

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

It doesn't take an EXPERT



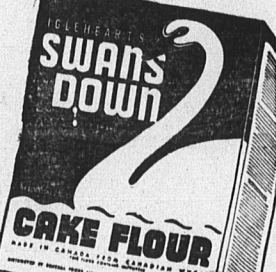
Even children appreciate the difference when cakes are made with SWANS DOWN

SPECIAL FLOUR FOR EXTRA GOOD CAKES

Swans Down cakes are so light and tempting that children just love them. That's because Swans Down is made only from choicest Canadian soft wheat which is ground and re-ground, then sifted through silken sieves. This carefully controlled milling process gives Swans Down superlative fineness—so necessary for successful cake baking.

BUY AT TO-DAY'S LOW PRICE

RECIPES FOR THE 9 MOST POPULAR CAKES ARE ON THE PACKAGE



Leaky hot water taps are expensive, says the U. S. Housing Authority, advising managers of low-rent housing projects that one drop per second from a hot water faucet in each of 600 dwellings would pay costs of heating 10 dwellings.

A New York inventor has patented a convertible top for closed automobiles that opens and closes at the touch of a button and has the strength of the top of a closed coupe.

Living & Leisure — The Woman's Realm

If of thy mortal goods thou art bereft, From thy slender store two loaves alone to thee are left, Sell one, and with the dole Buy hyacinths to feed thy soul. —Moses Eddin Saad.

DURIED EGGS HATCH BY SUN

Two Australian birds, the brush turkey and the mallee fowl, incubate their eggs in reptilian fashion. Their eggs are buried in huge mounds and left for the sun and decaying vegetable matter to hatch.

Crumbled bacon adds a wonderful new flavor to cooked green beans, yellow or white squash, browned navy beans or spinach. Add the bacon in the last 15 minutes.

The giraffe belongs to the family of cud-chewing animals, and when he brings up his cud, the bulge can be seen moving along the eight-foot neck.

A trim gray wool dress with high slit neckline is accented by a festoon of multi-colored jewels that dip in doubt, strand down both back and front.

Backgammon is believed to have been invented in the tenth century.

During the campaign against gossip which might be useful to the Nazis, a florist in Sydney, Australia, put a sign in his window reading: Careless Talk Costs Lives. Say It With Flowers.

A lawyer defending a thief in a Sairo court missed his wallet. Investigation showed the prisoner had picked his pocket as a lark.

First discovered in 1789, uranium was not isolated until 1812. It is a white, heavy, and metallic element.

Preceding its terrific eruption of 1631, when 18,000 persons were killed, Mount Vesuvius had been silent for five centuries.

When a light is lashed on the walking stick insects, it automatically freezes into immobility.

The Pennsylvania Academy of Fine Arts is the oldest art association in the United States.

Forty-three of the mountains in North Carolina are more than 6000 feet high.

TAKE THE EFFICIENT WAY TO SAVE YOURSELF ENERGY

It is aging to do everything the hard way. The woman who decides at an early age that she can be efficient without allowing herself to look or be harassed has a good chance of remaining youthfully attractive through the years.

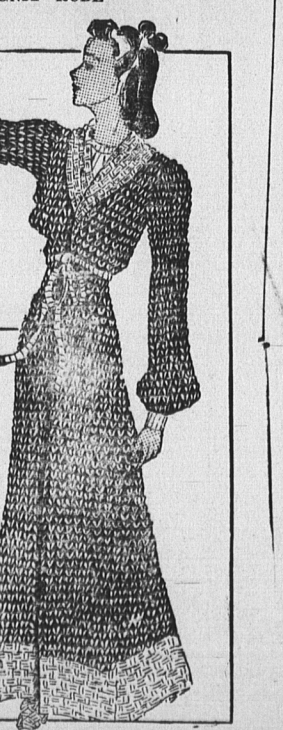
Planning a more elaborate party than you can handle with grace and ease is doing things the hard way.

So is nagging your children about hanging up their clothes instead of spending some time training them in habits of neatness. Or fighting with your in-laws instead of deciding to get along peacefully.

READ BABY NURSES SAY: WHAT FIRST SIGN OF DIAPER RASH OR SIMILAR CHAFFING DUE TO EXTERNAL CAUSE—APPLY CUTICURA

at all dry baby! —at all dry baby!

WARM JUMBO-GNIT ROBE



DESIGN NO. 9673
Jumbo wool, big needles, a little leisure, and you find yourself cuddled into one of these wooly sets when chill winds blow the naked trees about. No wonder we have so many letters asking for a cozy knit dressing gown. Start now, and you will have it done well before Christmas. For good measure our designer added the slippers and the cover for hot water bottles. —Never have we seen a more practical idea.

The pattern includes complete directions for knitting the set in sizes small, medium and large; material requirements and complete directions for finishing.

To order this pattern, send 15 cents in coin or stamps to Needwork Bureau, Charlotte Town, P. O. Box 100, Charlotte Town, P. E. I.

lively with them, or simply not to see them at all.

You make life unnecessarily difficult for yourself when you set goals that you are determined to reach, even though it doesn't really matter whether you reach them or not. (For instance, resolving to clean the entire house in one day rather than doing the upstairs one day, down stairs the next and so on.)

It is aging to indulge in fits of rage over little unimportant things. Frowning over your typewriter or over household bookkeeping puts lines across your brows, but really doesn't speed up your efficiency.

Hurrying breathlessly to an appointment instead of planning your time and allowing an extra five minutes to get there spoils your poise and puts a grim expression around your mouth.

Instead of Standing

Refusing to do some of the household duties the easy way makes many a homemaker look old before she should. The dishes will be just as clean and her forehead a great deal less tired if she sits on a high stool instead of standing before the sink.

And why should she lean over the hot stove for fifteen minutes, stirring the lumps out of the gravy, when she could just as well let it cook by itself for the same time and then strain it through a sieve to remove lumps?

To remove paint spots from glass easily, use a strong washing soda solution. If the paint stains are stubborn, soak them with the solution several times, then scrape with a razor blade.

Mother, If Child's Young

Relieve Misery of Colds Improved Vicks VapoRub

If your child is miserable with muscular soreness or irritation, spells of coughing or tightness in the chest, you'll welcome the relief a "VapoRub Massage" brings.

With this more thorough treatment, the poultice-and-vapor action of Vicks VapoRub more effectively penetrates irritated air passages with soothing medicinal vapors... STIMULATES chest and back like a warming poultice or plaster... STARTS RELIEF MISERY RIGHT AWAY! Results delight even old friends of VapoRub.

TO GET "VapoRub Massage" with all its benefits—massage VapoRub for 3 minutes on BACK—PORTANT HIP-AREA OF BACK—as you would massage the relief, spread a thick layer on chest, cover with a warmed cloth. AS you use genuine, time-tested VICKS VAPORUB.

Spanking Sometimes Needed

And I wonder still more that she hasn't enough sense to realize that she could stop it at once and forever by turning little Johnny or Mamma across her knee and administering a spanking that would teach him or her that mother is a person to be respected and to whom she will have to address her.

If it is any comfort to you, however, to know that you are not alone in your sufferings, look at the other terrorized mothers. About half the parents in America teach him or her to live in deadly fear of their children.

They quake with terror of the bawling out that Tommy and Susie will give them if they cross them. They snigger with glee when they think of the caustic criticisms of their own behavior which they can allude to at any moment.

They quack with indignation when they dare to express an opinion in opposition to the views of Sam and Sally, nor would they dream of showing such impertinence as to ask Fanny and Bob where they are going and when they will come in and for the matter presume to use the automobile if any of the children want to take a joy ride.

How to Handle Belligerent

Whose fault is it when parents are afraid of their children? Who brought up the little boys and girls to be so belligerent, so full of a thought of anybody else's comfort but their own?

Who reared them with no respect for their own feelings, and taught them that they didn't even need to be even decent to father and mother and that they were to be treated as cringing creatures to whom they didn't have to be polite?

Don't all speak at once. In your case, Unhappy Mother, the remedy is plain and simple. Sprink up for your life and tell your peevish, fretful, disagreeable daughter just where she sets off.

Take your courage in both hands and inform her that unless she can make herself pleasant and agreeable she will have to leave home and find some other place in which to live. She won't go, but it may scare her into being a little more decent.

But L hope that every mother who has a saucy little child will profit by your case and give the impudent little brat what's coming to it.

Choose Favorites Old and New

Happy times when you sing cowboy songs! Dates and parties have a gay, carefree intimacy. And no better ditty than that old western favorite, "Goodbye, Old Paint," to put your friends in a jolly mood.

"Old Paint's a good pony, he paces when he can; Goodbye, Old Paint, I'm a-leaving Cheyenne."

Then turn the pages of your songbooks to find a grand old tear-jerker, "The Last Great Round-up" is one they'll all love.

Round-up. On the eve of Eternity's Dawn, Then I think of the past and the cowboys, Who were once with us but now are gone."

Or, for a bit of humor, sing "New River Train." A disillusioned sweetheart tells her man, "Sugar Pie, you cannot love five, Making love to five is like stirring a beehive."

Give your friends the time of their lives with the 19 cowboy songs in our song book. Has words, music and piano accompaniments. Includes such perennial favorites as "The Dying Cowboy," "Red River Valley," "Giddy Up Little Dogies," several with guitar diagrams.

Send 20c in coin for your copy of Popular Cowboy Songs to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

ARRID

MADAM INSISTS ON DOUBLE ACTION 25¢ POUND

Barbour's ACADIA BAKING POWDER

Makes Biscuits Lighter... Whiter...more Flavoursome.

Dorothy Dix Says—

AS A CHILD IS TRAINED IT WILL CONTINUE TO GROW

You Cannot Expect Grown Children to Respect Your Authority if You Don't Start Discipline When They Are In The Cradle

Dear Miss Dix—What can I do with a peevish, fault-finding, sulky daughter who looks on life as distorted, who magnifies trifles into insults and keeps me walking on eggs for fear of offending her? She threatens to leave home, but stays on possibly because she is so comfortable.

UNHAPPY MOTHER.

Answer:—So you are afraid of your own daughter? How did you get that way? And more important still, how did you let her get that way? If you are honest with yourself you are bound to admit that you are to blame for the situation, because if you had not let her get the upper hand when she was in the cradle, and if you had done so you would have had her so thoroughly under control that she would never have dreamed of rebelling against your authority.

I never hear a mother letting a child talk back to her and say impudent things to her without wondering why she hasn't interposed enough to keep the child from growing up to despise her and insult her and revile her.

LOVE OR LUXURY? YOU ARE THE JUDGE

Dear Dorothy Dix—Should a girl marry a man she loves even if he is poor? Or should she choose a rich man who she doesn't love?

Answer:—It depends upon whether she loves the man or her comfort more. If she puts sentiment above luxury she is sure to be fed on tarragon and champagne by another, and a two-by-four apartment with him will look better than a palace without him.

Of course, no matter how much a girl is in love with a man, she should stop and consider if he can allude to a decent living for a family; but that is only a precautionary measure to preserve their love and secure their happiness, because love flies out of the window if the bill collector is perpetually knocking on the door, and because there is no peace and contentment in a home unless there is a fire on the hearth and food in the cupboard.

Beyond asking that the man furnish her with the modest competence, a girl should not consider in choosing a husband, nor should she ask that her young husband support her in the style to which she has been accustomed.

It has probably taken her father 30 years to make enough money to furnish her with a fine house and luxuries, and no boy starting out in business has that earning capacity.

If a girl loves a man as she should love a man, she ought to be willing to begin at the bottom with him, to work and save with him and help him build his fortune. The sacrifices they make for each other will bind them together.

THIS REMEDY PREVENTS DIVORCE

Dear Dorothy Dix—Mr. and Mrs. A. have been married 30 years. He has always been fortunate in having a good job, but their prosperity is owing to the thriftiness and saving of his wife. Recently he became initiated with a young girl who was of course the only one he understood him. After making a spectacle of himself for a few months, he asked his wife for a divorce, so he could marry his soul mate. She hesitated a while, but at last said: "Yes, I'll give you a divorce, but only on one condition. You must sign over everything you own to me. The money we have together I will save together, the house we live in, our car, in fact, everything, then I'll set you free."

Of course he raised objections, and so did the mate. "When I married you all that you had was your job and two or three large bills that you owed," she said, "and this other lady can marry you on the same platform, and she will be able to live with him and his affluence. And that was that."

Answer:—Fine! It shows that there is a remedy for divorce, after all. If a wife has rumpion enough to use it, another wife I knew settled the problem by telling her husband that if she gave him a divorce he must agree to take all of their five young children to live with him and his affluence. And that was that.

DOROTHY DIX.

Itching, Burning, Stinging Eczema or Salt Rheum

Eczema, or salt rheum as it is commonly called, is one of the most painful of all skin troubles. The intense burning, itching and smarting, especially at night, or when the affected part is exposed to heat, or the hands placed in hot water are most unbearable, and relief is gladly welcomed.

The relief offered by Burdock Blood Bitters is based on the knowledge that such ailments as eczema, and other skin troubles, are caused by an impure blood condition.

Bring about inner cleanliness by using B. B. B. to help cleanse the blood of its impurities.

Ask at any drug counter for B. B. B. Price \$1.00 a bottle. The T. Milburn Co., Limited, Toronto, Ont.

ARRID

At all stores selling toilet goods (also in 1oz and 2oz jars)

THE COOK'S CORNER

ENGLISH PLUM PUDDING

- 1 lb. chopped suet
- 2 lbs. raisins
- 1 lb. currants
- 1 lb. mixed peel
- 2 cups flour
- 2 cups crumbs
- 1 teaspoon mixed spices
- 2 cups brown sugar
- 3 eggs

Mix the suet, the fruit and the chopped peel and dredge with some of the flour. Mix together the remaining flour, crumbs, spices and sugar, and add the well-beaten eggs. Stir the fruit and suet into this mixture and mix the whole thoroughly. Put into greased molds or pudding cloths. Drop into a kettle of boiling water and boil from five to seven hours, according to the size of the pudding. Serve with hard sauce or any desired liquid sauce.

CHRISTMAS PLUM PUDDING

- 1 cup of scalded milk
- 1 pint of bread crumbs
- 3-4 cup of sugar
- 1 teaspoon of salt
- The yolks of four eggs
- 1 teaspoon of cinnamon and nutmeg
- 1-3 teaspoon each of cloves and mace
- 1-2 pound of raisins
- 1-2 pound of currants
- 1-2 cup of almonds
- 1-2 pound of suet

The whites of four eggs. Pour the scalded milk over the crumbs taken from the centre of a stale loaf of bread; when cool, add the sugar, salt and yolks of eggs, beaten together then the chopped suet, mixed with the blanched and chopped almonds, the seeded raisins, and the cleaned currants. Lastly add the spices and the whites of eggs, beaten stiff. Serve with hard sauce, or with any liquid wine or fruit pudding sauce. You may serve with whipped cream, sprinkled with grated maple syrup. Steam four hours. For a change chopped dates or figs are particularly good in place of currants or raisins.

CHRISTMAS PUDDING

(Old English Recipe)

- 2 pounds bread crumbs
- 1 pound flour (sifted)
- 1-2 cup of brown sugar
- 1-2 lb. beef suet (chopped finely)
- 1 pound currants
- 1-2 pound stoned raisins
- 1 pound brown sugar
- 1 teaspoon allspice
- 1-2 pound ground ginger
- 1-2 teaspoon cream of tartar
- 1-4 pound mixed peel
- 7 eggs
- 1 tablespoon syrup
- 1-2 teaspoon lemon essence

Milk to moisten dry ingredients. More eggs may be added if richer pudding is desired. Mix dry ingredients in order given and let stand overnight. In the morning, put into individual moulds (if so desired) and steam 8 hours, or even more. When about to be eaten, steam a couple of hours more, decorate with greens, pour over with a little cognac brandy and bring to the table blazing. Wine sauce is usually served with this pudding, although other sauces are often used.

PLUM PUDDING

- 1 qt. soft bread crumbs, 2 cups chopped suet, 2 cups sugar, 2 teaspoons baking powder, 1-4 teaspoon soda 4 eggs, 1-2 glass non-alcoholic cooking cherry, orange juice or other fruit; juices may be substituted.
- 1 lb. currants, 1 lb. raisins, 1 cup citron sliced thinly, 1 teaspoon cinnamon, 1 teaspoon mace, 1-2 teaspoon cloves.

Mix the bread crumbs, suet and sugar. Add sifted baking powder and soda. Add the sherry or fruit juice together with the yolks of eggs well beaten. Blend well. Add spices and fruit and mix. Fold in the stiffly beaten egg whites. Put in a buttered mold. Steam over boiling water 3 hours. The water should boil under the steamer very hard. Add more water if it boils away. This pudding will keep indefinitely. When you wish to use it steam for 30 minutes over boiling water.

A Morning Smile

COMMON SENSE

"Ye think a fine lot of Shakespeare?" "I do, sir." "An ye think he was mair clever than Robbie Burns?" "Why, there's no comparison between them." "Maybe not; but ye tell us it was Shakespeare who wrote 'Unhappy as the head that wears a crown.' Now Robbie would never have written such nonsense as that. 'Nonsense, sir!'" "Aye, just nonsense. Robbie would have kent fine that a king or queen either diana gang to bed wi' a crown on their head. He'd have kent they hang it over the back o' a chair."

IRISH

"Sure, and what's night it let!" said the Irishman at a party. "It's simply pouring."

"You can't go home in that down-pour," remarked the host. "You had better stay the night with us." The Irishman disappeared and returned some time later, soaking wet.

"Where have you been?" asked the host.

"Fome for my pyjamas," replied the Irishman.

SHOP EARLY

Unhurried Choices

SANTA'S ALREADY ON HIS WAY SO START SHOPPING TODAY.

Worthwhile Presents for your girls —

TAFFETA and WOOL DRESSES
SILK SLIPS
FLANNEL BATHROBES
COATS
SKI SUITS
SKATING SKIRTS
SWEATERS, PARKAS and ETC.
BABY GIFTS, that combine smart "Looks" and Real Utility.

THE MISSES

HOLMES & BRADLEY

152 Queen Street Phone 92

Your Individual HOROSCOPE

By Frances Drake

For Thursday, December 5th

MARCH 21 to APRIL 20 (Aries) — A big relief in favorable planetary rays over the past few days. No one cloud in your "good luck" sky to hamper you from achieving happy and fruitful results from well directed efforts.

APRIL 21 to MAY 20 (Taurus) — Very cheerful and progressive indications for you general folk. Deal with professional people, instructors in army, navy, aeronautical and other government branches; with bankers and brokers. Advertise. Gains through manufacturing and selling.

MAY 21 to JUNE 20 (Gemini) — Expansive vibrations sponsor all interests and activities that are motivated by high ideals and selfless service to worthy causes. You play a part in the whole structure, your affairs will have telling effect.

JUNE 21 to JULY 20 (Cancer) — Splendid chance here for you to make good in a big way. This obtains in both business and personal matters. Tackle anything, difficult or easy, in your line of duty. And good going to you!

JULY 21 to AUGUST 20 (Leo) — You can add to your industrial and financial benefits by steady application and by promoting good fellowship and good-will all around. Don't waste time this good day.

AUGUST 21 to SEPTEMBER 20 (Virgo) — Among the many favored this benefic day: Law, banking, brokerage, mining, shipping, useful utilities; manufacturing needed commodities; real estate. You excel in any worthy undertaking and you who are shut-ins should aim to achieve and be happy.

SEPTEMBER 21 to OCTOBER 20 (Libra) — "Small fry" and "big shots" are equal, sponsored in today's star aspects, you physically handicapped can very successfully develop latent talents and prosper.

OCTOBER 21 to NOVEMBER 20 (Scorpio) — Whole day favors industrial, financial, dealing with property, finances, dealing with advertising and promoting. Happiness and new interests indicated in personal affairs.

NOVEMBER 21 to DECEMBER 20 (Sagittarius) — Proper recon-

Needlecraft—For The Home

A simple dark dress has a definite place in every woman's wardrobe. The smartly dressed woman are all wearing this basic dress, and changing its appearance by using different necklines and clips at the plain high neckline. The princess lines are flattering to the larger figure and the soft, fullness makes for ease and comfort in wearing. A tiny collar is also provided and you can make it of contrasting fabric if you need a lighter color near your face. Trim shoulders and a tie-belt that is attached at the panel seams are both smart features.

Style No. 3453 is designed for sizes 14, 16, 36, 40, 42, 44, 46 and 48. Size 36 requires 3 7/8 yards of 36-inch fabric.

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

Style No. 3453 Size

Name _____

Street Address _____

City _____ Province _____

A substitute for egg whites for use in cooking has been obtained from soy beans by University of California scientists.

A hand-operated implement to compress old newspaper into balls for use as household fuel has been invented in Switzerland.

