

# Woman's Realm Social and Personal Fashions Literature

## X MARKS THE SPOT!

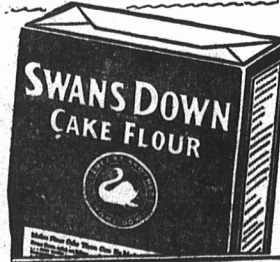


"X" is usually all that you see to mark the spot where a delicious, smooth-textured Swans Down Cake has been. Cakes made the Swans Down way have a knack of rapidly disappearing. All Swans Down cakes are like that, for Swans Down cake flour is specially prepared for fine baking.

A steady succession of cake triumphs is yours if you use Swans Down and follow the directions. The excellence of Swans Down will do the rest, for it's milled from only the finest of selected soft Canadian winter wheat ground and re-ground, sifted and re-sifted through silk until it is 27 times as fine as ordinary flour.

Whether you're a proud expert or a timid beginner, you're bound to have better cakes if you use Swans Down Cake Flour.

**NOW SELLING AT THE LOWEST PRICE IN SWANS DOWN HISTORY!**



## The Housewife - AND - Her Activities

**"HAVEN'T GOT TIME"**  
Opportunity tapped at a door  
With a chance for the brother  
within;  
He rapped till his fingers were sore,  
And muttered, "Come on, let me in."  
Here is something I know you can  
do.  
Here's a hill that I know you can  
climb.  
But the brother inside very quickly  
replied:  
"Old fellow, I haven't got time."  
Opportunity wandered along  
In search of a man who would  
rise.  
—Anon

**WASHING GLASS**  
All table glass has a finer polish if washed first in warm water to which a few drops of ammonia have been added and is afterwards rinsed in clear cold water. The article should be drained for a few minutes, then wiped dry and polished off with a linen glass cloth. A linen cloth is better than a cotton one, because the former does not leave specks of lint on the glass.

**Tumblers Used for Milk**  
It is a good plan to add a little vinegar to the rinsing water at occasional intervals, as this brightens the glass and prevents it from becoming stained. When tumblers have been used for milk they should be filled with cold water as soon as possible to prevent the grease sinking into the glass.

**Bottles and Decanters**  
Water-bottles and decanters become stained and discolored very readily. They are best cleaned by putting into them a mixture of tea leaves, vinegar, salt, and water. Leave them for about two hours, and then shake vigorously, rinse several times in cold water, dry the outside with a linen glass cloth and place neck downwards in a jug to drain.

**Cut Glass**  
Out glass, when very dirty, may be made to regain its bright appearance by adding a few drops of ammonia to the water. A soft brush will also be found extremely useful for removing dust from the glass. Stains are best removed from mirrors by rubbing with a piece of flannel which has been dipped in a mixture of fine whiting and methylated spirits. Scotch polish with a chamol leather. Care should be taken, however, to see that the whiting does not penetrate the glass and the frame.

**Windows**  
It is important to choose a dull day for cleaning windows. If the sun is shining no amount of rubbing will prevent the windows from becoming streaky when dried. A few drops of ammonia dry, rub off with a duster and polish with a piece of soft newspaper or a chamol leather.

**Spirits of Camphor**  
When windows or mirrors are marked or stained, rub them with spirits of camphor applied with a soft piece of linen; this will remove the marks. Finish off by polishing with a dry duster. Scotch issue paper is specially recommended as a plover for windows which have been cleaned with methylated spirits.

**Large Window-Panes**  
Squeeze crumpled up sheets of newspaper as dry as possible out of water and use them to clean large window-panes. Dry with a

chamol leather. Well polished panes will be the result. Pads of newspaper, applied dry, may also be used for a final polishing after washing with ammonia and tepid water.

**HOUSEHOLD HINTS**  
Fruit flies are annoying pests. Keep fruit in the refrigerator, if possible, or cover the fruit bowl with waxed paper or with one of the new transparent covers with elastic edging which fits closely over the edge of the bowl.

One-dish dinners mean a cooler kitchen and less work for the cook in both preparing and cleaning away meals. Pot roast of beef, cooked over a fairly low flame, avoids use of a hot oven and the vegetables—potatoes, onions, carrots, turnips, even tomatoes—can be cooked under the meat, and, in fact, add flavor to the gravy. Put the prepared vegetables in about one hour before the roast should be done.

If you are making a loose cover for a good arm chair, tack a piece of oil silk to the back of the chair, where the head comes, before putting on a loose cover. This will prevent the permanent cover being marked.

A bag of salt standing where there is a smell of fish will absorb the odor.

### A Morning Smile

"Has anyone dropped a shilling?" asked a conductor in an Aberdeen tram car. One of the passengers said he had. "Ah well, remarked the conductor as he handed over the coin. "That's a bawbee o'."

### THE REAL TROUBLE

Two Georgia darkeys were discussing the financial condition of the country. They didn't agree. "You're all wrong," one vociferated. "Ah, asked mah bankuh is he out o' money and he tuk me in de vault and showed me piles an' piles o' money. And Ah says could he let me have a little. And he says he sho' could. Has Ah any collat'ral? Ah hasn't. Now, dat's what's de matter wid dis country. Jest 's plenty o' money, but we's dey runnin' 'em o' collat'ral."

### Household Scrapbook

**Macaroni and Cheese**  
The following is a delicious recipe for macaroni and cheese: Eight cups of boiling water, 1-2 teaspoon salt, 2 cups broken macaroni. Add salt to water. Add macaroni. Boil for 20 minutes. Strain and rinse in hot water. Drain and add the sauce.

**Lipstick**  
Application of lipstick to the corners of the mouth actually elongates the line of the mouth. Remember this if you wish to make the mouth seem smaller or larger than it actually is.

**Cleaning Stove Pipe**  
A stove pipe can be easily cleaned if a piece of zinc is placed on the live coals in the stove. Keep the damper open.

## Change to LIPTON'S THE TEA THAT IS NEVER INSIPID!



**FREE SILVERPLATE**  
Save the coupons from Lipton's 1 lb. and 1/2 lb. packages. They are exchangeable for beautiful Wm. Rogers & Son Silverplate. Write for premium booklet to Lipton Limited, Lipton Bldg., Toronto.

## LIPTON'S Full-Flavoured TEA

RED LABEL ORANGE LABEL YELLOW LABEL

### THE COOK'S CORNER

**GRILLED KIDNEYS**  
4 sheeps' kidneys  
4 rounds of fried bread  
4 tomatoes melted butter  
1 tablespoon melted butter  
Maitre d'hotel butter  
4 rashers of bacon  
Split the kidneys in two without halving. Skin, core and remove any fat. Keeping them flat, run them on a skewer. Dip in melted butter. Grill for 4 or 5 minutes. When kidneys are ready split a pat of maitre d'hotel butter into each. Serve on a hot dish on a round of fried bread. Garnish with halved, grilled tomatoes and rashers of bacon, cut in halves and grilled. For four.

**FRUIT BREAD**  
2 cups flour  
2 teaspoons salt  
4 teaspoons baking powder  
2 cups milk  
1 teaspoon cinnamon  
1 beaten egg  
1-2 cup chopped candied citron peel  
1-2 cups castor sugar  
1-2 cup chopped cashew nuts  
Sift the flour with the salt and baking powder into a basin. Stir in the nuts, peel, sugar and cinnamon. Add milk to egg. Stir into dry ingredients. Mix well. Pour into 2 buttered loaf tins, 4 by 8 inches, and bake in a moderate oven, 350 deg. F. for about 3-4 hour until well baked.

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## Dorothy Dix's Letter Box

**AS YOU FIND YOU ARE NOT POPULAR IN YOUR Social Set, do Some Self-Analysis - Also Study the Group That Seemingly Shuns You - Either You or the Group Has to be Changed**

Dear Dorothy Dix—I am a young married woman, very happy except for one thing. I am a social flop and I don't know why. I seem unable to make friends. My husband is a sociable soul and loves to entertain and so do I, but, although we give innumerable parties that people come to and seem to enjoy, they never invite us to their homes. For two years I have made a wreck of myself, getting up good dinners and lunches and suppers that others ate, praising the food and saying what a good time they had, without practically any return for my good food. I feel that I cannot go on this way; that it is undignified to thrust myself on people who evidently don't want me. What can I do about it?  
PUZZLED.

**Answer:**  
I think you must have got into a crowd that is singularly lacking in knowledge of the social breeding the word over and if you accept the hospitality of others you must return it if you possibly can. It looks to me as if these groups to which you and your husband are good times at your house, yet never ask you, and their parties, are simply a lot of deadbeats who are sponging on you, and instead of trying to cultivate them you will be wise to drop them and make friends in a more appreciative group.

I know another woman, very intelligent, and who also gives lovely parties to which people go, but who is seldom asked to theirs because she argues about everything on earth and disagrees with every one on every subject. You can't say it is a pleasant day without staring something with her and, as she has a loud, shrill voice, she turns the most harmonious gathering into what sounds like a riot.

Maybe you are one of these and can correct your fault. Any woman who is a good housekeeper has the first aid to popularity. Dear Dorothy Dix—I am 23 years old. Have been married three years and have a baby. I had gone out with my husband two years before we were married and he treated me like a gentleman and never displayed any temper, but as soon as we were married he became a different person. While we were still on our honeymoon he struck me and ever since I have been beating me when he felt like it. When the baby cries he spansks her and I have to be there to see it. He has treated her the same way, and his brothers beat their wives, and that I would be better off without him. But what can I do? I have no one to turn to. My parents are dead and I have no close relatives. I have no trade or profession and only three-and-a-half years of high school. My husband doesn't drink, which makes his conduct all the more hard to explain. What should I do? BROKEN-HEARTED WIFE.

**Answer:**  
You are only 23 and have probably a long life before you. You can't spend the years that lie between you and the grave in being beaten up. No wife is called on to be a gentleman and to treat her husband as if he were a woman and find out whether he means to treat you decently, or whether he considers it a husband's privilege to amuse himself by mistreating a helpless woman and baby.

There is a little book called "We Are Fortunate and We Found Jobs" that you can get from the library that will tell a great deal about how to get employment and how to choose an occupation.

Dear Miss Dix—I have fallen in love with a nurse whom I met in a hospital recently when I was recovering from an illness. She is charming and intelligent. In short, all that a fellow wants in a girl, but she is older than I am. Does that make any difference?  
J. A. G.

**Answer:**  
Yes, son, it makes a lot of difference at your age. If you were in your thirties, it wouldn't make any difference if the girl was four or five years older than you because you would be mature, your tastes formed and you would know what you wanted in a wife. And, furthermore, people who are really grown up are about the same age, anyway, and think alike and want to do the same things.

But when you are in your teens you are still a kid, while a girl who is even two or three years older than you are is a woman. A girl grows up so much faster than boys do, you know.

Don't take your falling in love with the nurse too seriously. Every patient does that. It is a part of the cure. And the nurses are wise enough to take all of the patient's vows of devotion as the vagaries of a sick man that he will forget as soon as he gets well. DOROTHY DIX.

CONCENTRATED SUPER SUDS declared BEST by 3 OUT OF 4 WOMEN in Sensational "MASKED SOAP" TEST

This test is your guide to the best value in home laundry soap. 1,000 Canadian women made the test, using different granulated soaps especially packed in PLAIN boxes, identified only by numbers. Asked to write which soap was best—and why—hundreds of women did so. And 3 out of 4 chose "Soap No. 1" which actually was Concentrated Super Suds. Read why this remarkable granulated soap was a 3 to 1 favorite:—

- "BECAUSE OF ITS RICH SUDS I would recommend No. 1 to my neighbors."
- "No. 1 SOFTENS WATER BEST—and is superior for ALL cleaning purposes. I find it doesn't harm my washing machine. Rinses out easier."
- "No. 1 WASHES CLOTHES CLEANER—WITH LESS WORK and softens water best. I found it ideal for WOOLLENS."
- "No. 1 SOAP IS WONDERFUL FOR COLORED CLOTHES. They stay bright. This soap dissolves amazingly fast in warm water."
- "No. 1 SOAP IS EASIEST ON YOUR HANDS and acts quickest. It goes FARTHEST!"

You owe it to yourself to try Concentrated Super Suds, next washday. This superior granulated soap contains MORE SOAP, that's why it gives you MORE SUDS. Safe for your clothes and gentle to your hands. Washes your clothes Hospital-clean. Most germs dangerous to health are killed or removed in the washing process. Very economical! Being concentrated a little goes a long way!

FAMILY SIZE BLUE BOX 20c AT YOUR GROCER'S

Concentrated SUPER SUDS will give YOU:

- SUPER Action More Soap MORE SUDS!
- SUPER Speed Soaks out dirt in 10 Minutes!
- SUPER Whiteness Much Cleaner Wash!
- SUPER Saver Lets longer! So do your clothes!

### How Can I??

(By ANNE ASHLEY)

Q How can I prevent the cupboard doors from soiling so quickly?

A The cupboard and cabinet doors are easily soiled because they are handled so frequently, and soon show wear. Waxing the doors will remedy this and also preserve the finish.

Q How can I chop nuts easily when making cake or candy?

A Instead of trying to cut the nut with a knife, place them in a cloth and roll with the rolling-pin.

### ORANGE MARMALADE CAKE

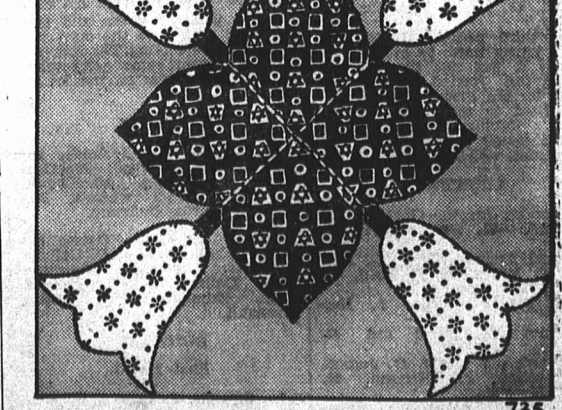
Three-fourths cup butter, graded rind of two oranges, one cup sugar, three eggs, one-half cup fresh orange juice, one-half cup fresh orange rind, add sugar gradually, continue creaming. Add eggs, one at a time, beating thoroughly; add marmalade. Add sifted dry ingredients alternately with orange juice. Beat until smooth. Bake in a well-greased pan in a moderate oven (350 degrees F.) for 40 minutes.

### IF YOU FEEL SUNK

Read this and cheer up  
Are you so blue that life is no longer worth living? Do you cry easily? Do you feel low, depressed—just absolutely SUNK? Then here's good news for you in case you need a good general system tonic—just take a few pills of Dr. Finkham's Vegetable Compound. Let its wholesome herbs and roots help Nature build up more physical resistance and tone up your system, so that it can more easily throw off the "blues" and give more energy to enjoy life. MILLIONS of women have depended upon this Compound and have passed the word along to friends and neighbors, and to their children. Why not take Finkham's Compound and go "feeling thru"?

### To-Day's Popular Design

By Carol Aimes



APPLIQUE QUILT NO. 735

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 Reads: You might not think that one could associate glamorous with quilt patterns, but here is a lovely "Lotus blossom" design that has been adapted from the flower so beloved of Cleopatra and other empresses of the Nile. Try applying the flowers in tiny pastel prints on a pale green background, for an exquisite effect, or work it out in plain shades to suit your room. Just a suggestion—it is a pretty enough to work in silk for a very "swank" spread too.

The pattern includes cut-out pattern of applique pieces, full instructions for assembling and finishing the quilt for both double and single bed sizes, and material requirements. Send 20 cents, coins preferred.

Pattern Order Form—To be used when ordering Patterns and Voting for POPULAR DESIGNS. To The Charlotte-Town Guardian, Needlework Dept., NO. 735.

I suggest the following as a POPULAR DESIGN:—

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## TIMELY TIPS - FOR THE - HOME SEWER

A charmingly simple afternoon dress is included in new chic with "lifted" waistline... has the vee neck which is such a grand foil for costume jewelry and corsage flowers... the neck with or without... the closure rolled collar. The splendor skirts hugs the hips and flares out at the hem in such a flattering manner... stretch your budget... you'll wear it right on through Spring. Cut it out and hey presto! It's finished! The brief sleeves cut in one with the bodice. See illustrated diagram how utterly easy it is to sew it.

Style No. 3033 is designed for sizes 16, 20 years, 34, 36, 38, 40, 42, 44, 46, 48 and 50-inches bust. Size 36 requires 3 yards of 36-inch material with 3-8 yard of 36-inch contrasting.

Send fifteen cents (15) in stamps or coins (coin preferred) wrap coin carefully, address to Charlotte-Town Guardian giving:—

Style No. 3033 Size ...  
Name  
Street Address  
City Province

**Your baby should have the best foods—Heinz makes them**

Safety first in choice of ingredients, safety first in cooking and straining—that's the formula that permits mothers everywhere to give babies Heinz Strained Foods with perfect trust.

Heinz Strained Foods offer baby delightful variety, meals fine and flavourful as your own. Babies thrive on Heinz Strained Foods because they love their uniform taste, their garden-fresh flavour. These foods are scientifically prepared—vitamins retained to a high degree. Ready to heat and serve. Be safe! Save time. Order an assortment today.

12 KINDS: Strained Vegetable Soup • Strained Apples and Apple Sauce • Strained Carrots • Strained Beef and Liver Soup • Strained Prunes • Strained Spinach-Strained Peas • Strained Beans • Strained Green Beans • Strained Mixed Greens • Strained Tomatoes • Strained Cereal.

Write for booklet "What Shall I Feed My Baby?" Sent free. H. J. Heinz Company, Toronto.

**HEINZ STRAINED FOODS**

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**SPECIAL OFFER NEW! NEW! BABY FOOD SERVER**

Set of two glass dishes to metal holder. Heat and serve baby's food to them. Use for refrigerator storage, too! You'll want these containers for serving and storing baby's food. Send labels from 6 tins of Heinz Strained Foods with 20c to H. J. Heinz Co., Toronto. Buy an assortment today and get your food-server right away.

### Learn to Treat Your Dog's Ailments

Recognize Dis-temper at Once

Dis-temper is your dog's worst enemy. Learn to recognize the symptoms early and give him the advantage of prompt treatment. If you pet is listless, feverish, not interested in food, be wary! Place him in warm quarters immediately. Give him light foods only—milk, beef broth, white of egg diluted with a tablespoon of warm water. By careful nursing you may be able to arrest this dread disease in its first stage, which is like a severe cold affecting eyes, nose and throat.

However, watch sharply for the more dangerous affection of lungs, stomach, intestines or nerves.

Our 22-page booklet describes symptoms, gives specific treatment for the different forms of dis-temper and other common dog ailments. Be on the safe side. Have the valuable guide on hand. It deals with feeding, training and house-breaking, too.

Send 20c in coins for your copy of How to Choose and Care For Your Dog to The Guardian Home Service, Address: Be sure to write Name, Address, and the Name of booklet.

Name  
Street Address  
Town Province  
Less Flavor  
The strong flavor of fowl may be modulated if celery is diced and put into the dressing.