

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

CUT FOOD COSTS

with this **CATELL** recipe!

QUICK and easy to prepare! Cook one package of CATELL SPAGHETTI in 4 quarts of boiling salted water. Simmer till tender (about 15 mins.). Drain and rinse with hot water. Heat one can of CATELL MEAT AND TOMATO SAUCE, pour over spaghetti and sprinkle with grated cheese.

To serve casserole style, cover cheese with bread crumbs and brown in oven.

How Can I!!!

By Anne Ashley

Q. How can I fill in cracks in a floor so that the rug will lay evenly?

A. Cracks in the floor under a rug are very hard on the rug and should be filled whenever possible. Tear newspaper into small pieces and let soak in alum and glue water until pulpy. Fill the cracks with this pulp and press in hard and smooth with a spatula. Then stain or paint the floor when it hardens.

Q. How can I keep sponges that are used in the bathroom clean?

A. The sponges may be kept soft and sweet if washed occasionally in warm water to which a few drops of lemon juice have been added.

Q. How can I keep the piano keys clean?

A. Milk is a splendid cleaner for piano keys. Apply on a soft cloth and polish with a clean duster.

Legends Of P. E. Island

(By Uncle Joe)

SPIRITS ON THE MARCH

When gold was discovered on the West Coast in 1848, the cry was, "California or bust!"

One Prince Edward Islander who had not the means to sail around Cape Horn or cross via the Isthmus of Panama decided on attempting the death route—that is, across country, over the trackless wastes of prairie, forests and mountains.

With him went his wife and two young boys.

When John Webster and his family reached the state of Michigan, they met up with another gold-fever crackpot by the name of Slim Jim, who talked incessantly about the "big nuggets" the miners were hoisting from the Eldorado of the West.

Slim Jim wanted Webster to pool their meager resources, purchase a prairie schooner and a pair of good horses and take the uncharted land route to the far-off gold fields. Webster agreed to the proposal and in less than a week the party was off.

While the season continued mild, the roads good, and the country settled, they experienced no great hardships; but when winter closed over the country it was a horse of another color. What with swollen streams, washed-out bridges, wild beasts, and want of food, their sufferings became indescribable.

First, the two boys passed away and the men buried their shrunken, starved little bodies in a shallow grave near the foot of a mountain while their grief-stricken mother looked on in silence.

About one month later Mrs. Webster succumbed to want, cold and hardship, and a third grave was dug somewhere in that desolate, God-forsaken country.

But the men, being more rugged, pressed on and, till finally they lost one of the horses while crossing a swollen stream. The surviving animal could not haul the heavy wagon, and so it had to be abandoned, together with what was left of their meager supplies.

Then, to climax a terrible situation, the second horse broke its leg and had to be shot on the spot.

But there was no turning back now, no choice. One direction was as bad as the other, and both were fraught with new and undreamed-of dangers. Even Webster's faithful dog, that had followed him from Prince Edward Island, sickened and died shortly after the shooting of the second horse.

Still the half-starved, exhausted men moved forward, but by this time the cry of gold no longer was on their lips. They had lost all idea of time, place and distance. Slowly but surely they were going down to the grave to join the others who long since had given up.

(Continued on page 9)

Don't Make This Mistake When Child Is Constipated

Don't upset a child already upset by constipation with nasty-tasting laxatives or harsh, gripping cathartics. Give Children's Own Tablets. This new constipant-free formula is pleasant to take—acts so gently and normally without disagreeable reactions that even the fussiest child won't object to their use. Make laxative-taking time easy on the child and yourself, mother and children. Give Children's Own Tablets today at your drugist. 25¢.

Cook's Corner

CREOLE SLICES WITH CHEESE SAUCE

Ingredients: 3 tablespoons butter, 1 cup diced celery, 1-3 cup sliced green pepper, 1-4 cup chopped onion, 1 eight-ounce can Tomato Sauce, 1 1-2 cups water, 1-4 teaspoon salt, 3-4 cup granular wheat cereal, 3 eggs, 1-2 cup grated cheese.

Method: Melt butter or margarine, add celery, green pepper and onion; cook slowly until tender. Add tomato sauce, water and salt. Bring to a boil. Add cereal gradually; cook over low heat 3 minutes, stirring constantly. Remove from heat. Beat eggs; stir hot mixture into eggs gradually; blend well. Return to heat and cook, stirring constantly, about 5 minutes. Stir in grated cheese. Turn into loaf pan 3 1/2 x 7 1/2 x 3 inches; chill. Cut into 12 slices and place in shallow baking dish. Cover with cheese sauce. Bake in a moderate oven (350-375 F.) for 30 minutes. Makes 6 servings.

The Stars Say--

By Genevieve Kemble

For Friday, March 18

The emphasis for this day is to be found on affairs of heart and home, with all pertaining to their embellishment, progress gratification and enjoyment. The personal element is likely to be a deciding factor in all transactions, both in connection with the domestic circle and in business ventures catering to it. Deals, finances, contracts, sales, employment, all combine personality, charm, culture and home pleasures and all should thrive and progress under most benign auspices.

For the Birthday

Those whose birthday it is, are assured a prosperous, progressive, happy and enjoyable year, in which affairs of heart and home are the objective and the inspiration. Personally, charm, culture, youth, and pleasure are not to be neglected as factors, even in putting over more or less sordid or workaday transactions. Work toward the goal of hearts desire under this impetus and inspiration.

A child born on this day will be affectionate, lovable, attractive, sensitive, easily responding to cultural influences, although also efficient in all matters relating to heart and home.

(Continued on page 9)

Ellen's Diary

By an Island Farmer's Wife

Strong willed and with the innate courage of her ancestors who roamed—and battled in the glens, and absorbed the strength of their lofty buns, the mother of Angus was not one to dismiss a matter lightly.

"And what-for would he want to marry one of those feckless creatures?" she would say when the subject arose, she critical of even the most thoughtful and kindly and engaging of the country lasses, all of whom by her standards owed to some fault of manner or position or breeding.

Who knows—perhaps when the great book is opened, our judgment will be measured back to us, many a mother of us inclined to hold narrow visions, which might stand in the way of our children's happiness? Or shall the fault be entirely forgiven, lost sight of in the face of a great maternal love which is mostly patient and wise and self-sacrificing though often jealous?

"And anyway, why should Angus want a wife? Am I not here to cook and do for him?" Those may not have been her exact words but all the folks in the countryside 'round, and for miles, were aware of her sentiment, Angus most of all. So how could he keep the peace and marry? Though he continued to court the girl of his dreams.

This was Nancy who lived a few farms away. He had known her since schooldays. And why not? She was a fine girl, blue of eye and brown of hair and merry of heart. She was clever and smart, and more than one suitor came to her father's door to beg for her favor—I have heard the story so often that if Nancy were to rise from her long sleep in that rather distant graveyard, and I were to meet her face to face, I should recognize her at once! Thus it was that these years that are peculiarly Cupid's own, when life is young and every move wrapped up in the promise of romance which is singularly sweet, found the two still unmarried, she at home with her parents, and Angus content apparently with his round of plowing and sowing and reaping and plowing again—and his visits to Nancy's. I suspect that her "big nuggets" the miners were hoisting from the Eldorado of the West.

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(Continued on page 9)



Dietitian MARGARET McDIARMID of Toronto, says . . .

AYLMER TOMATO SOUP

IS FIRST CHOICE FOR True Tomato Flavor

YOUR FAMILY DESERVES AYLMER QUALITY

Household Scrapbook

By Roberta Lee

Pencil Marks

Almost every mother knows the experience of finding pencil marks on her white woodwork at least once in the rearing of children. These marks can be easily removed by rubbing them with a piece of cut lemon, and then with whiting on a damp cloth.

Thinner Cake Batter

Never pour in milk for the purpose of thinning a batter, as it will result in a poor cake. If the batter seems too stiff, beat an egg and add a bit at a time until the right consistency is reached.

Old Lace

To renew old lace squeeze it in hot, soapy water, then in cold water, then in milk to stiffen it. Press it on the wrong side.

Modern Etiquette

By Roberta Lee

Q. Is it cause for embarrassment when a girl sends a birthday card to a young man and receives no acknowledgment from him?

A. No; there is far more reason the young man to feel embarrassed that he forgot his manners enough to fail to acknowledge her thoughtfulness.

Q. When three men, with three women, enter a public dining room, what is the correct order of procedure?

A. The three women follow the head waiter or hostess, and the men follow the women.

Q. Is it permissible to supply a word which seems to elude a friend who is speaking?

A. While this is very often done, it still is considered ill-bred.

EQUINE EVOLUTION

The horse originated in China starting out as an animal no larger than a house cat.

DOROTHY DIX SAYS—

Misguided Kindness

Daughters-in-Law Take Advantage Of Generous Hospitality

DEAR MISS DIX: My husband and I have three sons. When the eldest one went into service, he asked that his wife and two children come to live with us. We gladly consented. But his wife resented the care of her children and having to help with the cooking, so that job fell on me. She used our car without asking us and invited groups of young people, who simply took over the house. It was a nightmare.

Then the middle son got married and brought his bride to stay with us while he went into the army. We opened our hearts to her, wanting to make her happy in every way. But she fought like a wildcat with the other daughter-in-law and screamed at the children. She had no use for old folks and put herself out of the way to be rude to our friends.

Now our youngest son has just gotten married and he and his wife want to come to live with us, but the very thought of it frightens me sick. Also, I have heard how his wife treats her own mother and I cannot think that she would treat me any better. My son has a good job but, of course, he cannot afford to live in as fine a house as we have, so he and his wife think we are very selfish in refusing to let them camp down on us. But we have had our lesson, and paid the price for it.

MOTHER-IN-LAW

ANSWER: So do most parents pay the price of their misguided kindness when they let their children come to live with them when they get married. It almost invariably ends in bitterness and strife because no house is big enough for two families, and no two generations ever see eye to eye. The Chinese ideograph for a fight is two women in the same house.

EXCEPTIONS TO RULE

Of course, there are exceptions to every rule, and there are many cases in which the newlyweds adjust themselves to their in-laws and live happily ever after. But, as a general thing, no sooner has a bridal couple combed the rice out of their hair and settled down to living on John's or Sally's parents, than trouble begins. This is inevitable. It is just Nature taking its predestined course.

For the success of a marriage depends upon the young husband and wife being alone when they go through the settling process, and free from any interference from Mama and Papa. Many a marriage goes on the rocks because the bride and groom have no private place in which to fight.

No one can doubt that the housing shortage is responsible for the enormous increase in divorce.

DEAR MISS DIX: I am 16 years old and engaged to a boy of 18. Do you think it is fair that he should definitely refuse to let me go out with other boys under the threat that I can never go back to him or see him again if I do? Do you think he is asking too much of me, since I am still in high school and plan to attend college? E. T.

ANSWER: If you were a grown-up woman and you were definitely engaged to be married and the wedding day set, your prospective husband might feel that he had a right to refuse to let you go out with any other man. But when you are still just a little teen-aged schoolgirl, for any boy to think that he has a right to dictate to you about whom you should know and where you should go and what you should do, is perfectly absurd.

Just tell him that you are not going to tie yourself down to any lad. You are going to keep yourself free so that you can get an education and see something of the world and have a lot of fun. And don't forget that boys change their minds about girls, and you would have no assurance that he wouldn't drop you as soon as some other attractive girl, who hits his fancy, came along.

DEAR MISS DIX: Recently my boy friend bought me a cedar chest as a gift for my birthday. My girl friend tells me that when a boy gives a girl a cedar chest, they are legally engaged. Is that true? FAITHFUL READER.

ANSWER: A cedar chest is certainly a very handsome and desirable gift, but it carries with it none of the significance that an engagement ring does. It is true that when a man becomes engaged to a girl he often gives her a cedar chest for her trousseau, but it is just a matter of taste. There is no obligation about it and it certainly entails no legal responsibility.

Better English

D. C. Williams

1. What is wrong with this sentence? "They had reached the final end of their journey."
2. What is the correct pronunciation of "condolence"?
3. Which one of these words is misspelled? Rhubarb, spaghetti, cauliflower.
4. What does the word "regenerate" (verb) mean?
5. What is a word beginning with "t" that means "limited by time"?

ANSWERS

1. Omit final o. 2. Pronounce k-on-do-lens, first o as in on, second o as in no, and accent second syllable, not the first. 3. Spaghetti. 4. To give new life, strength, or vigor to. "One great thought breathed into a man may regenerate him."—Channing. 5. Temporal.

Morning Smile

Rain was pouring down at the race track when an elderly man turned to his wife and said, "I decided not to bet on the filly, Gallop-and-Gal. I hear she isn't a good mudder."

"Yeah?" piped up a little stranger standing near-by, a gent who had two bucks on the mare. "And wot's her family affairs got to do wid it?"

That Body Of Yours

By James W. Barton, M. D.

HEARING AIDS REQUIRE EXPERT FITTING

It is gratifying to meet friends and acquaintances, formerly hard of hearing, who now meet you with a normal, not a questioning, expression on their faces because they are wearing properly fitted and suitable hearing aids. The oculist and optometrist not only make sure of prescribing the proper lenses for the patient, but they also insist upon fitting the frames so that the patient obtains the angle necessary to give him the exact or proper vision through the lenses.

Similarly, the otologist or hearing specialist, after making a complete examination of the patient's loss of hearing and the pitch necessary, prescribes the hearing aid best suited to the patient's needs. And just as the oculist or optometrist is most careful in adjusting the frames of glasses so the otologist wants to make sure that the apparatus attached to the ear must fit the ear perfectly. If possible, a cast is made from which the plastic hearing attachment is manufactured. If the ear piece does not fit properly, it can interfere with the clearness of sound.

In cases where the little bones of the middle ear drum are damaged and the sound is not transmitted properly to the little hairs of hearing nerve endings, then what is called a bone-conduction hearing aid is necessary to transmit the sound. In these cases the earpiece called an oscillator, is attached to the mastoid bone, the large bony lump at the back of the ear.

As most hearing aids are made with amplifiers with three or four

Barbara Brent's BUYS AND WHYS

A WEEKLY INFORMATION SERVICE

MONTREAL, Mar. 17th—Birthdays . . . anniversaries . . . all red letter days are fit occasions for a little celebration. Right occasions, too, for a favourite cake, specially decorated to suit the day. But make sure it's the best cake ever, by using the finest ingredients! Ingredients such as SWANS DOWN CAKE FLOUR, the cake flour that's sifted over and over again until it's 27 times as fine as ordinary flour. Not party cakes alone—but all cakes—are better made with Swans Down!

Free Recipe Cards . . . and all you do to get yours—simply write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q. I'll send you a complete set of standard-size recipe cards, each card featuring delicious ways to use LIBBY'S EVAPORATED MILK in your cooking! A real cooking "find" that I'm proud to be able to pass on to you! For Libby's Evaporated Milk is so rich, so creamy, so deliciously smooth, so richly flavoured, so nourishing—when you prepare it with Libby's creamy-rich Evaporated Milk! Libby's is pure, country-fresh milk with all the original cream left in and half the water removed. Use it whenever your recipe calls for milk—see and taste the difference it makes!

Here's a Free Offer that's wonderful! News for every woman who likes her good cooking to be the talk of the table! It's a free 16 page recipe book written for you by the makers of TEA-BISK . . . and just wait 'til you see it! It's "chuck full" of scrumptious recipes for making the fluffiest, tastiest tea biscuits you've ever made . . . and chicken pie—pancakes—shortcakes—dumplings, too. I can't begin to "tell all" about this wonderful recipe book . . . you'll just have to write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—for your free copy . . . full of tips for happy, oh-so-easy baking!

Hope This Catches Your Eye before you go to that St. Patrick's Day Party! Because here's a beautiful treat in treatment to make you look your very loveliest! Give your morale a BIG boost with a "Woodbury Facial Cocktail" before you go partying! In fact, daily use of WOODBURY FACIAL SOAP is wonderful for tired, complexion! Woodbury lather—extra-mild—extra-rich and extra-creamy. It actually contains a skin-smoothing, complexion-soothing ingredient of fine face creams! All you do for "Belle-of-the-Ball" loveliness . . . Work up a creamy-rich Woodbury lather. Massage thoroughly over face to cleanse and soften. Follow with two rinses—a warm and a cold. Pat dry. It's like magic! Your complexion is wonderfully fresh and party-prett!

Is There a Sleephead . . . or possibly several . . . in your family? If you find your folks like to wake up in the morning, just try this! Serve KELLOGG'S ALL-WHEAT at breakfast! Delicious! A mother writes that it's the tastiest way she knows to give her family good whole wheat nourishment . . . keeps her folks from looking like new for very little cost! There's no doubt about it—Kellogg's is a household "must-have" . . . and so very easy to use! You can get Kellogg's as little as 25¢ at your drug or department store.

Thousands of Canadian Families will be receiving cheques for their 1943 and 1944 Compulsory Savings during this month. A good idea is to start a special Savings Account with this money at the BANK OF MONTREAL—for it seems to me that money once saved is well worth hanging on to! You can use this B of M account for treating your family to things—like a new coat or a new hat—when you want to worry about doctor's or hospital bills, for example! So if you or your husband are among the lucky ones receiving Compulsory Savings refunds this month . . . why not visit your nearest B of M branch? You'll find the B of M staff friendly and courteous—glad to help you start your special Savings Account.

Here's Something I'll wager you hadn't thought of in connection with Spring Housecleaning . . . and a very important "something" it is! I mean JERGENS LOTION, that marvelous hand lotion that will keep your hands smooth and soft no matter what your housecleaning chores! Jergens Lotion protects against chapping and roughness . . . and it's so soft and so pleasant to use! So why not "stock up" on Jergens before you begin to rub-n-scrub? Never let it be said that your house is bright and shiny . . . but you look won't be a frazzled! Keep your hands lovely, the lovely Jergens way!

If You're Planning an after-dinner St. Patrick's Day Party to-night . . . here's an ideal main-course dish that's so quick and easy to cook, you'll have lots of time for dinner and to wash-up and prepare for the party, too! It's HEINZ COOKED SPAGHETTI . . . m-m-m-m!—completely delicious and rich with Heinz famous, spicy Tomato Sauce. It will be a flavour favourite with your family any day—so don't just save it for "special" occasions! Another easy-to-prepare applause-winner is HEINZ COOKED MACARONI—flavoured with smooth-as-satin, creamy sauce. Try both of these old favourites—soon!

This is Definitely a New Idea of personal daintiness . . . it's the lovely "fresh from head to toe" idea that thousands of astidious women have so enthusiastically adopted. And it's so easily . . . neatly . . . safely done with SNO-MIST, the new Spray Deodorant! Even if you use another deodorant under your arms to stop perspiration—you'll find many specially dainty uses for Sno-Mist! You see, it's the only antiseptic deodorant with an atomizer top . . . that lets you "spray your way to freshness" in a jiffy . . . from the tips of your toes to under your girdle! Sno-Mist simply won't harm clothing . . . but it's "fatal" to perspiration odour! Keep Sno-Mist in your desk at the office for a quick "freshen-up" in the wash-room. Carry it in your hand-bag. And keep it handy by the shower in your bath room. Your husband will like it, too!

"What Do You Talk About at a bridge party?", husbands sometimes like to ask. My answer would be "Everything from cabbage to kings . . . or pea soup to politics!" A recent bridge party, for instance, taught me a thing or two about tea. Many of the women said they had recently switched to the new, improved TENDER LEAF TEA BALLS! They raved about this finest Orange Pekoe—its delicious flavour—the little top leaves! Naturally, when I heard such enthusiastic compliments—I tried it, too! Now when I'm complimented on my tea-making—I must confess that I learned about the improved Tender Leaf Tea Balls at a bridge party!

vacuum tubes, there's little to choose among them; but the fitting of the hearing aid is most important.

While no hearing aid can give the same degree or kind of hearing as natural hearing, yet with a thorough examination, tests with the audiogram and then proper fitting, a hearing aid must restore to the patient a sociable, practical and serviceable capacity without damaging his own present hearing ability.

The patient should not hesitate to return for adjustments as he does for adjustment of glasses or artificial teeth.

AI AT LLOYD'S

DUNEDIN, N. Z. — (CP) — New Zealand claims to have the oldest ship on Lloyd's Register—the ship named Ben Lomond which plies on Lake Wakatipu in the South Island. Built in 1872, the ship has been in continuous commission ever since.

Butterscotch Crunch Pie

Prepare Butterscotch "Bud" Dessert as directed, using 2 cups milk. When cool, stir in 1/2 cup finely crushed peanut brittle. Place in baked pastry shell or crumb crust and chill. Spread top with sweetened whipped cream and sprinkle with crushed peanut brittle.

Oh! So butterscotchy! SHIRRIFFS "BUD" DESSERTS

With flavour so rich and satisfying, it just has to be Shirriff's! For only in Shirriff's is the flavour "Bud". And Shirriff's is the flavour "Bud" because the Shirriff's package contains an extra serving, you get more dessert for your money.