

HOW WILL YOU FEEL TOMORROW?

No Need for discomforts of DULLNESS ✓ SICK HEADACHE ✓ ACID INDIGESTION ✓ CONSTIPATION ✓

take ENO Tonight! Tomorrow Feel BRIGHT

IF YOU WANT TO WAKE UP SINGING, plan the night before to do away with dull sluggishness, sick headaches, acid indigestion that so often follow excess eating and drinking. Take a sparkling glass of Eno's "Fruit Salt" before you go to bed, and wake up with that "alive" feeling.

OR IF YOU WAKE UP SLEEPY, take a glass of Eno the first thing. Its speedy, gentle laxative action will eliminate that dull, sluggish, liverish feeling due to constipation, and brighten your whole outlook on life. Get a bottle of Eno today.

EFFECTIVE DOUBLE ACTION!
1. ANTACID — relieves sour stomach, gas and heartburn promptly. Take anytime.
2. LAXATIVE — quickly relieves temporary sluggishness... cleans the system. Take before breakfast when needed.

ENO'S FRUIT SALT

Living & Leisure

THE WOMAN'S REALM

Now here is love—and it is yours to breathe. The circumstance with smiles more light than petals—Love, a quick sword, no pretty words can sheathe. A shining blade of haughty tempered metals. Now here is love—and if you can deny That it is sharp to hold, and swift and bright; Say you can blunt the sure edge with a lie, The edge of fire, the naked line of light.

—Marjorie Meeker.

KNOW YOUR ELECTRIC CORDS

For safety's sake, know your stuff about electrical cords. Replace worn or frayed cords with those tailored for their specific duties. Small non-heating appliances such as radios, clocks, lamps take small light-duty cords. Colored thermoplastic or rubber insulation should be of even thickness around the wires. Cords destined for heating appliances should have the added protection of an asbestos jacket. Heavy-duty cords for use on washing machines, refrigerators or electric mixers need a special jacket that's resistant to moisture and abrasion. This jacket is usually made of synthetic rubber. Check the plug or connecting device to make sure it could be dropped or stepped on without being crushed. Prongs should fit securely into socket for good electrical contact.

Here is a substitute for baking powder. Mix 1-2 teaspoon of soda with 1-4 teaspoons cream of tartar. This equals two teaspoons of baking powder.

If jelly does not harden when cold, put the glasses in a pan, half full of cold water, then cook in the oven unit done.

To prevent scratches on the hardwood floor, caused by casters on heavy pieces of furniture. Remove the casters. Roll pieces of adhesive tape around the outside of each one. This will act as a rubber casing and will not mark the floor.

A wooden potato masher is a good utensil to use for creaming butter and sugar together.

If your gravy, soup or vegetables have been too heavily salted, try stirring a little coarse brown sugar into it. The salty taste will disappear. Another method is to add one tablespoon of sugar and one of vinegar.

CLEAN UP GARDENS

At this season of the year many insects are looking around for suitable spots in which to spend the winter. Practically every garden offers many opportunities for the insects to hibernate. Garden plots should be made as uninteresting to hibernating insects as possible. Many of the most injurious species of insects pass the winter adhering to the plants on which they were feeding when cold weather overtook them. Others crawl beneath piles of plant refuse and hibernate at the base or in the centre of the piles. A few work their way down into the layer of dead organic matter. All such may be looked upon as a definite menace, because a large proportion of

Tempting, Tender Cakes-

DEMAND CAKE FLOUR FROM SPECIALISTS



SWANS DOWN CAKE FLOUR

To enjoy satisfying cake results, remember this: for over 50 years Swans Down Cake Flour is more than a special flour. In selecting fine soft wheat for a special flour in testing by our large staff of Home Economics experts... we have a single aim. To make flour that gives consistently finer, lighter, more delicious cakes. Experts get better results — beginners are sure of success — with Swans Down. So it's poor economy to risk other ingredients with anything but this finest of flours.

Marvelous, Marvelous — this feather-light, moist, tender and soft, tender CAMEL DEVIL'S FOOD*
2 cups sifted Swans Down Cake Flour
1 teaspoon baking soda
1/4 cup butter or other shortening
1 1/2 cups firmly packed brown sugar
2 eggs, unbeaten
2 or 3 squares Baker's Unsweetened Chocolate, melted
1 cup milk
1 teaspoon vanilla

Sift flour once, measure, and sift again. Add soda and salt; sift 3 times. Cream shortening light. Add eggs one at a time, beat well after each. Add melted chocolate and blend. Add flour alternately with milk, in small amounts; beat after each addition. Add vanilla. Turn into two deep 9-inch layer pans which have been lined on bottoms with paper, then cover with a wonderful frosting (350°F.) about 25 minutes. Fill there's a wonderful Caramel frosting in "Cake Secrets" — see booklet after at left.
*You'll find this, and 7 other grand tried recipes, and 7 other grand recipes, in the Swans Down package.

Brought to you by exclusive makers of cake flour

Swans Down CAKE FLOUR

A Product of General Foods

For You—'Cake Secrets' 60 pages of tested recipes for cakes, frostings, cookies — answers to cake problems. Send 10c in stamps, with your name and address to General Foods, Limited, Cobourg, Ont.

DOROTHY DIX SAYS—

(Continued From Page 2)

ANSWER: Certainly if men put in as much time and thought and study in making successes of their marriages as they do of their business, it would put a crimp in the divorce statistics. Also, it would be money in every husband's pocket and peace in his home, and why husbands do not realize this and act accordingly is one of the mysteries of masculine psychology. For men, as a rule, act upon the principle that they can drop all love-making at the altar and that their wives will take it for granted that they still love them as long as they feed and clothe them, and that there is no use in any lovey-dovey business any more. But wives have the fatal complex of being able to stay brides at heart even after they are 80 years old. As long as they live they crave a perpetual courtship, to be flattered and spoiled and fed on sweet talk and told they are still young and beautiful and desirable. In reality, every husband must sense this, and it is a pity that more of them won't take the trouble to act upon it. It would make life a lot easier for them if they did, and pleasanter for friend wife.

DEAR DOROTHY DIX: My husband's business causes him to travel most of the time, and he comes home with lipstick on his shirt. He is very fond of his children and says he loves me. He cried and seemed very hurt when I offered to give him a divorce and absolutely refused to take it. What do you make of this situation?

ANSWER: Would you be any happier without your husband? Would you have as good a living? Would the children be as well off without a father, even if he wandered? But the greatest puzzle of all about these plundering husbands is why they don't send their shirts to the laundry.

The ear has been proved to be more sensitive to interruptions in sound than the eye is to interruptions in light.

NATTY NOTIONS

A jelly bag holder is a useful article to have. Make one by sawing off the back from an old kitchen chair. Invert the chair, place the vessel inside and tie the bag to the four inverted legs.

The best way to stiffen fine lace after laundering, is by using two lumps of sugar to a basin of water instead of using starch. This makes much better body.

A novel kind of sandwich may be made by using left over bits of meat from roasts or steaks. Add them to your drop biscuit batter and bake the meat in the biscuits.

Father And The Boys

Entertain

When father has his weekly foursome of bridge or the boys bring the gang in after bowling or basketball practice, they want something nice... a filling. Since they seem to enjoy these affairs better when they are strictly "stag", mother usually plans to go to a movie, leaving everything ready so they may serve themselves. But the easy as everyone serves himself. Doughnuts or chocolate cake or big ginger cookies will follow. Hot foods are most popular. If left on a glass baking dish or platter they may be slipped into the oven to be heated and served on the same dish.

Some boys call hamburgers their "favorite fruit," so they will like the version recommended by the home economists of the Consumer Section, Dominion Department of Agriculture.

With a hot drink, some good substantial sandwiches often fill the bill.

TOASTED DEVILLED HAMBURGERS

- 1 lb. hamburger steak
 - 1-3 cup chili sauce
 - 1 1-2 teaspoon prepared mustard
 - 1 1-2 teaspoon grated horse radish
 - 1 tablespoon finely chopped onion
 - 1 1-2 teaspoon Worcestershire sauce
 - 1 teaspoon salt
 - 1-2 teaspoon pepper
 - 6 slices bread, 1-2" thick
- Combine all ingredients except the bread. Toast bread on one side under broiler. Spread the untoasted side of each slice with meat mixture. Return and broil for 6 minutes at least 3 inches below broiling unit. Serve hot with tomato sauce. Six servings.

HAM AND BEANS SANDWICH SPREAD

- 2 cups baked beans
 - 1 cup cooked ham
 - 1-2 cup diced celery
 - 2 tablespoons chili sauce
 - 1 teaspoon horseradish.
 - 3-4 teaspoon salt
- Combine ingredients and blend together lightly. Yield — 3 cups.

DILLY SANDWICH FILLING

- 1 teaspoon prepared mustard
 - 1-4 cup salad dressing
 - 1 cup sliced or diced ripe banana
 - 2 cups shredded cabbage
 - 1-3 cup chopped sweet or dill pickles
 - 1-4 teaspoon salt
- Combine prepared mustard with salad dressing. Slice or dice bananas into first mixture and blend only enough to coat fruit. Mix together the cabbage, sweet or dill pickle and salt. Add the first mixture and toss together lightly. Six Servings

the insects will survive the winter to attack growing plants the following spring. Therefore, every effort should be made to discourage insects from hibernating in and around the garden. This can be done in a number of ways. All standing crop remnants should be pulled and

burned. Crop refuse lying on the ground should be raked up and destroyed. It is advisable, also, to burn over waste land surrounding the garden, and headlands in particular, to kill any eggs or hibernating insects.

It is sound practice to collect and burn all insect egg masses or cocoons. These are frequently found on shrubs and low trees, on fences or garden furniture or even deposited on houses and outbuildings. Cleaning these up in the autumn will prevent them causing trouble next spring.

Where possible, plough or dig up the garden in the fall, so as to expose many of the insects in the soil to be killed by the severe cold in the winter.

MOSTLY WOMEN

For the last 50 years women have comprised from 51 to 51 1-2 per cent of Denmark's population.

Doctors Prove 2 out of 3 Women can have Lovelier Skin in 14 days!

What good is improving my figure, Peg—when I'll still have the same old dull, oily complexion?

But I'm so discouraged, Peg! Do you think the Plan would make my skin smoother and fresher?

You'll never know until you try, Pat! Remember, 36 doctors—leading skin specialists—tested the Palmolive Plan on 1285 women and proved it can bring a lovelier complexion to 2 out of 3... in just 14 days!

Why don't you do what I did, Pat—try the 14-Day Palmolive Plan!

In addition, Canadian women from Halifax to Vancouver tested this Palmolive Plan, in their own homes.

YOU, TOO, may look for these skin improvements in only 14 days!

- Less Oily.....
- Smother, Younger looking...
- Less Coarse-looking.....
- Fewer Tiny Blemishes—
- Less Incipient Blackheads....
- Fresher.....
- Brighter, Clearer Colour.....

If you want a complexion the envy of every woman—the admiration of every man—start the 14-Day Palmolive Plan tonight! Remember, the Palmolive Plan was tested on 2696 women of all ages—from fifteen to fifty—with all types of skin. Dry! Oily! Normal! Young! Older! Women from coast to coast! And 2 out of 3 got noticeable complexion improvement in just 14 days! No matter what beauty care they had used before.

Reason enough for every woman who longs for a lovelier complexion to start this Beauty Plan with Palmolive Soap!



P. S.
For tub and shower, get the new, Big, Thrifty Bath Size Palmolive—enjoy Palmolive's soft, lovely lather all over!

DOCTORS PROVE PALMOLIVE'S BEAUTY RESULTS!
Hear "THE HAPPY GANG" Mon. thru Fri.—C.B.C. Trans-Canada

"I'm So Glad the Baker's Chocolate People make Cocoa Too!"

BAKER'S CHOCOLATE GIRL SAYS:
Big cups of steaming Baker's Cocoa give a festive touch to leisurely Sunday breakfasts. And how the children love a real "grown-up" drink! Grand with waffles or pancakes and syrup, only the preliminary fruit juice is needed to make a satisfying, nourishing meal.

BAKER'S COCOA

A Product of General Foods