

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



Miss Campbell's Recipe for Cup Cakes
3/4 cup butter, 2 cups pastry flour, 2 cups sugar, 2 eggs, 2 1/2 teaspoons vanilla, 3 teaspoons Magic Baking Powder, 1 1/2 teaspoons salt, 1 cup milk.

Cup Cakes are delicious when made with Magic Baking Powder,

says Miss Helen Campbell, Director of The Chatelaine Institute

"Good baking goes hand in hand with good materials," Miss Campbell will tell you.

The majority of dietitians and teachers of cookery throughout Canada plan their recipes for Magic. They use it exclusively because they know it gives consistently better results.

Remember—substitutes are never as good. Do as the experts do. Use Magic Baking Powder.

Free Cook Book—When you bake at home, the new Magic Cook Book will give you dozens of recipes for delicious baked foods.



For The Cook

ORANGE ROSES

Milk, fruits and vegetables are most important parts of the diet and the food elements they furnish are particularly essential in low-cost diets.

4 to 6 oranges, Lettuce, 1 cup cottage cheese, French dressing. Peel oranges, removing skin down to juicy pulp.

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



838 SNAPPY BLOUSE WITH SLIMMING DIAGONAL CLOSING

And it's a model that can be carried out in a great many different materials.

For instance, here it is in a crepe silk print. Then again, you may want something a bit more dressy as crepe satin in pastel shade or in white.

A Morning Smile

AS SHE IS SPOKE

An auto tourist was travelling through the great Northwest, when he met with a slight accident to his machine.

BONSHAW WOMEN'S INSTITUTE

The April meeting of the Bonshaw W. I. met at the home of Mrs. S. Beaton, with the President, Mrs. W. MacRae, in the chair.

Mrs. A. B. MacLeod thanked the Institute for a plant sent her daughter, while a patient in the hospital. There was also a letter conveying a vote of thanks from Heathie Crosby for one sent him while a patient there also.

Works of Genius: There is no work of genius which has not been the delight of mankind, no word of genius to which the human heart and soul have not sooner or later responded.—Lowell.

Service: The good we can each of us accomplish in this world is small. The good that all men in all ages could accomplish if they would, is vast.

Cross Baby

"Baby was awfully fretful," writes Mrs. H. A. Flewelling, Ripley, N.B., "until I started giving BABY'S OWN TABLETS. Now he is just wonderfully well."

"YES, I AM 40 YEARS OLD!"

says Irene Rich

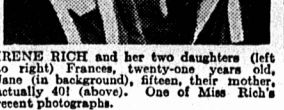


"YES, I am 40 years old. I don't mind confessing it a bit," says Irene Rich, "and I have two grown daughters of whom I am very proud."

But, in Hollywood, they guard complexion better above all else. They know it says youth quicker than anything else.

How does this lovely star guard complexion better? Just as so many other Hollywood actresses do—686 of the 694 important ones! "I have used Lux Toilet Soap regularly for years," she says, "and am very grateful for it."

Surely you will want to try this fragrant, white soap. The career of dollar-a-cake French soap for 10c.



IRENE RICH and her two daughters (left to right) Frances, twenty-two years old, Jane (in background), fifteen, their mother, actually 40! (above). One of Miss Rich's recent photographs.

It is repugnant to me to see righteousness wearing the livery of night.



WHEN noon-time comes, why not fix yourself a delicious lunch—and one that's no trouble at all to prepare? A bowl of crisp Kellogg's Corn Flakes, and milk with a bit of fruit.

Enjoy a bowl of Kellogg's

Dorothy Dix Letter Box

Why Housewives Loathe Their Jobs—Advice to a Girl Just Starting Out in Life—Ambitious Youngster Plans to Become Great Actress

Dear Mrs. Dix—Why is the average domestic woman so discontented with her job? Listen in on the conversation of any group of married women and you will find that the burden of their song is a lament over their lot in life.

Whenever you find a husband who has intelligence enough to jolly his wife along and tell her what a help she is to him and what a wonderful cook she is and find a good manager, you not only find a woman who is a crackerjack housekeeper, but one who glories in her job.

Dear Mrs. Dix—What advice would you give to a young girl starting out in life? YOUNG AND IGNORANT.

Answer: Well, first, I should advise her to sit down and honestly and fearlessly study herself. "Know thyself," said the sage of old, and that counsel goes double for women, because most of the mistakes that women make are the result of their not having even a speaking acquaintance with themselves.

So, my dear, get a good mirror and abide by what it tells you. Take note of your physical defects so that you can remedy them, and your charms so that you can highlight them.

Then make a list of your social assets and add to them, if you are brusque in manner, learn to be courteous. Cultivate a cordial and friendly manner.

Another reason why women hold their job in contempt and are disgruntled with it is because they are the only laborers who are expected to work for their board and clothes, and mighty few of us can put much punch into a job that brings in no pay envelope.

There are plenty of women married to well-off men who never have as much as a dollar of their very own during their entire married lives. Often their husbands provide them with fine homes and Paris

Whether you are rich or poor, perfect yourself in some occupation so that you can make a living by it in case of necessity. Learn to stand on your feet. Only the financially independent woman is free.

Make friends by showing yourself friendly. Be courteous, kindly and considerate to all with whom you come in contact. Go out of your way to do little favors for others. Remember people's anniversaries and pet prejudices. Learn to be tactful in what you say.

Be nice to the boys, but not too nice. Keep them guessing. Show that you appreciate their attentions, but don't throw fits of gratitude every time a boy notices you.

Make yourself the nicest sort of girl and you will win out. DOROTHY DIX.

Dear Mrs. Dix—Do you believe that a person can be whatever they wish if they try hard enough? I am

For FULL-FLAVOURED COFFEE Decide this Question

THE next time you buy coffee decide this question: Is there air inside the tin or package of coffee, or can any get in? If so—coffee deteriorates, loses flavour.

Only One Coffee is Packed by the New Vita-Fresh Process

That's Maxwell House—packed so that all trace of oxygen is totally removed and excluded from the sealed tin. No other packing process does this.

Get a tin from your grocer today. Look for the words "Vita-Fresh" on the sealed and locked tin.



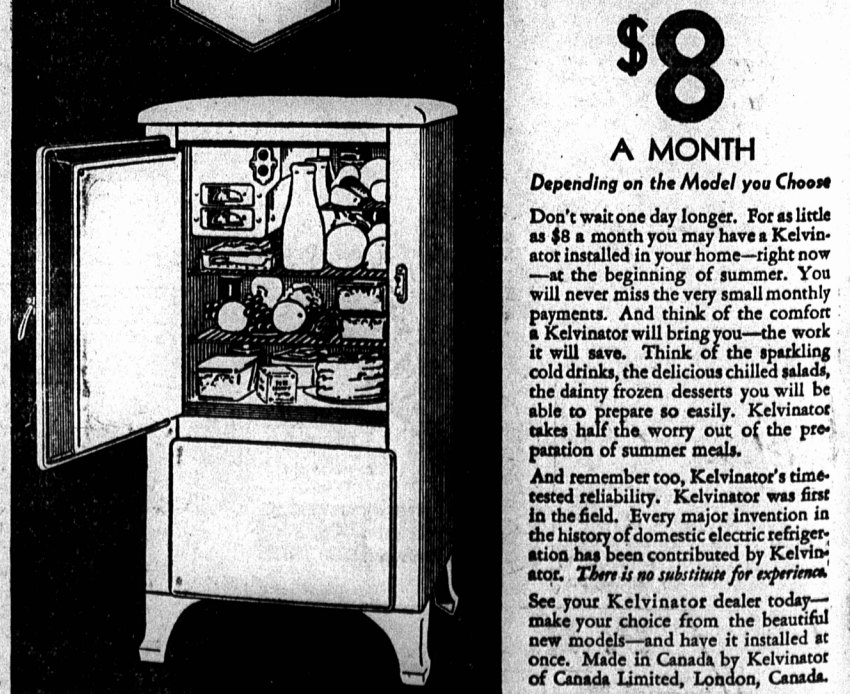
ROASTED AND PACKED IN CANADA

only 15, but I am planning on a stage career, and I intend to be a star whatever it costs me.

No, my dear, I am afraid that fairy tales don't come true and we can't wish ourselves into being geniuses. Nature settles that little problem for us.

Trying doesn't do it. Wishing doesn't do it. A man with no voice might try for a million years, but he could never sing like Caruso unless he had Caruso's golden throat.

There is no substitute for experience



KELVINATOR ELECTRIC REFRIGERATION

SUMMER COTTAGE OWNERS: Due to the mild winter there will undoubtedly be no job shortages at many lakes and resorts this summer. A Kelvinator electric refrigerator in your cottage will guarantee safe food preservation and plenty of ice cubes.

It's the Air Inside the Package That Ruins Coffee Flavour

Loose or bag coffee loses 65 per cent. of its flavour in 9 days after roasting.

She Shouldn't be Tired

No energy... circles under her eyes. If she would only try Lydia E. Pinkham's Vegetable Compound in tablet-form, she could be strong and happy again.

A KELVINATOR Can be installed in your home FOR AS LITTLE AS \$8 A MONTH

Depending on the Model you Choose

Don't wait one day longer. For as little as \$8 a month you may have a Kelvinator installed in your home—right now!

And remember too, Kelvinator's time-tested reliability. Kelvinator was first in the field. Every major invention in the history of domestic electric refrigeration has been contributed by Kelvinator.

See your Kelvinator dealer today—make your choice from the beautiful new models—and have it installed at once.

PALMER ELECTRIC CO., LTD. Grafton St. MARITIME ELECTRIC CO., Grafton St. BRACE McKAY & CO., LTD. Summerside