

Woman's Realm :- Social and Personal :- Fashions :- Literature



MOTHER! MAY I HAVE ANOTHER DISH OF PUFFED WHEAT-ITS SWELL!

WE'RE THE QUAKER PUFFED PALS, YOU'LL NEVER GET TIRED OF US!

GOODBYE for ever to coaxing children to eat cereals. Make breakfast a temptation with Quaker Puffed Rice or Quaker Puffed Wheat...

QUAKER PUFFED RICE - PUFFED WHEAT

The HOUSEWIFE and HER ACTIVITIES

If you think you're beaten, you are. If you think you dare not, you don't. If you'd like to win but think you can't...

ITALIAN PRINCESS ABDUCTS HER OWN CHILD

Princess Ruspoli, member of one of Italy's oldest families, abducted her own daughter in a strange drama of the snows at Villars, in the Valais, Switzerland.

The child, aged seven, was on holiday with her father, Prince Alexander Ruspoli, a big game hunter.

Recently, wearing a blue ski-ing costume, she went out with her Irish nurse. They did not return, and the father telephoned to the police.

The police got in touch with the frontier posts... ten minutes too late. The child and the nurse had gone to Bex, below Villars, where Princess Ruspoli waited.

Later the princess telephoned from Evian to say that the child was in her custody and that she was taking her to Rome.

NEW COSMETICS LOOK NATURAL AND "REAL" New cosmetics for spring have a natural, healthy look about them. Designed with the schoolgirl com-

plexion idea in mind, they serve to enhance rather than to distort the beauty you already have.

Pinkish or reddish rouge is better than the yellow and orange tones. Choose one that harmonizes with the color your cheeks become after you have pinched them or after you have been exercising violently.

After you have cleaned your face and smoothed on a foundation lotion, brush your forehead lightly across a bit of cleaning cream, dip it in the cream rouge and beginning about a quarter of an inch from your nose, make one streak outward along the cheekbone.

The powder that you use in the next step in makeup also should match perfectly the natural tone of your complexion.

Use a clean piece of cotton each time you powder. The old-fashioned powder puff is convenient, of course, but unless you wash it every day, it just isn't sanitary.

Finish with lipstick. It, too, should harmonize with your natural coloring.

ROUND SHOULDERS "I'm round-shouldered," writes a

A Morning Smile

Dear Old Lady—I'm told that A. E. P. officers were not permitted to mingle socially with the rank and file. Is that true?

Former Doughboys—Don't quote me, lady, but when I was in France, I always thought General Pershing was a bit aloof!

CLEVER PEOPLE In the train from Plymouth to London a man was speaking to an American girl who was paying her first visit to England.

"I think your English countryside is lovely," she said, "but your cattle seem much smaller than ours. The man replied facetiously, 'That is to make milking easier—to have them nearer the ground.'"

reader. "I dread to try on the new suit because I know how awful I'll look in them. Aren't there exercises I can do to correct this horrible condition rather quickly?"

Of course there are. And, judging from the number of readers who seem interested in this subject, we'll give some right now, although they won't work their magic in time for this year's style parade.

First of all, stand with feet back about one foot away from a wall. Lean back until the shoulder blades touch the flat surface. Hold the position a few seconds and then force your spinal column, from the space between shoulders to the centre of your back, right against the wall. You won't succeed at first, but keep on trying until you do. Repeat the exercise several times a day.

SHINGLES Shingles, or Herpes Zoster, is the doctor call it, is popularly regarded as a skin disease; but more correctly, it should be looked upon as a disease of the nervous system.

There is no known specific cure for shingles. By protecting the inflamed area from friction and from pressure we can do a good deal to lessen the irritation and the general discomfort. A powder composed of two parts of starch to one or boric acid may usefully be dusted over the parts, and then covered with cotton-wool.

Of course, I'll admit that this seems too good to be true, but how else can you explain college boys' sudden passion for the gas range?

Did You Know Boys Were Going Domestic? Dorothy Dix Readers Effect On Girls' Matrimonial Chances

What Will be Future of Girls, Now That College Boys Have Begun Taking Courses in Domestic Science? — Are the Men Fitting Themselves to Lend Hand With Housework, or Are They Going to Pass up Matrimony Altogether?

It is announced that in the coeducational colleges an unprecedentedly large number of young men students are taking the domestic science course and learning how to cook and sew, and plan menus with the proper proportion of vitamins and calories, and tell the difference between Spring Lamb and old sheep dressed up to look like its grandchildren.

According to Holy Writ, a serpent on a rock and the way of man with a maid are mysteries beyond all fathoming, and so this new move of the Boy Friend in going domestic has the girls guessing. They don't know whether it means that in the future husbands are going to lend an expert hand with the housework, or whether they are fitting themselves to do their own cooking and sew on their own buttons and pass up matrimony altogether.

Hence, argue the pessimists, when you make every man a chef who can turn out such pies as Mother never made, and a seamstress who can execute fancy darts and put new collars and cuffs on his shirts, you have simply killed the goose that lays golden wedding rings. You have taken away the chief incentive to marriage for men, for more men marry for a home than for anything else.

Furthermore, continue the pessimists, you are going to increase divorce, because no woman who isn't a Patient Griselda is going to be able to endure a husband who is a better cook than she is and who is always telling her that he puts HIS pleasure on ice, and that HIS sauce or the baby out of a yard of cloth. Heaven knows it is hard enough to stand the man who is always throwing the coffee HE makes when he goes off camping in your face, but that would be as nothing compared to the sufferings a wife could be called upon to bear who had to listen every day to a husband's criticisms of her culinary efforts and have him con-tend them with his own skill.

On the other hand, the feminine optimists aver that it will make for domestic harmony for men to have some first-hand knowledge of the orderly, and rearing a pack of children. They say that after a man has got up at 6 o'clock and cooked breakfast, and got the children off to school and fixed the baby's bottles and cleaned the house and done a turn of washing and gone out and done the marketing, then cooked lunch and cleaned the house up again after the children, then cooked dinner and cleaned the house up again and sat down to a basket of mending, he would never again say, as so many husbands do, that he wished he could take it easy as his wife does, and had nothing to do but stay at home and keep his house and take care of the children.

The optimists also assert that it would be a great help to a woman to have a husband who could pinch-hit for her in the kitchen when she was sick and get a meal without messing up every pot and pan and using taking it by its ears and sousing it in a pan of suds as they are going to have a thirty-hour working week they are going to top a few hours of devoting all their time and energies to improving their golf and pool games.

Price of PATTERN 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

MAKES GENEROUS GIFT (A. F. By Guardian's Special Wire) DETROIT, May 1—A gift of \$2,156,676 in securities by Senator James Couzens to the Children's Fund of Michigan was announced today.

Senator Couzens, a native of Chatham, Ont., created the fund in 1926 with an initial gift of \$12,000,000 "to promote the health, welfare, happiness and development of the children of the State of Michigan primarily, and elsewhere in the world."

"Mrs. J. A. McAvery Tells Me My Chocolate Cake* is Simply Wonderful... And Here is How I Make It"



Mrs. J. A. McAvery formerly Miss Marjorie Mills, Saint John, N.B., and one of the most popular members of the Maritimes' younger set.

says the cook at the residence of Mrs. J. A. McAvery, Saint John, N.B., member of one of the Maritimes' first families and grand-daughter of the late Hon. William F. Todd, former lieutenant-governor of New Brunswick.

"YOU will notice, of course," adds Kate Barritt, "that I use Nestlé's Evaporated Milk in both the cake itself and in the icing. I do this because I know that Nestlé's makes them definitely better, smoother, richer. As a matter of fact, I use Nestlé's Evaporated Milk a great deal not only in making cakes but also for many other things such as soups, sauces, cream dishes, puddings, frozen desserts and so forth."

Let Nestlé's help you in the preparation of the many above-mentioned types of dishes. It will give them added flavour, greater smoothness, more richness.

Nestlé's is simply the purest of cow's milk with more than half the water removed, and with absolutely nothing added! All grocers have it and it is surprisingly low in price. Decide to try NESTLÉ'S MILK it now.

* Layer Cake with Chocolate Icing

- 1/2 cup butter, 1 1/2 cups sugar, 3 eggs, 1/2 cup flour, 1 teaspoon vanilla, 1/4 cup Nestlé's Evaporated Milk, 4 squares chocolate, 1 cup sugar, 1 cup Nestlé's Evaporated Milk, 1 teaspoon vanilla.

Cream the butter and sugar, add the yolks of the eggs and beat until light. Add flour sifted with the baking powder; mix the Nestlé's Evaporated Milk, and flavouring beat until light. Add whites of the eggs and when cool add the vanilla and spread between the layers and on top of the cake.

\$1500.00 IN CASH AWARDS

CONTEST OPEN TO RESIDENTS OF CANADA ONLY 1st prize \$250.00 2nd prize \$150.00 3rd prize \$75.00 4th and 5th prizes \$25.00 each 195 weekly prizes of \$5 each (15 each for 13 weeks.)

This contest is for recipes containing MILK as one of the ingredients. The milk used may be of any type, ordinary or evaporated. Each entry must be accompanied by a label from a can of Nestlé's Milk and must include your name and address. Recipes will be judged on the basis of simplicity, palatability and food value. You may submit as many different recipes as desired and win any number of \$5.00 prizes so long as each recipe is accompanied by a Nestlé's Milk label. Enter each week's contest if you wish final contest closes May 11, 1935, and the five major prizes will then be awarded. Judges will be Miss Margaret Currie, Household Editor, Montreal Daily Star; Miss I. K. Peniston, Director of Domestic Science, Central Technical School, Toronto; and Miss Louise Duncan, Director of Home Economics, University of Manitoba. Decisions of the judges will be final. Recipes will not be returned. Members of the Nestlé's organization and their families are not eligible. Send entries to CONTEST, NESTLÉ'S MILK PRODUCTS (CANADA) LIMITED, METROPOLITAN BLDG., TORONTO.

THE COOK'S CORNER

BAKED HALIBUT

Two pounds boiled halibut, 1/2 cup nippy, grated cheese, 1 1/2 cups white sauce, 2 1/2 cups strained tomatoes, 1/2 cup dry bread crumbs, 1-3 cup melted butter. Flake fish. Gradually add the strained tomatoes to the white sauce, stirring constantly, and cook until smooth. Season well, and add salt, pepper and melted butter to crumbs. Place layers of fish, white sauce and crumbs in a buttered casserole, and continue until all ingredients are used. Sprinkle cheese on top and bake for fifteen minutes.

HOT BISCUITS

Eight tablespoons rolled oats, 2 tablespoons flour, 2 tablespoons coconut, 2 tablespoons sugar, 1/4 pound butter, a pinch of soda, 1/4 teaspoon salt. Beat butter and sugar till creamy, add flour and coconut, mix well, stir in the oats slowly and bake in a moderate oven for twenty minutes.

POTATO PUREE

Four large potatoes. Peel and let

cook while preparing breakfast. See that they are well covered with water. When half done, drain this first water, it is strong and indigestible, and cover with fresh, cold water. Return the potatoes to the stove and let cook while eating breakfast, and longer, if need be. There must be no hard centres. Mash well, adding salt to taste, and a tablespoon of butter and 2 cups rich milk. Bring to a boil and serve at once. (Stir often; do not allow to burn.)

With the potato puree (add more milk and you will have a nice potato porridge), serve plain bread and butter, and slim slices of good cheese.

A plate of oranges makes supper complete. This is a very simple meal, but one that will be appreciated, and a most easy one to prepare. But do not forget the parsley. Potato puree without parsley is like bread without salt.

BOUNTY ON WILD DOGS

WINDHOEK, South Africa.—(C. P.)—To stop cattle slaughtering by wild dogs the administration has offered \$2.50 a head for all animals killed.

A contest "Naming Apples" was put on by Miss Annie MacKinnon, won by Mrs. Betton.

Programme committee for next month is Mrs. MacSwain, Mrs. Betton and Mrs. MacLeod. Next meeting to be held at the home of Mrs. MacSwain. Roll call to be answered by pinning "the tail on the donkey."

A dainty lunch was served by the hostess assisted by Mrs. Betton. The National Anthem and Photograph selections brought the meeting to a close.

HOW I HATED CLEANING TOILET BOWLS UNTIL I USED

Stains flush off this easy way

Once each week sprinkle Gillett's Pure Flake Lye—full strength—into the bowl. Off come all stains without scrubbing! Kills germs, banishes odors as it cleans. Frees trap and drain pipe from obstructions. Absolutely harmless to plumbing and enamel. Get a tin today!

Never dissolve lye in hot water. The action of the lye itself heats the water.

GILLETT'S LYE EATS DIRT

Proud of them .. aren't you!



YOU thrill with pride when you watch them off for school smartly dressed. You want them to look that way all the time. Then, dress them in Penmans Juvenile Sweaters and Golf Hose. These smartly-styled, easy-fitting garments have all the long-wearing, sturdy quality for which Penmans has long been famous.

FASHIONS FOR SPRING

The cape is versatile. It's almost magic. It seems to turn into sleeves at the front, while you look at it. The wrap-over arrangement, always a favorite with the larger woman, silms the figure so perfectly. Skirt pleats allow plenty of freedom for walking.

Maize eyelet batiste, so refreshingly cool to look at and to wear made the original. You can copy it exactly at very little expense. Chiffon cotton voile prints, linen prints, tub pastel or white silks, chiffon seersucker in stripes or checks, etc., are other lovely mediums for your choice.

Style No. 381 is designed for sizes 36, 38, 40, 42, 44, 46 and 48-inches bust. Size 36 requires 3 1/2 yards of 39-inch material.

Price of PATTERN 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

No. 381. Size Name Street Address City State

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