

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

## silly to freeze

when you can be so sleekly warm in snug little Kayser undies. They fit as smoothly as your petsilks and rayons — and contain just enough wool to chase chills.



**FAIR — and warmer in KAYSERETTES**

15% Wool, vest and tights. Above knee 59c — Over knee 69c

**Moore & McLeod**

## Living & Leisure — The Woman's Realm

**FOR TO-DAY**

A little more kindness, a little less greed;  
A little more giving, a little less greed;  
A little more smile, a little less frown;  
A little less kicking a man when he's down;  
A little more 'we', a little less 'I';  
A little more laugh, a little less cry;  
A little more flowers on the pathway of life;  
And fewer on graves at the end of the strife.

— American Authorship.

Oil well and refinery machinery from the United States is being used in developing Palestine oil industry.

If doughnuts crack when frying, use less baking powder. They come out best when the dough is as soft as can be handled.

Brown sugar will not become lumpy if kept in a cool place and covered with a damp cloth.

A fossil tortoise shell discovered in India was more than seven feet in length. The tortoise probably weighed a ton.

The North Pole is moving south six inches a year.

Politics prevented the immediate success of the Blue Danube in Vienna and politics were responsible for its fantastic success elsewhere. Its universal fame began in Paris.

Lamp posts in Shenandoah, Va., are decorated with hanging baskets of flowers. They are watered from a water wagon each day.

After reaching maturity, oysters remain male for six weeks, then become female for the breeding season then comes a year of rest as a male again.

### DECISIVE POST

At one time railroads had no signals. When engineers met on a single track, they had to argue it out. Later a post was erected midway between stations and the first engine to pass it went forward, while the other backed up.

A good loud brass band can be heard at a distance of 15,840 feet.

Twenty per cent of the timber cut in all the world is wasted in the sawdust.

A glass, level full of water, with ice extending above the water line will not overflow when the ice melts.

Lithium is the lightest of all known metals.

Lakes are only short-lived features on the face of the earth, being the result of temporary obstruction to drainage.

### PROTECTING BABY'S SKIN AND EYES

The best friend to a baby's skin and hair is olive oil. Rubbed lightly into the cheeks before going out in a cold wind, it prevents roughness; rubbed just as lightly into the scalp it clears away the "milk crust" or occasional scurfiness which often gives a brownish look to babies' heads. It is best used slightly warm, the bottle being stood in a cup or jug of hot water ten minutes before needed.

Vaseline comes a good second to olive oil for the scalp. A baby's face should never need soap — cream or oil will quickly remove any grubbiness around the mouth, and then plain warm water, rain-water for preference, can be used to finish up with.

Then eyes: they have to be kept bright and clear, and it isn't enough merely to bathe them with boracic lotion every morning. They must be protected from strain. A baby shouldn't be in her pram staring at a white wall, or a staring (though possibly sunless) sky, or a canopy or pram-board lined with white or cream. They look so much smarter with the lighter linings madam, but insist on dark green. Don't leave her toys dangling just above the head — as a pram decoration.



### "U. S. TO ENTER WAR"

Black-haired Diana Barrymore was "sucked out of the social register," and proud of it, she says. "Mother was let out too," she remarked, "but she got back in a gain when she married my step-father. He was Rockefeller's lawyer, you see. Professional people can't stay in unless they get in the money." Nineteen-year-old Miss Barrymore has never met her uncle, Lionel, designs her own clothes, paints a bit, and believes the U. S. will be in the war within six months, "before Hitler comes across and walks down Wall St."

either. Babies are just as happy, and much safer, looking at steady green leaves moving in the breeze or the billowings of a curtain against a window.

### THE NAILS

It's hard to keep fingers spotlessly clean, but when they go so often into a baby's mouth it's important. A small piece of Turkish towelling, which is more scrubby than a baby's ordinary wash-cloths, can be kept specially for attacking grubby hands and nails. Of course, nothing sharp should ever be used for cleaning under the nails, and even an orange-wood stick shouldn't be needed if they are kept pretty short — NOT, please, with square corners which can scratch the little faces. Articles can be made to behave quite well if always gently pressed back with the towel when you're drying baby's fingers.

### FALL PAINTING IS FAVORED

Home-owners who have been undecided as to whether to paint their houses this fall or not will be interested in nine points favoring all painting, put forth by paint authorities. They are:

1. Paint forms a better bond to surfaces dried by the summer sun.
  2. Brisk autumn weather enables paint to dry more quickly.
  3. Better protection against winter.
  4. Less danger of insect damage to a drying film.
  5. Less chance of sudden dust or rain spotting the wet paint.
  6. Less danger of shrubs and flower beds from painters' ladders and drop cloths.
  7. The cost of labor may be higher next spring.
  8. The cost of paint may be higher next spring.
  9. The owner has the satisfaction of lasting beauty on his home right now.
- The cost of house paints and labor are not at high levels now but predictions of increases next year are being made.

**MY JOB IS TO HELP YOU IN YOUR COOKING PROBLEMS**



**FAMOUS FOR ENERGY AND FLAVOUR FREE**

MRS. AITKEN, Famous Cooking Authority, directs the Canada Starch Home Service Department, a helpful service offering a wide range of valuable cooking and other booklets FREE. Write now for the booklet "100" — a new recipe for every week in the year. Enclose a Crown Brand label and send to: Canada Starch Home Service Dept., Box 120, Montreal.

**THE CANADA STARCH COMPANY LIMITED**

### USING EXTRA SUGAR

I was really delighted when my bonus sugar arrived. Six whole pounds to make into jam. Let me tell you what I made with my little lot and I shall be extremely interested to know what you did with yours!

Half a pound of dried apricots took 1 3/4 lb. of my sugar and turned out three and a half pounds of jam.

Next came 1 lb. of gooseberries, 1-2 lb. of currants and a few raspberries for flavoring. This, with another pound and a half of sugar, made three pounds of delicious jelly. Then 1 pound and a half of blackcurrants together with another pound and a half of sugar made three pounds of blackcurrant jelly.

One pound of marrow and a small tin of pineapple together with the pound and a quarter of sugar left, provide excellent as jam.

New I look forward to our next bonus, when it will come in handy for the plums, blackberries, and anything else available.

— Weekley Scotsman.

A New York shop presents coloured cloth coats trimmed with leopard, used as plastrons, collars, pockets and cuffs for bishop sleeves.

## Only ACADIA has these 3 great advantages



**One DOUBLE ACTION:** The first to introduce DOUBLE ACTION in the Maritimes, Barbour's ACADIA Baking Powder provides a new guarantee of successful baking. Instead of the single rising action of ordinary brands, Barbour's ACADIA has DOUBLE ACTION — first in the mixing bowl, and again in the oven. The familiar disaster of "Falling" becomes a thing of the past.

**Two RELIABILITY:** Cakes, biscuits, all kinds of pastry taste better, and finer texture is assured with this modern, scientifically produced baking powder. No longer is baking a matter of luck. You know just what to expect when you use Barbour's ACADIA. Its kitchen-tested efficiency is your definite assurance of results that are entirely uniform and always satisfactory.

**Three ECONOMY:** Barbour's ACADIA Baking Powder costs less than most baking powders, and it goes farther. Level teaspoonfuls, instead of heaping, produce perfect results. Add to this the fact that Barbour's ACADIA prevents baking failures, and you have the reason why fastidious housewives call it the most economical, and the most efficient baking powder on the market to-day.

*It's double action means Satisfaction*

## THE COOK'S CORNER

### DUTCH MEAT LOAF

Chop together one pound of lean beef from the shin, or any of the cheaper cuts such as are used for soup meat, with one pound of the shin of veal. Season with two teaspoonfuls of salt, one teaspoonful of pepper, and one teaspoonful of dried herbs. Beat two eggs until stiff, add one teaspoonful of dry mustard, and mix the meat with this in a large bowl, stirring and working all the ingredients to blend them thoroughly. Add enough stale bread crumbs to make the mixture the consistency of a soft dough, form into a loaf, and place in a leaf pan that has first been greased, then lined with oiled paper. Cover and bake in a slow oven for two hours. This loaf may be served hot, or is good to slice cold for luncheon or supper, or for sandwich filling. Eight good portions.

### HEAVENLY HASH

Three pints chopped green tomatoes, 3 pints chopped tomatoes, 3 pints chopped cabbage, 3 large onions, 3 red peppers, 2 bunches celery.

Cut the peppers and celery fine, add 1-2 cup horseradish and mix all together with 1-2 cup salt. Let stand overnight, drain, and add 3 pints vinegar (or less), 3 pints sugar, 1-2 teaspoon each of cloves and cinnamon and 1-2 cup white mustard seed. Cook one hour and seal or bottle while hot.

### MIXED FRUIT MARMALADE

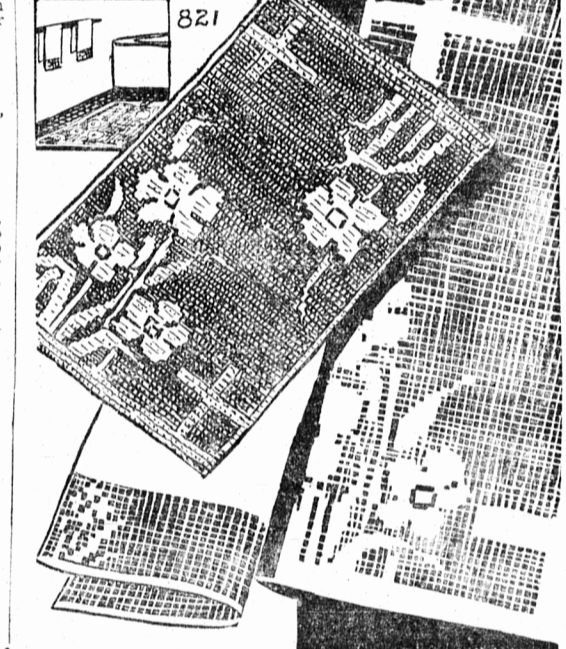
2 pounds apples  
1 pound pears  
1 pound peaches  
2 lemons  
3/4 cup sugar  
Maraschino cherries, if desired

Method: Wash the apples, peel core and slice them. Peel core and slice the pears, and skin the peaches by dipping in hot water, then slice these also. Cook the apples separately until tender, adding a small amount of water at first to prevent them sticking to the pan. Now combine the cooked apples, pears, peaches, the juice of the 2 lemons and the grated rind of one. Add the sugar and cook the mixture until it is thick and the fruit is clear, just before taking from the fire, you can add a few well-drained, chopped maraschino cherries to the marmalade — this gives it a more attractive appearance. Let cool slightly and then pour into hot, sterilized jars and seal with melted paraffin at once. Cover with jar lids and then store in a cool dry place.

### PINWHEEL CRUST

1-2 cups flour  
3-4 teaspoon salt  
3 teaspoon baking powder  
3 tablespoons shortening  
1-2 cup milk  
1/2 cup chopped green pepper  
Method: Mix and add the flour, salt, and baking powder. Add the shortening and cut this into the dry ingredients until the mixture is in fine crumbs. Add the milk, mixing until it is thick and the dough is a soft dough. Turn out onto a lightly floured board, form into a ball and knead lightly for a few seconds. Then roll out to about 1-4 inch in thickness. Brush the surface with melted butter and sprinkle with the finely chopped green pepper. Roll the dough up jelly roll fashion and cut across into about

## DAFFODIL SET FOR THE BATHROOM



Crochet set consisting of a mat for the floor, a filet runner for the dresser or table and heavy crochet edgings for bath towels to match. Pattern No. 821 contains list of materials needed, illustration of stitches, diagram for filet and complete instructions.

To order this pattern, send 15 cents in coin or stamps to Needlework Bureau, Charlottetown Guardian.

To Charlottetown Guardian Needlework Department.

Design No. 821

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_

Durban, a modern city in South Africa, has 150,000 natives and in Africa recently traveled 30 miles by dians and less than 90,000 whites road, 99 by rail and 100 by boat.

## "Singing PRAISE FOR CAKE"

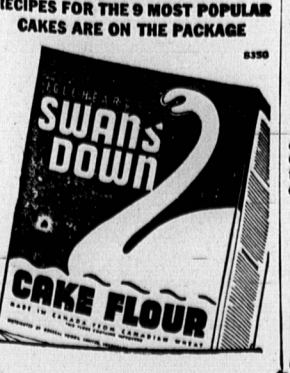


**CAKE SUCCESS IS EASY**

**BUY AT TO-DAY'S LOW PRICE**

Swans Down Cake Flour is produced especially so that every one can bake those deliciously light, tender cakes which mark a woman as an expert cook. Made from selected soft Canadian winter wheat, containing tender, ground and re-ground, sifted and re-sifted through silk, Swans Down is 27 times as fine as ordinary flour.

Recipes for the 9 most popular cakes are on the package



## Informed on Club Work She Member Can Succeed



### Step Out of Back Row Obscurity

The "back row club member!" Her mousy presence is scarcely noticed by the other members. So often charming, intelligent woman is kept from taking a more active part in her club just because she lacks confidence, experience. With information on club work she could easily be as much of a figure in her club as she is now a "no-body."

Are you timid about assuming even the minor role of committee member? Serving on a refreshment committee can be fun. For the costs, you may draw on the club treasury (not recommended since it upsets the budget). But many clubs prefer to ask members to contribute food. In such a case, avoid duplication by assigning a food to each member.

The important post of treasurer needn't worry you, either. To keep members' records straight, give each a special page in your account book. So often charming, intelligent member owes in dues, fines and assessments, and in the next column what she has paid.

The duties of a secretary? The social committee? You'll find all the inner workings of a successful club explained in our 32-page booklet. Tells how to organize a club, draw up a constitution; describes club etiquette, duties of officers.

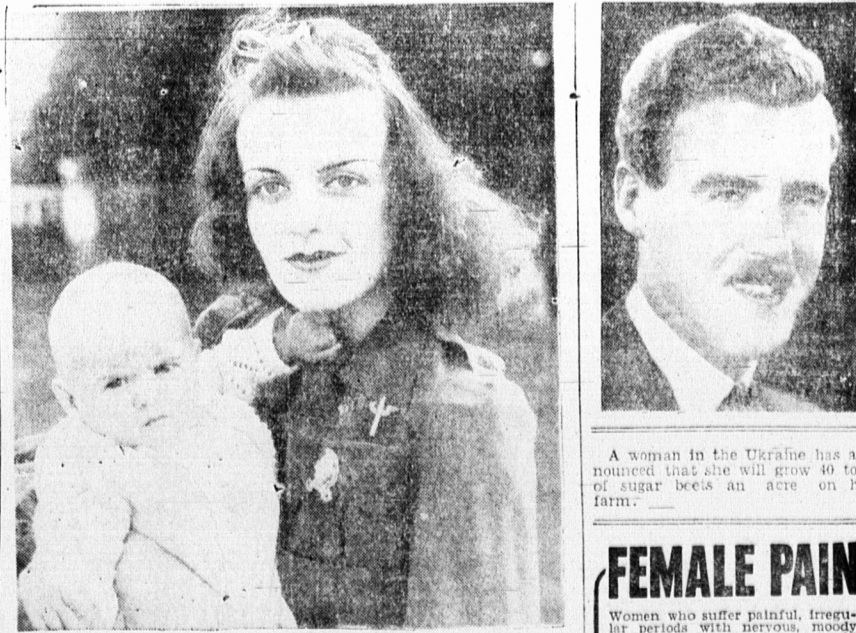
Send 20c in coin for your copy of Clubwoman's Guide to the Guardian Home or to ask members to write plainly your Name, Address and the Name of booklet.

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

## Husband Missing, Returns to Canada



In the quiet peace of her parental home, Langford, Hall at Blair, near Galt, Mrs. Wm. Willison is caring for her five-month-old daughter (RIGHT), whom its father has never seen. Nothing has been heard of Lieut. Willison (LEFT), of the British Army, since he disappeared in Belgium during the retreat to Dunkirk. His parents are Mr. and Mrs. Walter Willison of Toronto. Just back from England, Mrs. Willison told how the apartment house where she lived in London was bombed shortly before she left.

## FEMALE PAIN

Women who suffer painful, irregular periods with nervous, moody spells due to functional cause should find Lydia E. Pinkham's Vegetable Compound very effective to relieve such distress. Pinkham's Compound is made especially to help such weak, tired women during difficult days. Thousands of women have reported remarkable benefits. Made in Canada. WORTH TRYING! Any drug store.