



### What is the Secret of Family Health

One family is always healthy. In the next family there seems to always be someone sick.

Why?

It used to be customary to blame this condition on heredity.

But recent investigations show that far more depends on living and eating habits.

The underlying cause of low vitality is often traceable to a lack of vitamin B and essential minerals derived from the food consumed.

As a result, whole families may be found to be subject to a low condition of health which leaves them prey to serious and annoying ailments.

More and more intelligent thinking people are learning to depend on Dr. Chase's Nerve Food as a "pick-me-up" to help them out of a low condition of vitality.

It is usually the mother in the home who is largely responsible for the family health and most mothers know about Dr. Chase's Nerve Food and what it can do to help restore richness to the blood and vigor to the nervous system.

In most families, these days, there are excesses of work, worry and anxiety which overtax the nerves and cause headaches, irritability, loss of sleep and indigestion.

But these troubles do not need to get you down if you let Dr. Chase's Nerve Food help you.

School age children who have become pale, weak, languid and anemic are soon helped back to robust health by the use of this tonic treatment for the blood and the nerves.

Ask your druggist for the famous little bottle of Dr. Chase's Nerve Food.



FOR NEW PEP AND ENERGY

### Cook's Corner

#### AUTUMN FRUIT SALAD

1 large or 2 small fresh pineapples  
6 or 7 large firm peaches  
6 large firm pears  
3 firm tart apples  
1 large cantaloupe, peeled and cubed in 1-inch pieces.

Blend well together, using a large bowl for mixing. Add 1/2 lb. seedless green grapes (the little ones) and 1 or 2 bottles maraschino cherries. Combine well.

If using the dry sugar method, add to fruit the juice of 1 large lemon, and 1-3 as much sugar as fruit. Stir well and allow to stand for several hours, then place in clean sterilized jars, seal tightly and process for about 12 minutes in a hot water bath, counting time from when water in bath begins to boil. The kettle should be covered and the water kept at a slow boil.

If using the syrup method, make a syrup using 1 cup sugar to 1 1/2 cups water; boil for 5 minutes. You will need about 1-3 cup syrup for each pint jar. Place half the amount of syrup in bottom of clean jars, doing one at a time and keeping syrup at boiling point until all has been used. Pack fruit into syrup in jars—this excludes all air as you pack, gives you more fruit to each jar, and blends the syrup more evenly with the fruit.

You may use any leftover syrup that remained from doing other fruits, but it must be heated to boiling point.

To add to this recipe for increasing the quantity for special occasions, add 1 grapefruit, 1 orange and 1 or 2 bananas, sliced mixing with the canned fruit salad after opening jars.

#### SUMMER COCOANUT CAKE

2 cups sifted cake or pastry flour  
2 teaspoons baking powder  
1 teaspoon salt  
2 cups sugar  
4 eggs  
1 cup milk (scalded)  
1 teaspoon almond extract

METHOD: Sift the cake or pastry flour, then measure it and sift again with the baking powder and salt. Place the sugar in a mixing bowl and add the unbeaten eggs. Beat for 12 minutes, using a rotary beater or an electric mixer. At the end of that time, fold in the flour in 3 or 4 portions. Then add the hot milk, slowly and the almond extract. Beat well for 3 minutes. This may seem like a great deal of beating, but the result is worth it.

Grease 2 nine-inch layer cake pans and line with wax paper. Pour in the batter and bake in a moderate oven 350 deg. F. for 30 minutes.

Cool the cakes in the pans for about 5 minutes, then turn out to bake racks and remove the wax paper. Cool the cakes and then put the layers together and frost with seven minute frosting, then sprinkle the sides and top generously with a coconut-orange mixture.

#### SEVEN MINUTE FROSTING

2 egg whites, unbeaten  
1 1/2 cups sugar  
1/2 cup water  
2 tablespoons light corn or cane syrup  
2 tablespoons honey  
1/2 teaspoon cream of tartar  
1/2 teaspoon vanilla

METHOD: Combine the egg whites, sugar, water, corn syrup, honey and cream of tartar in the top part of a double boiler. Place over rapidly boiling water and beat the mixture with a rotary beater for 7 minutes. (If using an electric mixer, beat the mixture over hot water for from 3 to 4 minutes).

Remove from the fire and from the top part of the double boiler and add vanilla. Continue beating until frosting is stiff enough to spread.

#### Morning Smile

##### FOOD STORY FROM ENGLAND

I was in a certain restaurant not long ago, and they took a terrible time to bring the grub.

The bloke next to me must have been waiting even longer, because when the waitress brought his sausage and mash he looked sort of surprised and said, "Are you the girl who took my order?"

"Yes," she said.

"Blimey! You don't look a day older!"

### Simply delicious RAISIN BUNS

USE FLEISCHMANN'S ACTIVE FRESH YEAST



No wasted time, no extra steps. Full-strength Fleischmann's active Fresh Yeast goes to work right away. Makes sweet, smooth-textured buns that melt in your mouth and makes them fast.

IF YOU BAKE AT HOME, be sure to get Fleischmann's active Fresh Yeast with the familiar yellow label. You can depend on Fleischmann's—Canada's favorite yeast for over 70 years.

Always fresh... at your grocers

## Living & Leisure THE WOMAN'S REALM

Her name was only Maggie, and his was merely John. And she was some one's nursemaid, and he worked by the day; John wore no braided jacket with medals pinned thereon. And Maggie wasn't gifted in any special way.

But John made love to Maggie, and Maggie's heart was glad. And this I tell you frankly, and beg you to believe: Their case was as romantic as if the lover had been christened Montmorency, and his loved one Genevieve.

—S. E. Kiser.

### OLD STOCKING CAN BE USEFUL

Bothered by fleckings on your clothes when you put the final brush touches to your hair-do? Shake your brushes with an old stocking before your brush. This sock absorption of powdery dust or broken hairs that normally fly to shoulders will keep good grooming intact, say girls who vouch for this trick.

They're dress-house models who pass on another tip that's useful. That's the one of keeping a cuff unsmoothed through the procedure of wringing into a light-necked blouse or dress, which is, you'll have to admit, quite a stunt.

But it can be done, these girls say, by wrapping a scarf or mangled handkerchiefs over your head and catching the ends with your lips. A dress eased on over a head and face sheathed this way hardly dislodges a single hair. What's more, the garment pulled on is safe from contact with lipstick or powder—double threat to either light or dark-colored clothes.

Rust stains on fabrics may be removed by spreading the stained fabric over a pan of boiling water and squeezing lemon juice on it. After a few minutes rinse and repeat the process. This method is slow but does not harm delicate white cottons or linens.

Fish salads are an excellent luncheon suggestion. Boiled cod and haddock, packed into a tomato or green pepper cup, make an appetizing and economical salad. A salad of crabmeat, salmon, tuna or halibut, makes a tempting dish for a warm day.

You can keep cupcakes, cookies, rolls or muffins longer if they are baked with honey. Honey will keep these foods moist and prevent their staling if you wrap them individually or in small lots for convenience in serving, whether you plan a snack while driving or a picnic lunch.

### NEW SHOES ARE QUIETLY ELEGANT

NEW YORK — At the opening of a new shoe salon emphasis was on the quietly elegant shoe, without fuss and furbelow.

Closed toes and heels predominated among the walking shoes of afternoon pumps. In the latter group, heels were higher and slimmer and the closed treatment was lightened by cut-outs, lattice work, and scallops. A black suede pump had an invisible built-in platform for the woman who wants to achieve additional height for the new longer skirts without wearing a bulky looking shoe.

For wear with ankle length dresses, sandals of many styles in suede, satin and gold and silver kid were shown. A black satin sandal on an invisible platform had a high black and narrow ankle strap. A gold slip-on pump with sling back was sprinkled with minute rhinestones over the latticed vamp.

### TRY THIS TRICK WITH CORSAGES

There's a way to postpone the parting with the gift of a fresh-flower corsage. Who hasn't wished that a deluxe cluster of out-of-season flowers couldn't be given a few extra days' reprieve?

Here's the trick which will not only keep your bouquet alive but

looking fresh. Save your florist box, and return the flowers to their cardboard home after you unpin them. Next, sprinkle a few drops of water over your posies. Then wrap the box in a sheet of moisture-proof cellophane, gluing sides and ends with tabs of Scotch tape to make airtight. Finally, put your flowers in the refrigerator to keep fresh for another wearing.

If your corsage is an orchid beauty—or a gardenia, for that matter—this anti-wilt treatment can be given it several times—one after each wearing. Such flowers, with care like this, can be kept three or four days without losing their splendor.

Hints on Etiquette

The real test of your ability in getting along with people is when you are associated with one of those "difficult" people who find fault, contradict and often insult others. Treat them as you would any other human being, with courtesy and consideration, but maintain your own self-respect, and you will find that they respect and like you.

### HOVIS BREAD

Contains 25% Prepared Wheat Germ

Appetizing Nutritious

"BUY A LOAF TO-DAY"

The Greeks were the first people to use bedsprings, and made them of braided leather thongs hung between heavy boards at the side of the bed.

## DOROTHY DIX SAYS—

(Continued From Page 2)

"And oh, yes, there are a lot of other little things I would like to know about before I take the plunge into matrimony. How about my family? What will be your attitude towards them? Will you go into a rage every time my mother comes to see me? Will you treat me with as much courtesy and consideration as you do your secretary? Will you be an entertaining fireside companion, or will you pass into silence as soon as you enter your own door? Will you be one of the tired businesswomen who step out for amusement of an evening, but who think that a wife gets all the diversion she needs doing the housework?"

If every engaged girl put the Boy Friend through this questionnaire before marriage, there wouldn't be so many weddings, but the ones that did occur would last longer.

### Ellen's Diary

By an Island Farmer's Wife

(Continued From Page 2)

As recently as last night, her plaint had a far-off lonely—and rather sorrowful sound this morning, when James called them to the milking. Like one who having strayed to forbidden pastures, without thought of the consequences, and finding that in time, gully pleasures lose their charm, begged to return to the good and ordered way that had been. We found her in the freshness of today, disregarding the luscious grass and bracken along the stream, and pleading to be let within the home meadow. It was the mother love that was a-shinin' in her eyes, which is a sentiment wherever found that may not be lightly regarded. This afternoon the cows were resting within sight in the pasture, chewing contented cud in the mellow sunshine. Bright and pleasantly warm and lovely this day has been.



HANDBAG TRANSIT

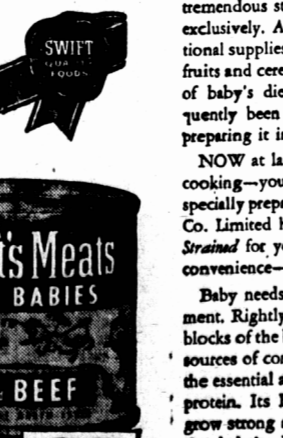
Mei-Ling, miniature Pekinese demonstrates an exclusive method of travel in keeping with her position as a star on the London stage. She plays role in a play requiring services of "smallest dog in London."

the druggist, "which is for the horse and which is for me. I don't want anything to happen to that horse before I get all the hay cut."

# MOTHERS! ... Now you can give your young baby complete high-quality protein in MEAT specially prepared for him!



Swift Canadian presents: Strained Meats for Young Babies, Diced Meats for Juniors



DESIGN NO. E-1289

Lacy oval dollies are crocheted in a lovely pineapple design. They may be made in two sizes 12 by 15 and 17 by 20 inches. Pattern No. E-1289 contains complete instructions. Needlework Book 15 cents.

To order: Send 20 cents in coin to Needlework Bureau, Charlottetown Guardian.

Design No. E-1289

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6 STRAINED—6 DICED MEATS

Beef	Lamb	Pork
Veal	Liver	Heart

In just 25 years the science of Infant Feeding has made tremendous strides. Today's baby is no longer fed milk exclusively. At just a few months of age he gets additional supplies of vitamins and minerals from vegetables, fruits and cereals. Meat, of course, is a natural extension of baby's diet. But until now meat feeding has frequently been delayed because of the tiresome job of preparing it in proper form for baby.

NOW at last—without tedious scraping, sieving and cooking—you can give your baby protein-rich meat in a specially prepared form. For the first time, Swift Canadian Co. Limited has developed special Meats for Babies—Strained for young babies, Diced for juniors. And such convenience—Swift's Meats are ready to heat and serve!

Baby needs proteins for proper growth and development. Rightly, proteins have been called the "building blocks of the body." Meat, of course, is one of the finest sources of complete high-quality proteins (providing all the essential amino acids). And meat is not only rich in protein. Its B vitamins and minerals help your baby grow strong and straight. Its iron (often inadequate in the baby's diet) helps build good red blood cells.

Strained Meats for Babies, Diced for Juniors

For young babies, Swift's Meats are chopped up fine and then strained. Only quality cuts are used. Fat is trimmed off completely, leaving only the finest lean meat. Baby needs less fat than you. All the wholesome natural meat flavour is retained in cooking. And the soft, smooth texture, so easy to swallow, is just right for baby.

For Juniors, Swift's Meats are diced to baby-bite size cubes for baby to chew on. And like Swift's Strained Meats, Swift's Diced Meats for Juniors are cooked just right in vacuum-sealed tins to retain a maximum of vitamins and minerals.

Six Different Kinds of Meat!

Your food store has all six Swift's Meats: beef, lamb, pork, veal, liver and heart. Strained Meats come in 3 1/2-oz. tins, Diced Meats in 5-oz. tins. Approximately two servings each. Ask your doctor when to start giving your child Swift's Meats for Babies or Meats for Juniors.



FREE! Booklet — "Meat in Your Baby's Diet!"

Swift Canadian Co. Limited, Dept. B.M., Toronto 9, Ontario.

I would like a copy of the booklet, "Meat in Your Baby's Diet."

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