

Women's Realm, Social and Personal, Fashions, Literature

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SURPRISE SOAP

Helpful Hints For The Women Folk

CONTEMPLATION

There's a lulling in the twilight After evening prayers are said, When the day's tasks are all ended And the children are in bed; When we sit around the table With the darling and the books, While the caps of daytime wearings All hang primly on their hooks.

There's a peacefulness around us As the days grow into weeks, When the kitchen fire crackles, And the old brown rocker creaks; When I think of devious chickens; And next year's flower bed, While the clock upon the mantel Goes "tick-tock," above my head.

There were times, when I was younger— When I thought I couldn't stand The farm and lowing cattle, The smell of leamy land; But as I'm growing older These thoughts make me smile, For those are all the very things That make my life worth while. —Elda Geddes.

Smartest Fashions And Winter Styles

Simple is the keynote for your most elegant house frock. The plain square or V-neck and comfortable cap sleeves are easy to make. The wide set-in sleeves in the back is becoming and comfortable. The plain is handy for various little things you may pick up about the house. Choose a pretty cotton print and trim it with gay, fringed, for a charming effect. The beginner will have no trouble making this dress, and complete dressmaking instructions are included in the pattern. Style No. 3075 is designed for sizes 36, 38, 40, 42, 44, 46, 48 and 50. Size 36 requires 3 1/8 yards of 39-inch material.

FAMOUS for energy!

EDWARDSBURG CROWN BRAND PURE CORN SYRUP

Leaders in sport... coaches, athletes and trainers... advise boys entering the realm of sport to eat Crown Brand for that extra pep and energy which help to win.

Send for Crown Brand "Book of Hobbies": "Book of Magic and Tricks"; "Book of Hoops, Football, Baseball, Athletics" tell you the easiest, most fun ways to win. ALL FREE. Send a Crown Brand label for each item. Address: The Crown Brand Starch Company Limited, Dept. B, Box 129, Montreal.

Boys! FREE

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

Style No. 3075 Size _____

Name _____

Street Address _____

City _____ Province _____

Dorothy Dix's Letter Box

Girl in Her Teens Should Walk the Middle Road to Make the Best Impression on Boy Companions; She Should Appreciate Their Company, But Not Show Too Much That She Does

Dear Miss Dix—Will you please answer these questions: (1) How old should a girl be before she uses lipstick? (2) How old before she goes out on dates? (3) What is the age limit for boys? (4) Is it proper for a girl to sit out in a car talking to boys? (5) How late should a girl of 14 be out on school nights? (6) Is it proper to talk to a boy who goes to your school but to whom you have not been introduced? (7) Is it right to ask a boy to a party you are giving? (8) How can you give a good impression of yourself to a boy and not let it be obvious? (9) If a boy asks you for a good-night kiss and you don't know him very well, should you give it to him? **TWO ANXIOUS GIRLS.**

Answer:

(1) There is no time limit on the use of lipstick. You can use it anywhere from the cradle to the grave, provided you put it on moderately and do not use it to attract attention. The reason so many people object to lipstick is because most girls plaster it on as if they were painting a barn door and make their mouths look like a cut of raw butcher's meat. If you are going to use cosmetics, for pity's sake learn how to do it.

(2) A girl of 14 is old enough to begin stepping out a little to school parties and going out with boys of her own age.

(3) Most boys are girl shy until they are 15 or 16.

(4) It depends on the time and the place. In the daytime and if the car is parked on the street or in some public place, there is no objection to a girl sitting in a car talking to a boy. But she can't do it at night without being gossiped about. When a boy brings you home at night, hop out of the car and go into the house.

(5) No girl should be out at all on school nights. She should be at home studying her lessons and going to bed by 10 o'clock. On week ends 12.30 is the latest she should be out. Young girls need their sleep.

(6) Yes, girls and boys who go to the same school do not need any formal introduction.

(7) Certainly it is proper to ask any boy you like to your party. A lot of any girl's popularity and success in society depends on her mother entertaining for her.

(8) You can show a boy you like him and enjoy being with him and appreciate the good times he gives you by listening to him talk with an interested expression, by paying him a tactful compliment now and then, and by appearing to have the time of your life when he takes you out. But you mustn't run after him by calling him up on the telephone and turning down other boys for him.

(9) Be very chary of your kisses and don't hand them out to every boy who asks for one. Boys make fun of girls and hold them cheap who make their lips a free lunch counter for every Tom, Dick and Harry. The harder a kiss is to get, the more a boy values it.

Should She Tell of Secret Marriage?

Dear Miss Dix—I met a very nice fellow and we fell deeply in love with each other and after several months we were secretly married. He joined my church afterward on his own accord. During his instructions he found out our mistake in being married secretly and we promised each other not to say anything to any one about it until we were able to be married in the church. Unfortunately he met with an accident and I promised him on his deathbed to never tell of our marriage. He has been over a year now and it is still our secret, but it is coming up and I am wondering if I should tell of our secret? If I do tell, will I be forgiven for breaking my promise, and will it cast any dark shadows over my life than there was now? If I tell, it will be a blow to every one. So the question is should I, or should I not, confess and run the chance of people forgetting and forgiving while I am young and single? **WORKED.**

A secret marriage is always a mistake because it is something that has to be explained and gives rise to gossip, but there is nothing criminal about it. Nothing to be really ashamed of. And so, provided you have your wedding certificate to prove to the world that you were married to the young man, there is no reason why you should hesitate to make the matter public.

I advise you to do so at once because, for one thing, it will relieve your mind of the burden of keeping a secret about which you have become morbid and because it will set you right with your friends, and any young man who comes a-courting you will know before hand that you are a widow and not a maid.

Of course, your acquaintances will talk about it for a day or two and then forget it, and there will be no question of your being forgiven because you have done nothing wrong. But if you are ever going to tell do it at once. The longer you wait, the harder it will be to tell it. It was a senseless and cruel thing in your husband to marry to the promise of secrecy from you on his dying bed, and you should not hesitate to break it.

When a Girl's Mind Changes

Dear Dorothy Dix— have been engaged to a girl for three years. Am very much in love with her and she seemed to be desperately in love with me. Lately she went away to visit her brother and every day she wrote telling me how much she needed me and wished for me, and right on the heels of this comes another letter telling me that she has fallen in love with another man. (Continued on page 6, Col 3)

When you add

OVALTINE to milk

your family gets more than just a "flavoured milk drink"

It isn't only flavour you add to pure, rich milk when you stir Ovaltine into it. You are adding valuable elements—special barley malt and fresh eggs blended in scientific proportions. Ovaltine makes milk more readily digestible, restores energy, relieves strain on overtaxed nerves, and provides a delicious beverage, for mealtimes or in-between.

You KNOW what you are adding when you make your own food beverage with pure milk and Ovaltine. A few stirs, and it's ready! Hot Ovaltine at bedtime promotes sound sleep and is the finest of "night caps". For your children it is invaluable as an energy food. KNOW what you are getting.



OVALTINE is good for:

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- Tired Nerves
- Convalescence
- Growing Children

For Quality and Balance in a Flavoured Milk Drink

Try **OVALTINE** and Note the Difference

These 3 Ingredients

Quality Dependability Economy

Barbours ACADIA BAKING POWDER

Double Acting 25¢ POUND

ARE IN EVERY CAN of Barbours ACADIA BAKING POWDER

THE COOK'S CORNER

GINGERBREAD

10 cups or 2 1-2 qts. flour, 2 tablespoons soda, 1-3 teaspoons ginger, 2 teaspoons cinnamon, 2 teaspoons cloves, 4 cups or 1 qt. sugar, 3 1-2 cups salt or cooking oil, 4 cups dark molasses, 1 qt. boiling water, 8 eggs.

Sift flour, measure; sift again with soda salt and spices. Combine sugar, molasses and boiling water; add well-beaten eggs, mix ingredients gradually, beating well after each addition. Bake in 4 well-greased drip pans (9 x 12 1/2 x 2) in moderate oven (350 deg. F) 40 minutes or until done. Serves 50, approximately 14 servings per pan.

ORANGE BISCUITS

2 cups sifted flour, 4 tps. baking powder, 1-2 tsp. salt, 3 tbsps. shortening, 7-8 cups sweet milk, 1 tbs. grated orange peel.

Sift dry ingredients; add shortening; add liquid to form a soft dough; turn out on board and spread to 3-4 thickness; cut and bake in greased hot oven.

The orange peel can be either put in the dough or in a small dent made in each biscuit.

Lenten Meditation

By Rev. James Henry Larson

THE GOLDEN KEY

REPENTANCE IS THE GOLDEN KEY THAT UNLOCKS THE PALACE OF ETERNITY. Repent or be destroyed. This was the message of the prophet, who was sent by God to preach to the wicked city of Nineveh. The whole city listened to his fiery words; believed what he said, and was saved from being destroyed. His magic word saved the day. The world today needs to hear a voice ringing out above the noise of war, "REPENT OR BE DESTROYED." If the people of our day will heed this warning, it means UNIVERSAL SUICIDE. War and rumors of war are engaging the attention of two billion souls around the world. The fires of hate have been kindled, and may easily result in a total war which means misery, starvation, and death for one half of all humanity. Drunkenness will harvest another crop of the world's premature graves are being dug every day around the globe because of TOO MUCH LIQUOR. Booze addicts re-quit or die a drunkard's death. Immorality will take the last quarter. Let the world listen to the voice of the preacher today, harden not your heart, but repent and be saved from war, drunkenness, and immorality.

This is not the way the world will end, because it will eventually listen to One who has sent from God to destroy sin, and plant in the heart of humanity PEACE, SOBERNESS, AND PURITY.

The darkest hour comes just before dawn. The new day is arriving. The leadership of the world will listen to Christ, leading the people back to the church. Here they will all listen to the voice of the preacher, "REPENT of your evil deeds; LUST for money, liquor, power and the flesh pots of Egypt; be saved everyone of you in the name of the Father, Son and Holy Spirit." Every knee shall bow; every tongue confess CHRIST IS MASTER OF THE WORLD, who will give the nations peace.

A Morning Smile

A MORNING COUNT

The story is told of a certain physician who had lost a lot of sleep due to his heavy practice. A very fat lady called at his office for an examination of the heart. Laying his head on her ample bosom, he told her to count her pulse, she awoke, she had counted 68731.

HER RETORT

"My patience is exhausted. Miss Brown, storm me, I'm a manager. You are discharged!"

"Discharged? Dear me, I thought slaves were always sold!" retorted the overworked typist.

If you are unfortunate enough to tip a cloth suit find a small piece of material—matching if possible—and moisten it with liquid glue. Place it gummied side up, under the hem. Smooth down the frayed edges with your fingers and place a cold iron or some other heavy weight on top for an hour when the hem is dry, you'll have a hard job to find the tear in order to sew your friends where it used to be and now isn't!

Be Slender Again the Low-Calory Way

LENTIL & TOMATO SOUP	ORANGE JELLY (FRUIT)	CLAM CHOWDER	CREAM PUFF
120 CALS	160 CALS	300 CALS	300 CALS

Follow Healthful Diet

"Why, I didn't know you'd have gained a little weight!" When old friends start making slips like this, you'd better watch out, Mrs. Plump.

Time to take off those matronly bulges, restore your girlish figure with a low-calory diet.

Considering the lunches you eat now it's not surprising you get poorly. Clam chowder, 300 calories, plus a cream puff, 300 more! But wouldn't you just as soon have delicious lentil and tomato soup, 120 calories; 1/2 cup orange jelly and cream, 160?

Yes, on a properly planned diet you lose two pounds a week without going hungry. Only 435 calories in this appetizing dinner: 1 cup consommé, broiled fillet of flounder, 1/2 cup buttered string beans, 1/2 cup buttered carrots, one good slice applesauce cake.

And how healthy, peppy you feel on the extra amount of vitamin-rich fruits and vegetables which is included in a well-planned, low-calory diet.

Our 32-page booklet gives 42 satisfying low-calory menus, a calory chart for everyday foods. Includes recipes for tasty low-calory desserts, a 3-day liquid diet to start your reducing program. Tells how to gain, too.

Send 20¢ in coins for your copy of The New Way To A Younger Figure to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

Name _____

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Recipe for Mrs. Cook's Prize-Winning Biscuits

I'VE sampled lots of tea biscuits in my time, but I have never tasted any that so completely tickled my fancy as those baked by Mrs. George E. Cook, R. R. 5, Acton, Ontario. Her biscuits are really wonderful. So light and flaky, so creamy, so meltingly delicious. Served with maple syrup, honey, apple sauce or preserved fruit, they are superb. Here's a copy of Mrs. Cook's own recipe—do try them!

2 cups sifted Robin Hood Flour
4 level teaspoons Baking Powder
1/2 teaspoon Salt
4 tablespoons Shortening
1/2 cup of Milk

Sift the dry ingredients at least twice. Work in the short-

ening, then add the milk. Mix lightly as possible. Pat into shape and cut with a floured cutter. Bake in a hot oven, 425° F., for 15 minutes.

Mrs. Cook says: "Speed in mixing plays a big part in the lightness and flakiness of biscuits. The dough must be soft and light and handled as little as possible after adding the milk." Be sure to use Robin Hood Flour. It is famous for the flavor, texture and lightness it produces in bread, biscuits, and, in fact, all baking.

Sincerely,
Evangeline

HOME BAKING SERVICE
ROBIN HOOD FLOUR MILLS LIMITED

Robin Hood Flour

Milled from Washed Wheat

YOUR INDIVIDUAL HOROSCOPE

(By FRANCES DRAKE)
(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, Feb. 22, 1940

MARCH 21 to APRIL 20 (Aries)—Today leans more to the personal, artistic and social side than to weighty business or large-scale propositions. You may have some difficulty keeping your mind on your affairs, but don't use an excuse, it can be done. Have confidence.

APRIL 21 to MAY 20 (Taurus)—May be a very uninteresting day for you if you don't start early and do something definite about the matter. There are numerous ways of pepping things up, and you are capable of doing a good job when you really try. Be sure your own spirits are buoyed first.

MAY 21 to JUNE 21 (Gemini)—Music, the theatre in general, art, lecturing, advertising, exploiting (especially that which involves the artist), romance, weddings, christenings, reconciliations, parties, charity meetings head the favored list this friendly day.

JUNE 22 to JULY 23 (Cancer)—Note list of the particularly favored for Gemini natives—your especially benefits can come through same. Your likeable personality and easy manner will carry weight; use them to advantage.

JULY 24 to AUGUST 22 (Leo)—Very fine aspects favor you born before August 8. You other Leos will have to exert more effort and have more perseverance if you would make progress. Look for profit in those things others overlook. The best is often hidden from the hasty, casual observer's eye.

AUGUST 23 to SEPTEMBER 23 (Virgo)—Watch the disposition, don't try to do more than you should, be amenable to corrections and suggestions and, in general, keep clear of irritability and dominating tendencies.

SEPTEMBER 24 to OCTOBER 23 (Libra)—Look to your lifetime (or good) friend, if you are single, stepfathers and those in authoritative positions for assistance today. They may offer just the solution. Anyway, give them the opportunity. Protect your income. Mind the diet.

OCTOBER 24 to NOVEMBER 22 (Scorpio)—Friendly day, on whole (Continued on page 6, Col 3)

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A CANADIAN PRODUCT

CROCHETED FLOWERS FOR EASTER



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The flowers are quick crocheted jobs and a complete bunch may be made in about an hour. Pattern No. X 417 contains a list of materials needed, illustration of stitches and complete instructions.

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