

Cook's Corner

BUTTERSCOTCH APPLE SLICES

Interesting is this new way of baking sliced apples in a sauce. They are best when served warm, with pouring cream. But if you want to prepare them for cold serving, use only 1 1/2 tablespoons corn starch in your sauce to have it just the right consistency. Yield—5 or 6 servings.

2 cups lightly-packed brown sugar
2 tablespoons corn starch
1/4 teaspoon salt
1 1/2 cups boiling water
1-inch stick cinnamon
2 tablespoons butter or margarine
5 medium-sized cooking apples

Measure the brown sugar into a saucepan and add the corn starch and salt; combine well; gradually stir in the boiling water and add the cinnamon.

Cook the sauce, stirring constantly, until sauce is smoothly thickened; remove from heat and lift out the stick cinnamon.

Stir the butter or margarine into the sauce, bit by bit.

Wash, quarter, peel and core the apples; then cut quarters into wedges; arrange in a greased shallow baking dish.

Four the sauce over the apples. Bake uncovered, in a moderate oven at 375 degrees, basting apples occasionally with the sauce, until apples are tender—about 1 hour.

Serve hot or warm.

If BACKACHE is Holding You Back

It's DODD'S YOU MAY NEED!

When your kidneys act up and backache follows—get and use DODD'S KIDNEY PILLS, the 50-year-old Canadian remedy. DODD'S KIDNEY PILLS quickly and safely help restore your kidneys to normal action—help relieve backache and that "fired-all-the-time" feeling by treating the kidneys. Ask any druggist for DODD'S KIDNEY PILLS, look for the blue box with the red band.

Dodd's Kidney Pills

A FEW DROPS ON A WET CLOTH!

SUCH A LITTLE Javex MAKES SUCH A BIG DIFFERENCE!



Add a few drops of Javex to the wet cloth, and in seconds, without scouring, sinks, drainboards, tubs, toilet bowls, all porcelain comes sparkling, stain-free snowy white and sweet-smelling.

Javex Canada's most used Bleaching, Washing, Cleansing Fluid. AT YOUR GROCER'S—IN 4 CONVENIENT SIZES. J-31



Painting of No. 24 Sussex Street, Ottawa, is held by Jean Hart. For 25 years P.M.'s have had to find their own accommodation.

ELLEN'S DIARY

By An Island Farmer's Wife

And what of this day of the new week — what has it already given us? Happiness we doubt not, in many a place where some fond hope has been realized in part or in whole, and a dream at last come true. Only a whimsical, fleeting wish, the words lightly spoken it may have been, or on the other hand a long dream such as we on farms have cherished and worked towards along months or perhaps years, and so good at length to have fulfilled. And somewhere along the countryside it has given tears — the desolation of sorrow, the sadness of disappointment, the swift sting of anger, because these items intrude into our best of hours. They crowd in to catch one unaware, and often unready it is true.

And to some homes Island-over it has brought illness—the scourge of flu and its dreaded complications, its aftermath of weakness, which seems to border close on despair. While thus far, none of the family at Alderlea or at Rob's have been stricken, there is no reason to believe that we shall be among the small number passed by. But extremely grateful in circumstances which could swiftly become decidedly arduous to the rest of us should one or another of the farmers be laid aside with its miseries, we meet each dawn hopefully and continue our round hour by hour. True to character we shall cross our bridges when we come to them, though we suspect we should do badly if it were not for the fore-sight and thought of James to assist us past our exigencies. "Don't you think, Ellen, you'd better cut a good supply of that?" he suggested when he chanced to pass by the woodshed where we split kindling this morning. "You never can tell when we may be taken sick — perhaps all of us. And take in plenty of wood too. It may come in pretty handy. There's nothing like being prepared." He smiled. "It's half the battle, I can tell you!"

However, in spite of the anxieties and sorrows and miseries endured in this old world today, in many a place it gave the nice familiar tokens of living... the hush and reverence of dawn to be enjoyed — the blush of morning on a kitchen-wall. It brought good breakfasting, and presently saw the children off happily to school. This is a pleasant rite, though one is apt to take it too casually...

to think only of the momentary relief it affords. Yet we have seen few mothers who did not rest their busy work to watch them out of sight along a field or down the lane, as does Carolyn here... and trace away then to find the house straggling silent. It is likely then as we went on to gather up the pieces for the wash, that in mind we went with them — along the Spring-like road and into the school-room. And bent a head with them as they repeated: "Give us this day our daily bread" — to hope that whatever would be given these children in the class, would be wrapped about with a smile. A smile could make up for much. Was it a smile that "helped" a lame dog over the stile? Certainly it was the teacher with a smile you yourself had cause to bless in memory. Not for what she had imparted in the way of "schoolin'" — no word of that now remained, but just the kindly smile when things were "at sixes and sevens" on board or in text-book.

And Monday gave a wash on the line... and a sunny blue sky above. It sent a drizzle of sparrows filling down to the stream... the man's horse along the road... the men off to the woodlands... dusk brimming the valley and friendly lights twinkling forth. Yes much wealth the day has granted folks, not of that store which can be gathered into coffers and sometimes proves useless, but of another sort to treasure and keep forever down in the strong-box of the heart.

Until tomorrow — Diary — Good-night...

How Can I!!!

By Anne Ashley

Q. How can I remove kalsomine from a wall?
A. Dampen the surface thoroughly with water, and then brush off the kalsomine with a stiff brush. If the water does not soften the kalsomine sufficiently, add a very small amount of hydrochloric acid to it; but in that case, the wall must be washed afterwards with clear water to remove the acid.

Q. How can I prevent the little drops of syrup which often form on the top of meringues?
A. These are caused by the use of too much sugar. For pies the correct proportions are from one to five tablespoonsful of sugar to each egg white.

Q. How can I wash dress shields?
A. Use lukewarm soapy water and a teaspoonful of baking soda. Rinse in water the same temperature and dry in a shady, airy place.

In Return

"What would I get," inquired a man who had just insured his property against fire. "If this building should burn down tonight?"

"About ten years," replied the insurance agent.

Morning Smile

Animal Food

Winter vacationing, a prosperous old sheepman had been plunged into worry when his ranch manager sent him a cablegram reporting that a severe blizzard had struck the range. In an effort to escape his troubles, the flockmaster went to a night spot for a few drinks. But, during the floor show, he got up to make his exit.

Better English

By B. G. Williams

- 1. What is wrong with this sentence? "I rarely ever eat meat, but each and every one of you should taste it."
2. What is the correct pronunciation of "mystery"?
3. Which one of these words is misspelled? Annuiment, annoint, annihlator, anesthetic.
4. What does the word "inviolable" mean?
5. What is a word beginning with imp that means "threatening to occur soon?"

ANSWERS

1. Say, "I rarely (omit ever) eat meat," and say, "each of you (or,



Two-piece pure silk black and white pencil line portrait print dress with smartly jet-buttoned diagonal International Original — International Dress. Hat by John Fredericks.

Sewing Notions For Spring

Home sewing has become a fashionable hobby. You can make yourself many of the new styles you see and admire in the fashion magazines and besides, it's fun to sew and a profitable way to pass a few hours. This is the season when more sewing is done than at any other time of the year. Spring heralds many new styles and home sewers want to start right in introducing these new fashions into their own wardrobes.

During National Sew and Save Week, March 3 to 10, stores all over the country will set up special displays in their sewing departments and in their windows of new fashions to be made at home. Many stores will hold fashion shows of exciting spring styles to be made from patterns. This is your opportunity to buy from the widest choice of fabrics, the most complete stocks of trimmings and sewing notions and the most exciting group of new pattern styles of the year.

Whether you sew to outfit the family or merely to take an occasional stitch in time, you'll find a well-outfitted sewing basket a boon companion. Keep it fully equipped and within arms reach over the country will set up special displays in their sewing departments and in their windows of new fashions to be made at home.

Needles—The sizes of needles are indicated by number. Small numbers are coarse needles, large numbers are fine. A package of assorted sizes 3 to 9 will take care of ordinary needs. Thread—Keep a supply of mercerized sewing thread in assorted colors on hand. You'll need also several spools of black and white thread in a variety of sizes for all fabrics.

For measuring you'll need: Tape measure—A 60" cloth tape gives accurate measurement because it will not stretch. Yardstick—Get a durable wooden stick with smooth edges and clear markings. Hem marker—You can buy a skirt marker which stands up straight for measuring. Some are equipped with an attachment so you can measure hems yourself in case you can't find a helper.

It's a good idea to keep on hand snap fasteners and hook-and-eye fasteners. Have both heavy and fine sizes of each type in your sewing basket. Other sewing notions such as shoulder pads, seam binding, bias tape for false hemming, boned stiffness for waistbands and featherboning for strapless dresses are better bought when needed. Otherwise you'll only have a lot of odds and ends cluttering up your sewing kit.

You'll find all the above-mentioned sewing accessories and more at the notions department of your favorite store. For National Sew and Save Week the stores are zoning all out to have on hand a complete range of every type of sewing necessity. So it's an ideal time to outfit your trusty sewing basket in preparation for spring dressmaking activities. See you at the notions counter!

WIN YOUR SHARE OF \$5,000!

NAME THIS CAKE

Delicious, Easy Frosting
2 egg whites
1/2 cup sugar
2 drops vanilla
1 tsp. salt
1 tsp. cream of tartar
1/4 cup vanilla
1/4 cup chocolate
1/4 cup orange
1/4 cup almond
1/4 cup coconut

Place egg whites, sugar, water, salt and cream of tartar in top of double boiler. Place over boiling water in continuous till frosting peaks in. Beat continuously till frosting peaks. Add vanilla, graded orange rind, food coloring, Beat 5 min. Beat frosting and filling for 9" or 10" layers. Drain. Cut into three 1/2" thick. Slash top and place on cake. Shape like a cone and place on cake. Decorate with green cherry slices.

WIN \$2,000 just by naming this cake! It's delicious and so beautiful—it's a 3-layer orange cake topped and filled with pale green frosting, decorated with flowers of orange slices, and leaves of dark green cherry. Think of a suitable, original name for it. Then read the easy contest rules and send in your first entry now. Enter often! There are over 100 cash prizes!

1st PRIZE.....\$2,000
2nd prize.....\$1,000
3rd prize.....\$500
4th prize.....\$250
5th prize.....\$100
6th prize.....\$50
7th prize.....\$25
8th prize.....\$10
9th prize.....\$5
10th prize.....\$2
11th prize.....\$1
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41st prize.....\$1
42nd prize.....\$1
43rd prize.....\$1
44th prize.....\$1
45th prize.....\$1
46th prize.....\$1
47th prize.....\$1
48th prize.....\$1
49th prize.....\$1
50th prize.....\$1

That Body Of Yours

By James W. Barton, M.D.

IMPORTANCE OF PROTEINS IN OUR DAILY DIET

I met one of my old schoolmates recently and he asked me how he looked. I told him he looked well, if not better, than when he was a youngster. He gave me a triumphant smile and said, "Well, I'm a vegetarian!"

I asked him if he drank milk, but I received no answer.

Milk is as much an animal food as meat and from the standpoint of protein (now considered our most valuable food) milk is richer in protein than meat itself.

Protein foods are the source of what is known as the amino acids which are needed for growth, repair, reproduction, and what is equally important, needed for the juices used in the various body processes of stomach, liver, kidney, heart, bloodvessels.

While most of us think of animal proteins as the only proteins, we are learning from outstanding nutritionists that vegetable proteins are also needed in an all-round diet.

In any natural diet, both animal and vegetable foods with their mixed protein content contribute all those essential or needed amino acids, except lysine, which vitamin must be in the diet of the growing child.

In the British Lancet, Dr. D. P. Cuthbertson states that it is not known that repair of tissue where proteins are needed is only possible where all the required acids are available together in the right proportion at the same time. In addition to these proteins the carbohydrates (bread, sugar, potatoes) must be used daily as carbohydrates, in addition to supplying energy, help burn up the proteins, thus making full use of the valuable protein eaten.

It is a remarkable thing that adults have learned to eat about the right proportion of proteins, 14 to 15 per cent of their total intake, but unfortunately many children do not eat enough of them. Also our teen-agers, adolescents, because they can often choose their own diet, do not eat enough proteins and are satisfied with starch foods which, while giving plenty of energy, do not supply the building material or repair material needed at this age.

The Stars Say - -

By Genevieve Kumble

For Tomorrow
MOST auspicious stellar aspects predominate on this day, promising progress, growth, success and pleasant relations all along the line. The emotions, feeling and instincts are the dominating factors, with personal as well as business interests giving much gratification. Intuition, stratagem as well as ideals and friendly understandings, even in practical affairs, could bear rich fruit.

For the Birthday

Those whose birthday it is are assured a happy, progressive and pleasant state of affairs, perhaps all enhanced by a judicious use of the feelings, emotions and personal charm. A modicum of strategy as well as astute manipulation of current prospects, could bear rich fruits and give much gratification. A child born on this day should be clever, gifted and shrewd in a practical way, as well as finding charm, persuasion ideals and inner forces of real value in its progress.

Two Foreign Stars

In Film's Top Ten



MARIA FELIX



JEAN SIMMONS

Hollywood film stars are favored by the world's motion picture fans with only two foreign actresses making the top 10 in recent poll. Jane Wyman was best actress and Gregory Peck was top actor. Maria Felix of Mexico and Jean Simmons of Great Britain were the only two non-Hollywood actresses to be chosen.

For Smooth Youthful Skin

NEW PALMOLIVE

It's Mild!



Another Beautiful Palmolive Girl

Smart Young Women say PALMOLIVE—It's Mild!

DOROTHY DIX SAYS—

Junior Home-Wreckers

Why Are Brothers And Sisters Instinctively Antagonistic?

DEAR MISS DIX: You tell us how husbands and wives can live peacefully and happily together. What about the children of these happy couples? Please tell us how brothers and sisters can live in peace and harmony with each other.

M.E.L.

ANSWER: Harmony in the family circle is like harmony between nations. Everybody believes in it and is for it, and nobody knows how to bring it about.

Perhaps the reason that brothers and sisters do not get along amicably together is because they are too much alike. They have too many of the same characteristics. Oliver Wendell Holmes once said that the reason that families broke up and scattered to the four corners of the earth was that this is Nature's remedy for keeping the Joneses from being Jonesed to death and the Smiths from being Smithed out of existence.

LITTLE SAVAGES

Or perhaps the reason that brothers and sisters squabble when they are children is because they are children and hence little savages with all of a savage's selfishness and greediness and lack of consideration for others.

Certainly most households in which there are children are places of turmoil and warfare but, curiously enough, the brothers and sisters who fight like cats and dogs among themselves will turn on any outsider in a united attack and rend him limb from limb. Nor do these inter-family feuds that sometimes last from the cradle to man and womanhood often leave any bitterness. Sometimes they engender a hatred that lasts as long as life does, but generally the brothers and sisters who kicked and scratched each other all through their childhood are devoted to each other in spite of the knocks they have given and received.

It would be easy enough to give a formula for promoting peace and harmony between brothers and sisters. They would only have to follow Mother's oft-repeated advice: "You must love your little brother." "You must be good to your little sister." "You must divide your apple with Charlie." "You must let Jenny play with your new doll."

But it would take divine power to make the youngsters follow the rules. As long as children are children they will follow their instincts, which are belligerent rather than pacific.

DEAR DOROTHY DIX: What do you think of a man of 60 marrying a woman of 48? They both have grown children, unmarried and living at home. The woman has a good job. He has a fair job. Owns his own home and is very thrifty. Would the disparity in age make a difference?

A FRIEND

ANSWER: Nobody can tell how a marriage will turn out or whether a couple will be happy when married, but it seems to me that this marriage has all the elements of success in it, provided they don't try to live with those unmarried children. Two sets of grown sons and daughters would wreck any home. Inasmuch as they are adults and should be self-supporting, why not let them set up their own homes and go their own way in life?

There is no disparity of age between a man of 60 and a woman of 48. They are virtually the same age. They have the same background and traditions and tastes and habits. The difference in age only counts when we are young. I am strong for middle-aged men and women, people in their fifties or sixties, marrying if they can find suitable mates. Old people need companionship and they cannot find it in their children who naturally want to amuse themselves and get about. And old people need their own homes in which they can do as they please, instead of having to be unwelcome guests in their children's homes.

DEAR DOROTHY DIX: I am engaged to a young man who makes a good salary and is upright, honest and a hard worker. He is a home lover, owns his own home, is considerate and kind, not only to me but to everyone. He loves me and all my friends say I am the luckiest girl in the world, but somehow I can't bring myself to marry him. I don't love him. I have tried to force myself to love him, but I can't. Shall I marry him, anyway, and take a chance on learning to love him, or give him up?

KAY

ANSWER: Give him up. He is too fine a fellow to have his life ruined by being married to a woman who doesn't care for him. No woman can do a more dastardly deed than to deceive a man about her feelings for him and marry him just for the sake of getting a meal ticket.

-Needlecraft-

FOR THE HOME

EASY TO MAKE

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