

Cook's Corner

Custard Souffle

In top of double boiler cream 4½ tablespoons butter with ½ cup flour, and when blended stir in 1 cup plus 2 tablespoons hot whole milk. Cook, stirring hard until thick and mixture forms a big lump from heat and add 1½ tablespoons frozen orange juice concentrate, ½ teaspoon salt, 1 cup sugar, 1 teaspoon grated orange rind, and 1 teaspoon almond extract. Cool a little, then beat in 4 beaten egg yolks. Fold in 4 stiffly beaten egg whites carefully. Grease and flour a large ring mould (angel food pan will do). Stand in pan of hot water and bake at 350 degrees F., for about 45 minutes. Cool a few minutes before loosening with spatula, then turn out on large round platter or chop plate. Chill thoroughly. Fill center with 3 pints frozen raspberries thawed at serving. Serves 12.

How Can I!!!

Q. How can I pull threads from linen much more easily?
A. Before attempting to pull the threads from linen, run a damp cloth along the line where the thread is to be pulled. It will pull out much more easily while the cloth is damp.
Q. How can I prevent delicate-colored wash materials from fading?
A. Before they are washed, soak them in lukewarm water, to which a few drops of turpentine have been added.

Life was never such FUN before!

Now she's sought after, invited everywhere, cherished with the glow of health that excites admiration. What a difference from the pale, listless, anemic, lonely girl. You too can be happy, peppy, popular. If you always feel tired, run-down, do what happy thousands now do, take Dr. Williams' Pink Pills. See if within 30 days, a richer, redder blood doesn't make you a new person, with more bounding energy, better color, new radiance. Start today! Get back "in the pink" with

DR. WILLIAMS' PINK PILLS

Modern Etiquette

By Roberta Lee

Q. Is it considered improper and "forward" for a young woman to ask a young man she admires to call upon her?
A. No, this is no longer considered improper as it was at one time. The young woman of today may invite the young man to dinner at her home, and not feel in the least "bold" or "forward" about it.
Q. I have been invited to the home of a friend whose wife is a doctor. Should I address her as Mrs. Carson, or as Doctor Carson?
A. As Doctor Carson.
Q. Which seat goes with the lower berth when riding in the Pullman section of a train?
A. The seat that faces forward is used by the person who has reserved the lower berth.
Q. From which side should one properly sit down in his chair at the dinner table?
A. From whichever side is more convenient.
Q. How should one eat cheeses?
A. Soft cheese can be spread on a cracker with a knife. Hard cheeses, such as American, are eaten either with the fork or fingers.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

ACCORDING to a chain of conflicting auguries among the solar, lunar and mutual aspects of major planets, there is definite bearing on all contacts, commitments and relationships. It therefore behooves all to analyze, manipulate and direct, challenging situations carefully and bravely as they come up for judgment and call for clever tactics. It happens that the inner forces, faculties and intuitions are under excellent stimulus for digging beneath the surface and coming up with sound judgment and intelligent action. Do not dramatize romantic disturbances or lures.

For the Birthday

Those whose birthday it is may anticipate a year of dramatic excitement, with many conflicting and challenging developments in the private, emotional, mental and workaday life. Important issues are at stake and should be shrewdly analyzed and evaluated. So much of the personal seems to

The Experts Say

By Kay Rex

Sew your own clothes and save money, says Mrs. R. G. Purcell of Fort William, Ont.

Mrs. Purcell is president of the Federated Women's Institutes of Ontario, an organization composed of 47,500 women in farming communities throughout the province. She told the Canadian Press that any woman can help beat the high cost of living by doing her own sewing. It also helps if she plans her wardrobe around a basic color.

"The idea of the basic dress which can be changed in appearance by the addition of a scarf, necklace or other trimming, is an old one—but ever new," said Mrs. Purcell.

Spring, said Mrs. Purcell, always gives her "a yen" to sew. "Certainly a young mother with a growing family needs a sewing machine—and needs to use it. "There is such a choice of material today, simplified patterns with all instructions clearly given, or classes in sewing in all schools, that there is no excuse for any mother not knowing how to sew for her children."

Rhubarb, Rhubarb

The head of the Ontario Women's Institutes said that if housewives want to save "they should buy in larger quantities and plan meals ahead. This is one way to get more value for the food dollar.

"Whenever possible I buy in larger quantities—potatoes are much cheaper by the bag. Canned milk or other canned foods commonly used, is cheaper by the case," said Mrs. Purcell.

In the Purcell garden are raspberry-bushes. Every spring there's rhubarb.

Mrs. Purcell found "after the first taste for rhubarb has gone there always seems to be a surplus not used." She preserved some, uncooked, in cold water for winter use. Some went into conserve and rhubarb pickle.

But there still was rhubarb in the garden.

Last year Mrs. Purcell solved her problem.

"I took equal quantities of raspberry and rhubarb, cooked it, strained it through a jelly bag and made a clear jelly in the usual way."

She said this new kind of jelly has more juice than usual, and the sweetness of the raspberry is fully balanced by the tang of the rhubarb.

link up with practical or perhaps sordid commitments. And what is decided on in any relations may have vital and far-reaching climax. Extraordinary insight, unusual perspicacity and sagacious action make up a memorable year.

A child born on this day has such richness of talent, ideas, characteristics and opportunities for gain or defeat as to make life one huge drama, with thrilling adventure possible.

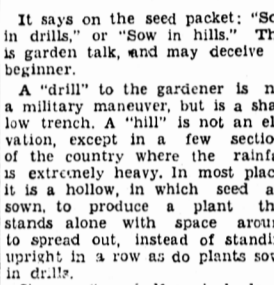
Seed Sowing Takes Care, But Is Not Precision Job



Shallow Drill for Tiny Seeds



For Large Seed



Planting a "Hill."

It says on the seed packet: "Sow in drills," or "Sow in hills." This is garden talk, and may deceive a beginner.

A "drill" to the gardener is not a military maneuver, but is a shallow trench. A "hill" is not an elevation, except in a few sections of the country where the rainfall is extremely heavy. In most places it is a hollow, in which seed are sown, to produce a plant that stands alone with space around to spread out, instead of standing upright in a row as do plants sown in drills.

It says, "sow half an inch deep." Do you get down on your knees and measure every seed? Of course not. Seed sowing is not a precision job, and need not be. Nature sows seeds in a very careless manner. But the gardener must take more care, to avoid the terrific waste in which nature indulges, but he cannot afford.

The main point in sowing seed is to take care not to bury them so deep they will fall to emerge from the soil. This can be accomplished by the three methods of making drills which are illustrated herewith.

For tiny seeds, press the edge of a straight stick into the soil. For medium sized seeds, make the drill by using the end of the hoe handle. For larger seeds use the edge of the hoe blade, pressed lightly if you want an inch-deep drill, for deeper sowing.

The depth to use depends somewhat on the nature of the soil. In sandy loam they may go a little deeper than in heavy clay; and in hot weather they should be at least twice as deep as in the moist spring weather.

Above all, except on a heavy slope, in making a drill, keep it straight. Some gardeners use a narrow plank as a ruler. A garden line is easier to handle, heavy cords on reels are handy, but any stout cord stretched between two stakes will serve.

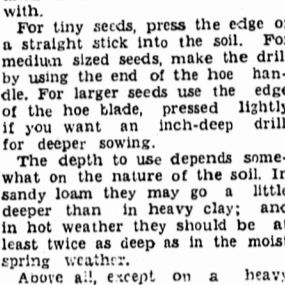
But use the line as a guide, and never press the hoe against it, for it will bend, and your garden row may turn out to be serpentine. If this happens, fill up the drill and try it over again. You will soon acquire the knack.



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ELLEN'S DIARY

By an Island Farmer's Wife

And James came in to look out presently on the scene with a show of concern. "My goodness, Ellen!" he exclaimed, "do you see what the children are at? What a litter they're making!" And the sun smiled down on them, its gold filtered through the tangle of branches above, touching to brightness her braid and pointing out the smile on the small fellow's face. They worked busily, stirring, pouring, moulding their earthy pies and cakes. For enhancing touches there were sprinklings of sawdust brought briskly from the wood-yard beyond.

"You'll have to put an end to that, Ellen", James offered, turning then to go out to his choring. But should we, when the experience with lesser materials would one day make her dear and neat with a mixing spoon? No. There in that quiet place with only two in their world they were doubtless learning more than we could even suspect. And should we deny them this corner of lawn on a farm which far us stretched up the rise and over reaches of field and woodland? "Oh", we laughed, "that pastime of now, may shape their lives. Could be, they'll make fine chefs or perhaps famous sculptors... or master mathematicians... or adding up their wares." Ellen and James said, "you do have the strangest notions! All they're making is a bi-dy good mess of the yard — and you know it!"

We had a pair of visitors this evening... James had finished his day by a spell of brushing the cattle — the fattening ones that, before summer returns to daisy the fields, will be turned out to pasture. These have done rather well for their owners during the stabling and should make a pretty picture one day against the green of a meadow. Or mirrored on some "limpid pool" of the stream.

James had returned from the stables and we, from accompanying granddaughter home at the close of her day. This has turned into an evening rite. "No you'll have to come every step of the way because how else can you know I reached there safely?" How indeed? And it so little for a small maid to ask. We stopped a moment in the starlight to enjoy the bell-like tinkling of an owl's hunting call in the woodlands down along the river. And listening to such night-sounds were afraid we should catch, in token of delayed seeding, the first movement of the frogs' arrangement of the Symphony of Spring.

And we sat about the fire with our visitors talking over items of interest to farm people: the probable date we should commence the field-work, first of all the fencing. And James offered: "It's likely that after all the snow-like tinkling there'll be plenty of it to do." "Springs aren't like they used to be — to my mind," one visiting farmer commented. "About a month before this, when the sun was commencing to warm up, do you remember what we'd be at? "Ay", he said, "getting out stakes and poles for the fencing. Spitting the poles. Nice work, wasn't it? Healthful — sort of primed a fellow's appetite, inclined to be choosy about then. Better than cherry-bark tea," he chuckled.

"And I'm often thinking that wire fences may be more lasting, but they certainly don't do so much for the landscape as the rail fences did — they don't even give a fellow a seat! 'Sitting on the old top rail!' he chuckled, "is another song of the past. There are no top rails left on farms nowadays."

But peace of night... firelight... and a bed, under quiet eaves.

Until tomorrow—Diary — Good-night...

Anne Adams Patterns

HALF-SIZE FASHION

Cut in half-sizes, your new sundress! Especially designed for the shorter fuller figure, it has the new slender, but slightly flared silhouette. Fits like a dream; sews like a breeze, irons in a jiffy — opens flat!

Pattern R4758: comes in Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 4 yards 35-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five cents (35¢) in coin (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number. Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Ontario.

R4758
14½-24½
by Anne Adams

That Body Of Yours

By James W. Barlow, M.D.

UNDERWEIGHT

Although we write often about the dangers and disadvantages of overweight, because these dangers and disadvantages affect the general health and happiness, we are not unmindful of the dangers and disadvantages of underweight.

Everybody should carry some fat, as the normal amount of fatty tissue is very useful to the body not only as reserve fuel but as padding about the nerve endings and to hold up the abdominal organs and keep them in place. Accordingly, the very thin person is almost sure to be high strung and nervous and unless special care is taken to prevent it, the abdominal organs are apt to sag out of normal position. Such persons suffer from nervous indigestion, constipation, and a wide variety of ill-defined ailments. Great numbers go the rounds of doctors in a vain effort to find out why they do not feel well, only to be told that their symptoms are due to their nerves, no real organic disease being present. Underweight individuals are tired all the time, are listless, or keep going under strain.

In her book "Nutrition and Physical Fitness", Dr. Jean Bogert shows the need for parents to feed their children well, make sure that they get plenty of rest, and try to have all physical defects corrected. Being even slightly underweight when young has dangers and disadvantages.

Disadvantages of underweight: scrawny appearance due to lack of fat immediately beneath the skin; tendency to chill easily; irritability and nerve strain; lack of ambition; lack of ability to concentrate; easy fatigue; digestive disturbances or constipation; susceptibility to minor or low infections, colds and other diseases of nose, throat and lungs; skin infections.

With the above disadvantages from being slightly underweight, it is not hard to understand why there are dangers in excessive underweight. These are: anemia; morbid nervous conditions or nervous exhaustion; sagging or dropping down of the abdominal organs due to lack of fat to hold these organs up in position, which may lead to indigestion and constipation, more serious infections such as tuberculosis and pneumonia; vitality much below normal.

The fact for reducing weight among teen-age girls and also young women is responsible for the fact that the amount of tuberculosis at these ages has greatly increased the last few years; in fact, tuberculosis is being conquered in every other group except this one.

book is adapted for juvenile reading." 2. Pronounce in-ly-sal, all f's as it, accent second syllable. 3. Accessible. 4. In an unconnected manner; without due connection of parts. "He poured out his story very fast and incoherently." 5. Instigation.

Nice Going

"Props" for an amateur theatrical production included a caged snake. One night the snake escaped and wrapped itself around another stage prop—the telephone. The leading lady walked on to the stage, prepared to answer the ringing phone. Just as she was about to pick up the receiver, she spotted the snake. Frozen with horror, she just stood there. In desperation, the stage director sent on the actress who was playing the maid, with instructions to pick up the snake. She went bravely on and snatched up the reptile. But she thought she ought to explain the situation for the benefit of the mystified audience.

"Aardon me, miss," she finally gulped, "but I forgot to tidy up this morning."

Too Risky

A woman had called on the vicar with a distressing tale about her daughter who was very ill. She was anxious for the vicar to visit the girl.

"I'll certainly call on her," said the vicar. "But I don't remember ever having seen you in my church. Do you attend often?"

The woman shook her head.

"No," she replied. "We happen to be chapel people."

The minister looked surprised. "Then why didn't you send for your own minister?"

"Oh, it wouldn't be fair," was the reply. "You see, it's scarlet fever my daughter's got."

DOROTHY DIX'S COLUMN

She Won't Give Up!

Married Man Annoyed By Love Letters From Old Flame

DEAR MISS DIX: I have been married to a wonderful man for the past year. During this time he has been getting love letters from a woman who once worked with him—before he knew me. She has tried by all means to break up our marriage. These notes are mailed to his place of business and are handed to me unopened. They are destroyed as soon as I get them. I read the first few, but they revolted me so I never bothered to open any more.

How can I let this woman know she is wasting her time, let her know the letters are never read? She was told by a mutual friend to stop sending them, and my husband has told her the same thing, but to no avail.

A. A. R.

ANSWER: Instead of destroying the unopened letters, why not send them back to the writer? As soon as you get each one, write her address across the envelope and send it back, unopened, of course. When she sees with her own eyes that her efforts to reach your husband are futile, she'll soon stop. If the annoyance continues, threaten to call on the law for help. That'll stop her!

INFERIORITY COMPLEX

DEAR MISS DIX: I'm a girl of 23, painfully shy. I suppose I have an inferiority complex because I always imagine people are better than I am. Although I'm told by my friends that I'm pretty, I still can't get along with people. With my intimate friends, I'm full of life and fun, but with strangers I'm completely tongue-tied.

MILDRED G.

ANSWER: The best way to get over shyness among strangers is to get out among them more. Perhaps this sounds paradoxical, but it is only the initial plunge that hurts. Group activity of any kind is what you need. Before you go out, prime yourself with a few observations on current topics. They'll serve as an opening wedge, then let the other party do the talking. You just listen attentively.

DEAR MISS DIX: We were married seven years ago, when I was 16. We now have a daughter of 4. My husband is 27. I can't seem to settle down since I started to work three years ago. I like to go out and have a good time. My husband's family has caused us so much trouble that I fear I'm losing my love for him. He is good to me and our child, and tries to make a good living. Now I have met

Continued on page 16

Alice Brooks Designs

TOWELS FOR MOM

GIRLS! TEENS! Make a wonderful Mother's Day gift! These gay little work-birds are so easy to embroider—make new kitchen towels while you learn from this easy pattern! You'll have fun!

Pattern 7241 has transfer of six motifs about 7 x 7 inches.

Send Twenty-five cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

for BABY'S TUMMY UPSETS

Give Baby's Own Tablets. Sweet, simple little tablets. Used for over 40 years to quickly help relieve minor digestive upsets, gas, constipation and teething troubles. Quickly sweeten your stomach. No "sleepy" stuff—no dulling effect. Get a package today at your druggist. 50¢.

BABY'S OWN TABLETS

7241
by Alice Brooks

Household Scrapbook

By Roberta Lee

A Good Cleanser

A cleaner suitable for wall paper, paint, or calcimine is made by cooking in a double boiler two cups of flour, one cup of salt, one tablespoon of kerosene, one tablespoon ammonia, and one and one-half cups of cold water.

After Unpacking

If dresses are mussed and wrinkled from packing, hang them over a bath tub of hot water for an hour or so, and see if they will not be quite freshened and free from wrinkles.

Scalloped Potatoes

Use a can of cream of mushroom soup in place of part of the milk when making scalloped potatoes. It will add a delicious flavor to the potatoes.

Better English

By G. C. Williams

1. What is wrong with this sentence? "I must confess that his book is adapted to juvenile reading."
2. What is the correct pronunciation of "inimical"?
3. Which one of these words is misspelled? Allowable, receivable, accessible, accusable.
4. What does the word "incoherently" mean?
5. What is a word beginning with "act" that means "act of urging forward"?

ANSWERS

1. Say, "I must admit that his book is adapted to juvenile reading."

KING-COLE TEA

The home baking exhibit at the 100-year-old Stanley Fair is a friendly challenge to some of the most talented bakers in the Maritimes. You can't afford to miss a single trick if you want to be in there with the winners!

So it's evident when Mrs. Fred Flewelling gets top prizes for her yeast-raised baking that she knows a thing or two about yeast!

"I learned long ago that there's no better yeast than Fleischmann's," says Mrs. Flewelling. "It's good and lively and dependable. To be a successful cook you have to work with the finest ingredients." Yes, that spells success. All over the Maritimes, prize-winning home bakers depend on Fleischmann's Yeast.

IT'S A GREAT NEW LIFEBOUY

A WONDERFUL LIFEBOUY

NEW LIFEBOUY WITH PURALIN STOPS "B.O." BETTER THAN EVER

Gives you longer-lasting all over protection... has pleasing new scent

* You'll love New Lifebuoy containing the new, purifying ingredient... Puralin! This wonderful new Lifebuoy leaves your skin cleaner than ever before. Its rich lather gives you deep-down cleansing, purifies the pores. Result—New Lifebuoy gives you longer-lasting, all over protection against "B.O." You'll love its pleasing new fragrance, too. Get mild, gentle, New Lifebuoy today!

IS YOUR FAMILY DISCOVERING NEW LIFEBOUY'S MANY USES?

I STAY FRESH ALL DAY—THANKS TO MY MORNING BATH WITH NEW LIFEBOUY!

MY EVENING BATH WITH NEW LIFEBOUY IS SO RELAXING

TAKE MY TIP AND TRY NEW LIFEBOUY FOR YOUR COMPLEXION!

FROM HEAD TO TOE... NEW LIFEBOUY STOPS "B.O."

Bakes Prize-winning Bread, Rolls for Famed Stanley Fair

Mrs. Fred Flewelling, Stanley, N.B., wins honors with Fleischmann's Yeast baking.

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