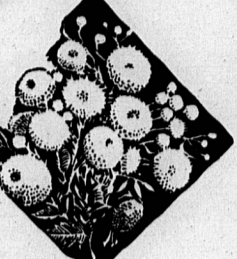
In the first place, no woman who is tired and sleepy looks or feels her best. The skin of a tired individual has a faintly grayish cast. Furthermore, she isn't likely to feel especially well. And seldom does anyone look better than she feels.

LIGHT OUTLETS

The primary requirements of any electric lighting system is to provide artificial lighting or service as near as possible to the point where it is needed. For this reason in small, low-cost houses the use of an ample number of double convenience outlets is recommended so that movable lamps and appliances may be utilized.

FOR NURSERY

The walls in the playroom or nursery should be painted to be thoroughly practical. When little finger-prints can be washed off easily and the room will always



THE COOK'S CORNER

CHICKEN LOAF 2 cups cooked chicken 1 cup cooked peas 1-2 cup cooked celery 1 cup soft bread crumbs 1-2 cup milk 2 eggs Salt, pepper Method: Cut or chop the chicken fairly fine. You can put it through the food chopper, but it never tastes so much like chicken if you do.

MUSHROOM SAUCE 2 tablespoons butter 6 medium sized fresh mushrooms 2 tablespoons flour Salt, pepper 1 bouillon cube 1 cup hot water Method: Wipe the mushrooms and cut or chop them. Cook them in the melted butter for about 3 minutes, then add the flour and blend this in. Dissolve the bouillon cube in the hot water and add this gradually, cooking and stirring until the sauce is thick and smooth. Season with salt and pepper and serve.

IF you are using the canned mushrooms, make the sauce first, then add the chopped mushrooms and heat thoroughly. Sprinkle with paprika.

IF you are pretty short of chicken, you can extend it by adding a few chopped oysters and, by the way, this is grand served in party shells for a real party dish.

BUTTERSCOTCH FINGERS One fourth cup shortening, 1 cup brown sugar, 1 egg, 1 cup flour, 1-4 teaspoon salt, 1 teaspoon baking powder, 1 teaspoon vanilla, pecan halves. Melt shortening, add sugar, blend well and beat well. Add 1 beaten egg, and beat well. Sift together flour, salt and baking powder, add to sugar mixture, then add about 1/2 cup chopped pecans and vanilla. Pour into shallow pan, lined with waxed paper, place pecan halves on top, so that when the mixture is cut, a pecan will be in the centre of each finger. Bake for about 25 minutes in a fairly slow oven. Cut in finger lengths.

TRY BALANCING BOOK When you have learned the technique of such routine, do the same exercise without using fingertips. Simply let head fall backward, then lift it straight up, and making muscles at the sides of your neck do the work.

Now and then, take off your shoes, put a book on top of your head and walk barefooted about your room. If the book stays in place, you walk your posture is correct. If it slips and slides off, you are carrying yourself badly. Afterward, put your shoes on, repeat the book and try again. Repeat often.

Q. Should a man take a girl's arm when he walks across the dance floor? A. Not unless the girl has become all too fond of his arm for other reasons requires assistance.

Q. When are afternoon teas without dancing given? A. They are given in honor of new neighbors, engaged couples, or to "warm" a new house; and usually for a house-guest from another city.

Q. Which ring should be placed on the finger first, the wedding ring or the engagement ring? A. The usual custom is to wear the wedding ring first with the engagement ring above it.

Q. How can I prevent linoleum from cracking when rolling? A. Don't try to roll linoleum for storing until it has been placed before a fire for a few hours and has become thoroughly warm. Otherwise it is sure to crack.

Q. How can I effect a pleasing variation in the flavor of a pie crust? A. Try using a couple of tablespoonsful of peanut butter, or the grated rinds of oranges or lemons. The use of orange juice or cream cheese to moisten the dough, instead of water, is also effective.

Q. How can I remove scorch marks from linens? A. If not scorched too badly, rub the linen with a cut onion and then soak in cold water.

Q. How can I salt peanuts in the shell? A. Boil the peanuts in salt liquid and then allow to dry.

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"It Certainly makes a difference" I HARDLY EVER DRINK COFFEE BUT THIS LOOKS MARVELOUS AND IT TASTES MARVELOUS, TOO! WHAT'S THE SECRET? JUST A GOOD BRAND OF COFFEE - AND CARNATION MILK FOR CREAMING

CARNATION MILK saves you money when you use it for creaming coffee. BUT, the big advantage is that Carnation gives coffee a wonderfully smooth, satisfying flavour and a rich, tempting colour. Of course, Carnation works wonders when you use it for creaming cereals and fruits and in making cream sauces, cream soups, puddings and other dishes which call for milk or cream. Carnation is just pure whole milk, made double rich by reducing the natural water content and made smooth and extra-digestible by heat treatment and homogenization. It is especially good for babies, with its added amount of "sunshine" vitamin D. Write for beautiful Carnation Cook Book. A host of ideas and recipes for 15¢ (postpaid). Carnation Co. Limited, Toronto, Ont.

IRRADIATED Carnation Milk

Listen to the "Contented Hour" every Monday night. See your local newspaper for stations and time.

A Morning Smile

OR IF, OR IF— If you can start on a motor tour with the certainty of knowing where you're going— Or if you don't have to stop every five minutes to look at your gas and oil— Or if you make every turn and detour correctly, according to the guide book— Or if you are driving along at just the right speed for comfort and safety— Or if you're certain that there isn't a squeak or rattle in the car— Look around, old top; she's either asleep or she's fallen out somewhere.

CONSCIENTIOUS

A troop of Boy Scouts was encamped on the creek bank at the bottom of Blogg's farm. The scoutmaster announced that they would have stew for dinner, and told one of the boys to ask Blogg for a turnip.

How Can I ? ?

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BOYS! GIRLS! Get this official DICK TRACY Aviation Equipment

Advertisement for Dick Tracy Aviation Equipment featuring various items like flying goggles, siren plane, secret ring, and training ball. Includes a coupon for Quaker products.

MAIL THIS COUPON NOW! Dick Tracy, Peterborough, Ontario. This offer expires Dec. 30, 1938. Dear Dick Tracy: Please send me the Official Dick Tracy Aviation Equipment checked below, for which I enclose... Quaker Puffed Wheat, Quaker Puffed Rice or Quaker Corn Flakes box tops, or... Dick Tracy Siren Plane, 7 box tops (or 2 box tops and 10c) Dick Tracy Air Detective's Cap, 10 box tops (or 5 box tops and 10c) Dick Tracy Flying Goggles, 7 box tops (or 2 box tops and 10c) Dick Tracy Wing Bracelet, 7 box tops (or 2 box tops and 10c) Dick Tracy Secret Ring, 5 box tops (or 2 box tops and 10c) Dick Tracy Aviation Wings, 7 box tops (or 2 box tops and 10c) Dick Tracy Training Ball, 7 box tops (or 2 box tops and 10c) Name: Street and No.: City: Prov.