

CONFIDENTIALLY YOURS

By *Byrne Hope Sanders*

MONTREAL, September 23rd—I know the inside story... The husband of a friend of mine lost everything. His business failed; his savings went. Desperately, he cashed his insurance policies. And then, in three months, he died. Friends wondered how his widow could manage. Thankfully she told me that her husband, during his prosperous years, had bought her a GOVERNMENT ANNUITY... backed by the resources of the Canadian Government. It is bringing her an income for life! There's a truth in this story for everyone... The best way to ensure an old age free from financial worry is to buy a Government Annuity! I'd like to send you a booklet about them—FREE! Write to me—Byrne Hope Sanders, 1411 Crescent St., Montreal.

A Good White Sauce is the basis for many delicious dishes. Use BENSON'S or CANADA CORN STARCH... every time!

MEDIUM WHITE SAUCE
 3 tablespoons Mazola Salad Oil
 3 tablespoons Benson's or Canada Corn Starch
 1 teaspoon salt
 1 teaspoon pepper
 2 cups milk

Heat Mazola Salad Oil in saucepan. ADD Benson's or Canada Corn Starch, salt and pepper. BLEND well. STIR in milk gradually until smooth. COOK over medium heat, stirring constantly, until mixture thickens and boils. BOIL 2 minutes; stir constantly. YIELD: about 2 cups.

For Many Years people have used the words "Fresh as a Daisy"... to describe the most immaculate air. You'll think of this, I wager, when you use the wonderful, new FRESH CREAM DEODORANT. It's so light and fluffy with never a trace of grit. And better still—keeps the underarms really dry and banishes any possibility of odor. Thanks to its exclusive "Moisture-Shield" formula that keeps underarms so dry, there's no stain on clothing—no offensive odor. Your loveliest frocks, your most tailored suits or woolen sportswear—are all absolutely safe from any harm with Fresh Cream Deodorant. Get a jar, yourself, today!

One Of My Friends... has a wise and pleasant routine. Every night she puts a pretty cup and saucer, a Thermos of boiling water, and a jar of INSTANT CHASE & SANBORN COFFEE on a tray and sets it at her bedside. First thing in the morning she has a fragrant cup of full-bodied 100 per cent real coffee... before she gets up. Starts the day royally! Best of it is you can buy Instant Chase & Sanborn Coffee in all its perfection at a saving of up to 10c a pound over regular coffee! (It's the research of Chase & Sanborn scientists which has made that perfection!) So do order a money-saving jar yourself today!

Alice Brooks Designs



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 Pattern 7046. Child's Sizes 2, 4, 6, 8, 10. Pattern pieces, embroidery transfer. State size.
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 Brimful of thrifty gift ideas—our Alice Brooks Needlecraft Catalog—82 of the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.

KEM-GLO
 THE MIRACLE LUSTRE ENAMEL

New Kind of Rice Pudding



Glamorized with coconut—and made with double-rich Carnation Milk, the milk that whips.

Sunny Isle RICE PUDDING
 made with CARNATION EVAPORATED MILK Serves 6

1 large can undiluted Carnation Evap. Milk
 1 cup water
 2 eggs
 1/2 cup sugar
 Best Carnation Milk, water, eggs, sugar, salt and flavorings until smooth. Pour over cooked rice, mixed with 1/4 cup shredded coconut in 2 quart casserole. Place casserole in pan of hot water. Bake in moderate oven (350° F.) 30 minutes. Stir lightly but thoroughly. Continue baking 30 minutes. Top with remaining coconut during last 5 to 7 minutes. Cool before serving.

You get better cooking results when you use Carnation Evaporated Milk—in all recipes that call for milk or cream. The secret is the special blending qualities of Carnation—qualities not found in any other form of milk. And Carnation is doubleback. You'll cook better when you cook with Carnation.

Ever Caught

live with me but I have no companionship with them. My son-in-law is a professional man who makes plenty of money, but I own the house and keep it up. Are they unfair, living with me and standing in my way?

WHAT'S FAIR TO EVERYONE?

Am I doing the woman an injustice, as well as myself. Should I continue to want to leave everything to my daughter and her spouse? Or should I take what I think is right and say to my child: "Here, this is your share; I made the money, but this is your rightful share." And then take the balance and marry my wonderful companion and go into the sunset of life with a perfectly charming and wonderful woman?
 Do I owe my child all I have made? And should I live in solitude looking at TV in my room, in a house I own and maintain, just to give her everything? I don't think my companion would consider marriage unless I were to set aside something for her—or leave her something in my will. Do you think she should marry me just for what can give her a room to stay? Would that be unfair to her? What should I do? Remember, I have a great deal of money. —T. A.

HAS IMMATURE PERSONALITY

DEAR T. A., in condensing the foregoing letter, the following excerpt was omitted: "I fear I am about to lose this lovely woman—not that she doesn't love me, but she can see I am very stubborn about my money. And, as she says, I am just using her companionship to fill a void in my life. I feel I cannot go on alone, and want to keep her for myself—but without marriage."
 Can this be the widower speaking himself? Or is it his fair companion, writing in his name, trying indirectly to give him insight into his problem of indecisiveness? It is hard to believe that a man could be so unblinking about his selfishness; but perhaps a man as selfish as this is lost to those finer considerations which spark the blush of shame.
 As I get the picture, the man is emotionally immature, the "passive-aggressive" personality mentioned here earlier this week. Of this type, the specialists say, "These are the people who, though they have got a little beyond the complete helplessness of infancy, have not quite been able to decide to stand on their own two feet. They are caught, so to speak, between the desire to be taken care of, and the refusal to be dominated."

USES MONEY AS A SHIELD

"In the narrow dimensions of their emotional world, there is no pattern for relationships except—the one of domination-submission—you're either the boss or you do what you're told. Being emotionally unprepared for independence, these people also seek out strong dominant individuals to lean on; but the course of their relationships is doomed to constant friction because of their thinly veiled and indirectly expressed hostility."
 The man described in today's letter is an emotionally dependent type, determined not to be dominated. So he uses his money-power as his shield, also as his instrument for dominating others. Although leaning on his daughter and her husband psychologically, he tried to bury this aspect of his performance in a show of financial usefulness to them—present and to come (after his death).
 Similarly in respect to his valued woman companion. He'd like to rig up and perpetuate a deal wherein she has no strings on him, as the saying goes, while he takes profit from her society. And to justify, or make plausible, this morbid selfishness, he argues financial duty to his child, etc. His attitude towards his money is sick-minded. If the woman is lovable, my advice is, marry her—and freely grant her a wife's and widow's fair share in the husband's estate. M. H.
 Mary Haworth counsels through

KEEP IN TRIM

Working Wives Need Good Diet

By *Ida Jean Kain*
 Statistics reveal that we are a nation of working couples. Today close to nine million married women are gainfully employed, with the largest percentage of these working wives in the middle age group, 35 and over.
 On the surface, it might seem that holding down two jobs, the working woman would be on the thin side. This is often the case with younger wives who try to keep their homes as neat and sweet as if they had all day to clean and polish. Of course, that is a generalization, but it runs fairly true to form.
 By middle age, we've settled into a comfortable routine. But even at that, doing two jobs takes more energy. Homemakers who also go to business try to keep up their strength by eating more food. But excess fuel doesn't make extra strength, it goes to fat, particularly in middle age when the body needs fewer calories. Alas, middle aged working wives are prone to be overweight.
 If you are a working wife and would like to lose ten pounds or twenty, and have increased energy, tune in... Superior nutrition but fewer calories is the answer. Doing moderately active work, you burn 2400 calories daily. If you have a sedentary job and do light housework, then you will use around 2000 calories a day. You can

Books

little plants or pretty bits of bric-a-brac.
 A figurine or colorful piece of glass, china or pottery makes an attractive note. For children's bookshelves, one might fill spaces with models of characters from Mother Goose, Winnie-the-Pooh or other classics.
 Trailing plants are a charming note atop either side of bookshelves. The green leaves and stems trailing down the sides make a pleasant frame for shelves and contents.

Clever Idea
 We saw one imaginative scheme worked out in a rented apartment where shelves, if fastened to the walls, would have become the property of the landlord. A good quality step ladder was lacquered in deep black. Planks, painted a vivid red, were laid on the open ladder steps, and books installed, most in horizontal arrangement. Sounds a her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

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 BY SHOPPING AT "ZAKEM'S"
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2 Pkgs. 69c

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D. & F. SAUSAGES, lb. 45c
ALL FLAVORS JELL-O, 6 for 59c
INSTANT PUDDINGS, 2 for 29c
PILLSBURY CAKE MIXES, 2 for ... 75c
Wax PAPER, 100 ft. roll 29c
FLUFFO, 2 lbs. 55c
POT CLEANER FREE SHINOLA WAX 39c
PUREX TISSUE, 2 for . 25c

Kraft "Handi-Snack" Cheese, 8 oz. 29c
Kellogg's (Reg.) Corn Flakes, 2 for 35c
Pabulum, reg. 50c 39c
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Molasses, qt. 33c

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