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


## DARLING, YOU'RE A WONDER!

### They're Still Raving About Your Cake!

*"LAST NIGHT Bill and I had a party. You should have heard the praise when they saw and tasted my Swans Down Cake. Bill nearly burst with pride—and I think all the husbands were a little envious."*

It's so easy to bake light, lovely cakes with Swans Down that every woman should use it. Swans Down, you know, is a special flour for cake-baking, made from choice Canadian soft wheat. It is milled extra soft and downy and therefore reacts quickly and evenly to leavening. That's why Swans Down makes it easy to bake such gloriously appetizing cakes.

**3 Point Insurance For Better Baking**
1—Made only from select, soft Canadian Winter Wheat.
2—Ground by Swans Down's "Controlled Milling" process.
3—Sifted and re-sifted through silk, till it is 27 times as fine as ordinary flour.

CUT OUT FOR FUTURE REFERENCE

**HERE'S THE CAKE THEY RAVED ABOUT!**

CHOCOLATE "PEPPERMINT PATTY" CAKE

*(1 Egg and 2 Egg Yolks)*

2½ cups sifted Swans Down Cake Flour
1½ teaspoons Calumet Baking Powder*
¾ teaspoon soda
¾ teaspoon salt
½ cup butter or other shortening
1½ cups sugar
1 egg, unbeaten
2 egg yolks, unbeaten
3 squares Baker's Unsweetened Chocolate, melted
1 cup milk
1 teaspoon vanilla
½ cup of boiling water

Sift flour once, measure, add baking powder, soda, and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and egg yolks, one at a time, beating well after each. Add chocolate and blend. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla; then add boiling water, beating quickly and thoroughly. Bake in two greased 8x8x2-inch pans in moderate oven (325°F.) 45 minutes, or until done. Spread with "Peppermint Patty" Frosting.

**This recipe has been developed with Calumet Baking Powder. If another baking powder is used, adjust proportions as recommended by the manufacturers.*

"PEPPERMINT PATTY" FROSTING

Measure 5 cups sifted icing sugar. Cream 4 tablespoons butter; add part of sugar gradually, blending after each addition. Add remaining sugar, alternately with 2 unbeaten egg whites, then with about 2 tablespoons rich milk, until of right consistency to spread. Beat after each addition until smooth. Add ¼ teaspoon salt, ½ teaspoon vanilla, and 1½ teaspoons peppermint extract.

*(All measurements are level)*

*TRY ANY OF THE 9 TESTED RECIPES ON EVERY PACKAGE*

**SWANS DOWN CAKE FLOUR**
BRAND

S-241


## English Fashions For Well Dressed Canadians

Written for The Canadian Press
By Barbara Briton

LONDON, Oct. 28—(CP)—Timely as frost in the morning, gay as maple leaves, the latest London export fashions have the feel of fall.

Three separate shows of suits have left England within the last month for the other side of the Atlantic. They are models from which orders are to be taken and although in traditional English lines and new English materials, they have been designed especially for western wear.

Canada and the United States are taking great interest in the new British fashions.

"They are just eating up new tweeds over there," an English designer said. "We are having quite a time keeping up with cabled orders, even though the government is giving us every facility in releasing wools and dyes for export models."

London tailors are concentrating on exporting suits. New York has declared this a suit season and those in the show at the Regent Street headquarters of a famous woollen house have been expertly man-tailored to feminine curves with classic coats and cigaret-slim skirts. There were, however, slight new fashion wise variations from the classic tailored theme.

One suit coat was cut with yoke effect —a narrow tuck running straight across the front six inches below the shoulder, then along the armhole to the shoulder seams. Another coat was gored up in front from each hip to below the bust.

Timber brown, deep wine and forester green threads in a blurred blue-grey fine check provided one happy harmony and a striking box coat—ideal for driving—was in soft heavy tweed with red, yellow, mauve and green pencil stripes and cross stripes of a greyed-white background.

As a concession to those who like to cut a dash, one suit was of bright orange with pockets and Peter Pan collar of matching wide checks. The two breast pockets were set in a half-inch tuck that ran from centre front across and just below the shoulders.

Man-tailored as the English suits are, they have piquant femininity, cleverly cut in with the nipped-in backs and soft shoulder lines.

## THE COOK'S CORNER

**BUTTERSCOTCH COOKIES**
1 cup butter
1 1-4 cups brown sugar
2 eggs
1 teaspoon vanilla
3 1-2 cups sifted cake flour
1 teaspoon soda
1 1-2 teaspoons cream of tartar
1-4 teaspoon salt
1-2 teaspoon nutmeg
1 cup bleached Sultana raisins
1-2 cup currants

Method: Cream the butter thoroughly. Gradually cream in the brown sugar, and be sure to measure the brown sugar well pressed down into the cup. Add the eggs unbeaten, one at a time, and beat the mixture until light and fluffy, after each addition. Add the vanilla.

Sift the flour, then measure it, and sift again with the soda, cream of tartar, salt and nutmeg. Blend the dry ingredients into the creamed mixture gradually. Wash and dry the raisins and currants thoroughly, then add to the cookie dough.

Roll the dough in waxed paper, either in the shape of a ball or in long cylinders about 2 inches in diameter. Chill overnight. When these are to be baked, either cut in slices, or pinch off pieces of the dough and roll in balls about the size of small walnuts, or roll out on a lightly floured board and cut with a cookie cutter.

Place cookies on a greased baking sheet and bake in a fairly hot oven (425 deg. F.) for 8 minutes.

**SPANISH STEAK**
2 pounds round or flank steak
Flour
2 teaspoons salt
1-4 teaspoon pepper
1 teaspoon paprika
4 tablespoons drippings
1-2 cup chopped onions
2 1-2 cups canned tomatoes

Method: Trim excess fat from the steak, if necessary, and then cut into serving size pieces. Add salt pepper and paprika to the flour and sift together into a bowl or on to a plate. Pound as much of the flour mixture into the pieces of the meat as possible. A good thing to use for this is an old-fashioned wooden potato masher, but failing this, the edge of a saucer will do the trick.

Brown the meat well on both sides in the hot, melted drippings. Remove the meat to a baking dish or pot. Add the chopped onion to the dripping remaining in the pan and cook until straw colored. Now add the tomatoes and mix well, running a fork over the bottom of the pan to loosen any of the steak juices and flour that may be sticking to it. Pour this mixture over the browned meat and then the meat may be covered and baked in the oven at 30 deg. F. for 2 hours, or cooked slowly on top of the stove. Serve steak with pan gravy.

# Living & Leisure
## —The Woman's Realm

**MUSIC**

The man that hath no music in himself,
Nor is not moved with concord of sweet sounds,
Is fit for treasons, stratagems, and spoils,
The motions of his spirit are dull as night,
And his affections dark as Erebus:
Let no such man be trusted.

**QUICK TEA CAKES**

If friends drop in unexpectedly for tea it's a quick trick to whip up a little uncooked white icing and spread it between plain cookies. A little almond or black walnut flavoring in the icing helps.

Care must be taken to avoid opening the oven door for five minutes after a cake has been placed in the oven. When removing cake or drawing it to the front to see if it is baked evenly be very careful, because the least jar may cause the cake to lose its lightness.

Hyacinths started in the house in October will be in bloom for Christmas. Plant in pots set away in a dark closet for six weeks, then bring out into the light.

Apply paint remover with a brush. When paint begins to curl remove with a putty knife. Remover takes time and cannot be hurried.

Moisten dry stove polish with vinegar instead of water and your stove will take on a better polish.

Parsley chopped fine and served with bouillon adds much to its flavor and attractiveness.

When taffy has been pulled enough pull it into a long string about one-half inch wide. Cut off pieces with scissors, well buttered. These make neat-looking pieces.

**WALLPAPER ADDS HEIGHT TO ROOM**

Ceilings are often neglected as a part of the decorative scheme when new wallpaper is planned for the home. Yet ceiling space has amazing possibilities for beautifying and lending character to a room.

Low ceilings may be made to appear higher by using tiny leaf, star, snowflake and small spot patterns. Or, to reduce apparent ceiling height, a paper can be selected which is darker than that used on the walls. Oddly shaped rooms may often be improved in appearance by using the same unitized wallpaper on the walls as on the ceiling in an alcove. Or the same paper may be used on the entire ceiling to unify all parts of the room.

**TIED-ON FROCKS**

Just out of the defence scheme and undoubtedly inspired by a possible shortage of fasteners of one sort or another comes the tied-on dress. It's usually surplice and wrapover and successfully anchors the skirt and the bodice of the figure without benefit of metals or plastics by tying the neckline or the waistline or the hipline securely in place.

**SELF-CORDING**

Self-cording is introduced for trimming on a dress that suggests the wraparound for formal use, here in dull and shiny surfaces.

The style note of one color from head to foot is carried out in a simple raspberry wool and hat suit with shoes and stockings to match.

To remove marks on polished tables caused by damp glasses, rub well with vaseline, leave for twenty-four hours, wipe off with a soft cloth, and polish in the usual way.

We get at the outline of things from what we read and hear, but the filling in must be through our own experience.

**PLEASING VOICE DISTINCT ASSET**

A pleasant voice is an important part of charm — the worthwhile variety which doesn't fade all too quickly with the years. Generally speaking, the great beauties of all times have been easy on the ears as well as the eyes.

Not every adult can cultivate positively musical voice tones, of course. But it's not too difficult to learn to control the voice so that it doesn't go up and up and up when you get the least bit excited, or when you are in a crowd of people. And it's a simple to learn to hold tongue and jaw in relaxed positions, thereby eliminating a nasal twang from your voice.

**Relax Tongue and Jaw**

Instead of holding your tongue stiffly against the roof of your mouth, place the tip against the back of the lower row of teeth. Learn to hold it there when you are not speaking and when you pause for breath between sentences.

To relax your jaw, simply swing it back and forth, then close your mouth slowly. Let mouth fall open, taking a deep breath as it falls, then close it slowly, exhaling through your nose. Repeat five times a day or whenever you are particularly nervous and tense or just before you are going to keep an important business appointment.

Learn to pause and to breathe between sentences. Nothing grates more on the nerves of others than the voice which rambles on and on, minute after minute.

**Reading Aids Voice**

You can speak softly without speaking so softly that people have to keep asking you to repeat. And you can learn to speak distinctly. If you know that you have a habit of letting words run together, of leaving the "g" off words ending in "ing" or simply of muttering now and then, resolve to read aloud to yourself five minutes every day.

It doesn't matter what you read —a book, a magazine or the daily newspaper—just so long as you read aloud, taking time out to look up the meaning of words you don't know or can't pronounce, and remembering to breathe at each period, pause at each comma and enunciate clearly. Before you know it, you will have cultivated a habit of speaking distinctly and more interestingly.

Be sure that the fruits and nuts are well distributed throughout your fruit cake mixture. Chop or grind them into uniform-sized pieces and sprinkle them well with flour to prevent them from sticking together or remaining in one spot in the cake batter.

**TIME ECONOMY**

If you're planning on spending a full day of sewing, keep a generous sized wastebasket at your elbow. It will save you plenty of time picking up ravellings and cuttings when you have finished.


*Delicious, Healthful*
whole grain
**QUAKER OATS**
is economical!

Over 30 Big healthful servings in every package

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## A Morning Smile

He—Your husband refused to recognize me at the dance last night. I suppose he thinks I'm not his equal.

She—Nonsence; of course you are. Why he's nothing but a conceited idiot!

**EASY**

A Scotsman, notorious as a sceptic, had erected a massive mausoleum for his final rest. One day he noticed David, an elder of the kirk, gazing at it.

"Strong place, that, David", he said. "It'll tak' a mon some time tae rise up oot o' that on the Day of Judgment".

"Hoots, mon", replied David, "ye can gie yerself little trouble about risin' when that day comes. They'll tak' the bottom oot o' it and let ye fa' doon".

Have you eaten NEWPORT FLUFFS today?

## Plane Jane

By ROBERTA COURTLAND

**CHAPTER XXXII**

Aunt Emily was staring at Jane incredulously. "But — but, Jane!" she gasped. "You simply can't attempt to fly tonight! At least wait until tomorrow morning!"

"Tomorrow would be too late," said Jane. "You heard Mamie say that her doctor told her the baby would have to be taken to Johns Hopkins right away." She looked down at the infant, so tiny and helpless, and added huskily, "He looks like a pretty swell baby, Aunt Emily — and he's in a jam. We can't let him down."

Aunt Emily, too, looked at him, then at the mother's tortured face.

"Yes — I guess you're right," she said slowly. "You — you'll have to do it. But — but it's so dangerous!"

"So is crossing the street in the middle of afternoon traffic," answered Jane. She turned toward the door. 'Get Mamie something to eat, Aunt Emily, and something hot to drink, while I change my clothes."

"All right, dear. But wait a minute — how are you going to get a plane if Sam has grounded all those at the field?"

Jane grinned over her shoulder. "I'll break the lock on the hangar door and be thankful Uncle Sam is such a trusting soul—that he does not keep a night watchman!"

She hurried upstairs to her room. There, she changed into her warmest flying clothes and jammed her helmet down over her curls.

When she returned to the living room, Mamie was just putting down an empty bowl that had held hot soup.

"You — you're awfully good to me," she stammered faintly.

"That's putting it a trifle mildly my girl," said Aunt Emily, with her usual bluntness, "considering that Jane's risking her neck as well as yours and the infant's in the hope of saving his life."

"Now, Aunt Emily, dont put it that way," Jane said quickly. "Don't you see—this is my chance to prove whether I can ever amount to anything as a flyer. Any pilot with average brains and two hands can take a plane up on a clear day under ideal flying conditions, but a real, honest-to-goodness pilot is the one who can fly in any kind of weather — through pea-soup fog or a blizzard. If I can get His Little Nibs here to Johns Hopkins in time—well, it will prove a whole lot to me, if to nobody else."

"I know, child — I know," Aunt Emily said gently. She hesitated a moment, then added, with sudden determination. "Wait until I get my coat — I'm going too!"

"Oh, darling — no!" protested Jane. "I'm going to snag Buddy Le Craw's plane because it's new and is all tuned up and ready to go — with the gas tank full and everything. But it's only a two-passenger job."

"But Jane, I can't let you go off alone! If I go along, I won't be so worried — in such suspense. Can't you take some other plane that would carry the three of us."

"Yes, I could, but Buddy Le Craw's is the safest. It stands the best chance of getting through. The others are old and might go flooey on us in this weather."

Aunt Emily was white now and shaking a little.

"Jane, I—I won't let you go! I I can't!" she stammered, on the verge of breaking down.

"Look, darling," Jane said swiftly, "we're wasting precious minutes, when His Little Nibs hasn't any to waste. If we're going to give him his chance, every minute counts. So let's stop arguing. There are a lot of things for you to do. Give me an hour to get away, so that Uncle Sam won't have a chance to stop me, then telephone Greg and tell him what's happened. Ask him to telephone Johns Hopkins and tell them to expect us. That way, we'll cut corners at that end and give the baby an even better break."

Aunt Emily again looked down at the infant lying so pitifully still in his mother's arms. She looked into the fear-haunted eyes of the young mother. Then, she drew a long, hard breath, and clenched her hands.

"Well, get going, why don't you?" she said harshly.

Jane gave her a little squeeze and a kiss. "Thanks, darling — you're an ace! I'll go and bring the car around. You might see if you can find an extra coat for Mamie to wear. That one she has on looks pretty thin."

When she brought the Go-Cart around to the side entrance, her aunt and Mamie stood waiting. She saw that the girl was wrapped in Aunt Emilys fur coat, and felt her heart twist. Dear Aunt Emily! Jane knew how much she cherished that coat.

In a few minutes, with Mamie beside her she was driving away into the snowstorm. Looking back, she saw Aunt Emily silhouetted in the doorway, her hand raised in a forlorn wave. . . .

It was very cold, and the snow was coming down thickly. Jane found it hard to guide the car along the road, and had to drive slowly.

At the airfield, she left Mamie and the baby in the car while she went to the hangar. It took her some time to break the lock but, finally, she did.

Then, she wheeled out Buddy Le Craw's new plane. Buddy was the only child of a wealthy family, and the plane had been a birthday gift from his parents on his twenty-first birthday a few weeks before. Jane gave thanks that he had ordered a cabin plane.

"And I hope you'll forgive me for borrowing it," she whispered, "but when you know the circumstances, I'm sure you will."

When she had the motor humming sweetly, she ran back to the Go-Cart. She helped Mamie and the baby out of the car, then hurried them across the field to the plane.

She had just got them into it and was about to climb in herself, when she heard a shout from the direction of the diner.

Joe's voice yelled, "Hey — wait up! What the blazes are you up to? Nobody's to go out in this storm—boss's orders! Is that you, Le Craw?"

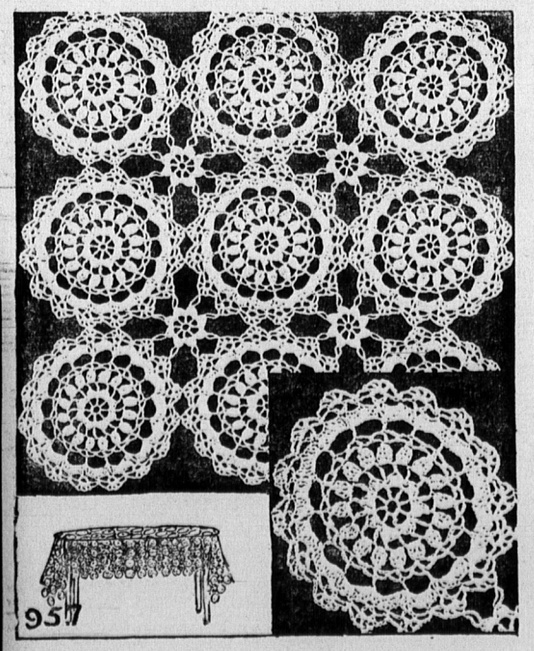
Jane's heart sank.

(To be Continued)

There is no truth in the ancient belief that blue-eyed people are more susceptible to tuberculosis, says a doctor who recorded eye color of patients at one sanatorium for 20 years.

Here are English translations of German camp names often seen in accounts of prisoners of war: "Oflag", officers' camp; "stalag", base camp; "front stalag", camp in occupied France; "stalag luft", air force base camp; "dulag", transfer camp; "kommando", section of main camp.

**THE "TEN MINUTE" MEDALLION**




**DESIGN NO. 957**

A beautiful heirloom tablecloth made from spider web medallions which are joined as work progresses. Pattern No. 957 contains list of materials needed, illustration of stitches and complete instructions.

To order pattern: Write, or send above picture, with 15 cents in coin or stamps to Needlework Bureau, Charlottetown Guardian.

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88 billion globules to the teaspoon . . . smaller than milk! This exclusive method of emulsifying so finely makes Scott's Emulsion 4 times easier to digest than ordinary cod liver oil. Good-tasting, economical, rich in natural Vitamins A and D, Scott's Emulsion is highly recommended as a valuable tonic for all the family. Buy today—all druggists.

**SCOTT'S EMULSION**
A Great Year-Round Tonic *For All Ages*

By Jehane Patenaude

BUTTER and sugar and chocolate, with taste-tempting walnut meats for good measure — you can tell by the good things that go into it that this week's recipe promises something extra special in the cookie line. "Favourite Brownies" make friends fast. They're easily and quickly made, too.

**Favourite Brownies (Approx. 15):**

¼ cup butter or shortening, 4 tablespoons Fry's Cocoa — or 2 squares Fry's Cooking Chocolate, 1 cup brown sugar, ¼ teaspoon salt, 1 egg, ½ cup flour, ½ teaspoon baking powder, ¼ teaspoon vanilla, ¼ cup chopped walnut meats.

Cream the butter with the brown sugar, add the Cocoa (or Melted Chocolate), the salt and the well beaten egg. Sift the flour with the baking powder and add to first mixture. Add vanilla and walnuts. Spread on a well oiled flat pan and bake 25 minutes in oven 350 degrees.

If you'd like a copy of the new Fry Recipe Booklet, "Chocolate Around the Clock," please enclose 10c. It's full of interesting, easy to follow recipes for chocolate desserts and beverages. Address: Jehane Patenaude, Fry-Cadbury Ltd., Montreal.

# Needlecrafts
## —For The Home

Wherever you are, whatever you do, a shirtwaist dress is the thing. Good tailored shirtwaist lines are always in taste, always in style. This dress features a comfortable pleated skirt, a soft bodice and action back. What more could you ask? It even has its own side-button jerkin to slip on for extra warmth or added chic—and of course you can wear the jerkin with your other dresses and blouses, too. Plaid and plain make a good fabric choice — especially for the college girl.

Style No. 2559 is designed for sizes 12, 14, 16, 18 and 20. Size 16 requires 3 yards of 54-inch fabric for dress; 7-8 yard for jerkin.

Send Twenty (20c) coin is preferred, for Pattern. Write plainly your Name, Address and the style number. Be sure to state the size you wish.

Style No. 2559 Size .....
Name
Street Address
City Province

In measuring liquids, whether the liquid be milk, water, soup stock, or anything of that nature or whether it be a liquid cooking fat, fill the utensils with as much of the ingredients as they will hold without running over.


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