



Cook's Corner

PRUNE JELLY

1 envelope gelatine
1 cup hot water
1 tablespoon lemon juice
1 cup cooked prunes—pieces
Prune juice to make 2 cups
1 orange cut in pieces
Dissolve gelatine in the hot water, then add the lemon and prune juices. When the mixture is thickening add the prunes and orange pieces, then pour into moulds. Grated lemon rind may be added to give an extra tang.

Pale, Anaemic Girls Get Ruddy Cheeks

Women without number who have suffered the mortification of run-down looks have made themselves healthy by taking Dr. Hamilton's Pills. It is a most efficient remedy for disordered blood and brings better looks because it brings better health. Exactly suited to the needs of many girls and women. Dr. Hamilton's Pills frequently prove a boon to those whose systems need a toning, blood-purifying medicine. All dealers sell Dr. Hamilton's Pills.



Native Type Sandals



If you have an old bath towel which has seen better days here's an attractive and extremely fashionable item which can be made with just three quarters of a yard of terry cloth material... a pair of beach or shower slippers, native style. They are very simple to sew, and take little time. For directions for making these NATIVE TYPE SANDALS, write to the Needlework Dept. of this paper asking for Leaflet No. E 2327. Enclose a stamped, self-addressed envelope please.

That Body Of Yours

By James W. Barton, M.D.

INFANTILE PARALYSIS

Although the epidemics of poliomyelitis (infantile paralysis) do not occur usually till toward end of August and during the months of September and October, parents of small children dread the coming of these months as much as do residents of hurricane districts.

When we think of the hundreds of thousands of dollars given by sympathetic men and women to the National Foundation for Infantile Paralysis, we may wonder where and how all this money is spent. Yet epidemics of polio are not decreasing, though fortunately recent ones have not been so damaging as in previous years.

When we see these many thousands of dollars so carefully and yet generously distributed to the various reliable research organizations throughout the country, we fail to understand why so much money is spent every year with no apparent effect upon this disabling disease.

Only physicians and medical research workers can really know something of the tremendous amount of work on polio that is being carried on everywhere throughout the country. This knowledge is made known to them by means of Poliomyelitis Current Literature, a periodic annotated list prepared by the Library of the National Foundation for Infantile Paralysis at the American Medical Association, Chicago. From this literature we learn that the small organism causing polio is of several varieties, some of which appear to be more crippling than others.

Generally speaking, "the crippling and disabling effects of poliomyelitis that occur in about 20 per cent of the cases in an epidemic constitute a "cumulative" effect upon a community." These cases require periods of orthopedic care (straightening of limbs by exercise and surgery) to enable the child to walk and play again. This takes years. In the average community, epidemics of polio occur on an average of one every three years.

When we see a youngster two or three years of age being wheeled about, and then a few years later see this child playing and running about like other children, the expense does seem to be worth while.

Modern Etiquette

By Roberta Lee

Q. By whom should the engagement be announced?

A. By the parents or older relatives of the bride-to-be, and this may be done at formal or informal dinners or luncheons, dances, or cocktail parties.

Q. When being introduced to someone, is it all right to say, "Pleased to meet you"?

A. No, this is considered awkward. You can never go wrong, when acknowledging an introduction, if you merely say, "How do you do?"

The Stars Say - -

By Genevieve Kemble

For Thursday, April 20

A SUDDEN turn of the "wheel of fortune" may bring a rather spectacular and thrilling crisis. Quite unforeseen aid from high places may abruptly turn the picture from sudden disappointment depressed feelings and sinking finances and capital into a new perspective, brilliant, optimistic and heartwarming. In order to make the most of this benign twist it is advised that subtle or strategic moves be used rather than drastic measures or forced issues. Tact, diplomacy and emotional drives may have exceptional influence.

For the Birthday

Those whose birthday it is may look for a spectacular or dramatic intervention in their lagging affairs, with some sort of intrigue, stratagem or unique move or policy working for ultimate advantage, with gain, honors or tokens of preference. Good graces, ideals, charm, may inspire more help from high places rather than force or commonplace tactics. Inner leads or intuitions may stimulate spectacular denouement to peculiar events or circumstances. Aim high.

A child born on this day may possess exceptional talents, vision and rare qualities for success along strategic or idealistic lines. Thus winning support from influential sources.

Better English

By D. C. Williams

- 1. What is wrong with this sentence? "He earned well over fifty dollars while working there."
2. What is the correct pronunciation of "conspiracy"?
3. Which one of these words is misspelled? Conference, continuance, concordance, reminiscence.
4. What does the word "perfunctory" mean?
5. What is a word beginning with "in" that means "complexity"?

ANSWERS

- 1. Say, "He earned considerably more than fifty dollars."
2. Pronounce the f as in it, not as in fire.
3. Concordance.
4. Done merely for the sake of getting through; mechanical and without interest. "He did his work in a perfunctory manner."
5. Irregularity.

How Can I!!!

By Anne Ashley

Q. How can I purify the air in the refrigerator?

A. By keeping a saucer of powdered charcoal in the refrigerator and renewing every couple of weeks, the odors will be absorbed and the air purified.

Q. How can I make a good fruit punch?

A. Mix one cup of pineapple

Our Daily Beverages

F. H. MacArthur

Under this head we shall consider tea, coffee and cocoa. What is tea? Where did it originate? Why do we like it? Tea is the dried leaves of a plant native to China but now cultivated in other parts of the world to which it has been introduced. The active principle of tea is theine, a narcotic alkaloid, of which it contains three to six per cent. The other constituent is called tannin, of which it contains something like 25 per cent. The remainder is made up of gum, starch, and aromatic oil to which its different flavors are due.

Cocoa comes from the seeds of the cocoa-pine, native of Mexico. The substances from which it is produced are ground into a fine powder, then mixed into a paste with sugar, and dried. The active principle of this beverage is theobromine, the proportion of which is, according to analyses, five per cent, theobromine, with fat, starch, sugar and coloring matter added.

How often we hear people exclaim: "That cup of tea makes me feel better" or "There's nothing like a good cup of coffee to give one a lift" which may be true in a sense for both tea and coffee contain a narcotic. It is the narcotic that does the trick, for it works something like alcohol, though it is not so potent. That's why people like these beverages.

How long have civilized nations been using coffee and cocoa? Not until the middle of the Sixteenth Century was coffee introduced into Europe, though in its native home, Arabia, it has been in use for over one thousand years. China and Japan have been drinking tea for about the same length of time.

The first coffee-house established in Europe was at Constantinople. We are told that the priests of that city were strongly against its use, claiming that it was contrary to the teachings of the Mahomet; but the desire for stimulation soon triumphed over religious beliefs.

Travelers to Turkey tell us that the Turks now are the most inveterate coffee-users in the world. The Swedes come next in order, followed by the Americans; Canadians, until recent years, drank very little coffee.

From their full introduction to civilized nations, a little over two centuries ago, these beverages have gradually come into more general use during the last half-century. Until today, it is estimated by competent authorities that the annual consumption of tea reaches the staggering total of between three and four billion pounds; coffee between one and a half million pounds and cocoa and chocolate 100,000,000 pounds.

In England, tea is the favorite drink, 10,000,000 pounds being consumed in a single year. It is also the favorite beverage of Russia, Canada, Holland, France and Germany seem to like coffee best. It is probable that fully one-half the human race, if not a larger proportion make use of one or more of these beverages.

juice and one and one-fourth cups of white grape juice. Add two cups of water and sweeten to taste. Then pour into a large punch bowl, add one quart of raspberry ice, and serve.
Q. How can I relieve soft corns?
A. A treatment that is often effective is the use of camphor on absorbent cotton placed between the toes.

Timely Notes On Nutrition

By Marjorie G. Hill

HOMEMADE MIXES

With the coming of spring the housewife's activities are more numerous than ever. In addition to her everyday chores she has housecleaning, extra sewing, garden planning, and the prospect of Spring cleaning on her mind. All this leaves little time for making those delicious hot biscuits and muffins that the family loves with their meals. The United States Department of Agriculture must have had this in mind when they published two recipes for mixes which can be made up and stored in the cupboard, ready for use in a jiffy. They give us a Biscuits Mix, and a Quick Bread Mix, which can be used for Waffles, Waffles, or Griddle Cakes. Why not take a few minutes and prepare these mixes before you get into a dilemma over housecleaning and baking. Incidentally, these mixes use milk powder, and for this reason they are very helpful in putting more milk into family diets.

BISCUIT MIX. Ingredients: 9 cups sifted flour; 1 cup dry milk whole or 1/2 cup baking powder; 3 teaspoons salt; 1 cup fat—a kind that needs no refrigeration. To make: Sift dry ingredients together three times. Cut or rub in fat until thoroughly mixed. Mix mix lightly into glass jars or tin cans without packing. Close tightly and store on shelf.

A cup of this mix is enough for 3 medium-sized biscuits. To make: measure 1 cup of mix and add enough water or fluid milk to make a soft dough—about 1-3 cup. (Evaporated milk diluted half and half with water, may be used). Turn out on a lightly floured board and knead a few times. Bake or roll to the desired thickness and cut with a floured cutter. Bake in a hot oven (450 F) 12 to 15 minutes.

QUICK BREAD MIX for muffins, waffles, griddlecakes. Ingredients: 6 cups sifted flour; 1 cup dry milk; 1-4 cup baking powder; 2 teaspoons salt; 1-2 cup sugar; 3/4 cup fat—a kind needing no refrigeration. (For extra milk value double the measure of dry milk). To make: Sift dry ingredients together three times. Cut or rub in fat until thoroughly mixed. Mix mix lightly into glass jar or tin cans without packing. Close tightly and store on shelf.

One cup of the mix makes 5 small muffins, or 2 large waffles, or 7 medium-sized griddlecakes by the following recipe: Muffins. Measure 1 cup of mix and 1-3 cup water or fluid milk and 1 beaten egg. Fill greased muffin tins two-thirds full. Bake in a hot oven (400 to 425 F.) about 20 minutes. Make 5 small muffins.

Waffles. Measure 1 cup mix. Add 3-4 water or fluid milk and 1 beaten egg yolk. Fold in 1 beaten egg white. Bake in hot waffle iron. Makes 2 large waffles. Griddlecake. Measure 1 cup mix. Add 2-3 to 1 cup water or fluid milk and 1 beaten egg. Drop batter by spoonful onto a hot greased griddle. Cook slowly until surface is covered with bubbles. Turn and brown bottom. Makes 7 medium-sized griddlecakes.

Household Rapbook

By Roberta Lee

A Clean Comb Soak the comb for about half-an-hour in cool water, to which two tablespoonfuls of ammonia have been added. When the dirt has been loosened, clean the teeth by means of an old toothbrush. Rinse in clear water and dry.

Spinning Test If some boiled eggs have become mixed with spoiled ones, the eggs on a table. The boiled ones will whirl around fast, but those that are raw will make only one or two turns.

Soot on Carpet Do not attempt to sweep up soot from a carpet, or a smear is liable to result. Instead, cover it quickly with salt. Then sweep this up carefully and no smear will be left.

Morning Smile

In the grey light of early morning a traveller faced the night clerk of a country hotel. "You gave me the worst bed in the place," he began. "If you don't change my room before tonight I shall go to another hotel." "There's no difference in the beds, sir," replied the clerk, respectfully.

"The traveller smiled ironically. "If that's so," he said, "perhaps you wouldn't mind giving me the room on the left of mine?" "It's occupied, sir."

"I know it is—by a man who has been snoring all night, and who makes 20 minutes ago. His bed must be better than mine, or he couldn't sleep for six hours at a stretch."

"The beds are all alike," repeated the clerk firmly. "That man has been here before, and he always sleeps on the floor!"



Pancake Doughnut Gingerbread! They'll melt in your mouth! FREE booklet gives new recipes. Write Church & Dwight Ltd., Sun Life Building, Montreal.



PURE BICARBONATE OF SODA

ELLEN'S DIARY

By An Island Farmer's Wife

The family at Alderlea have been presented finally with a first turkey egg of the season—a besprinkled surprise, found in the poultry house this morning. This is a product of one of the two hens that go to make up the gentler part of the flock, which altogether is considered by the farmers, as personal, and we imagine, sole possessions of the housewives. We own them, we are sure along with certain obligations that come to us in season from the rest of the farming, and especially are we aware of this, which perhaps could be termed a "dower interest" when an unsettling incident appears in their temporary dwelling. Like "those birds of yours are crowding the hens away from the hoppers!" then these are definitely ours! And "Be sure to mark it with a 'One' James" we reminded him upon hearing the news, putting it down in mind, if all things be favorable, for James' birthday anniversary in the Fall. But James commented drily: "It's not going to be any trouble to know the number of that one, Ellen!" and it is likely, in the interest of personal affairs, immediately dismissed the matter from mind.

Jamie returning towards noon from a trip "out home" with father and brother replied to our question: "Oh yes, granddaddy's feeling pretty well again. He must be" he smiled "because he's going to clean the stove-pipes and chimney this afternoon." "Yes" brother to him a remarkably alert lad with the elements mixed in him in a way that is often admirable but sometimes extremely perplexing said "up on the rooftop. Ho, ho, ho! like Santa Claus!" This endeavor then was what kept James from joining the other two farmers, who in the afternoon hauled bedding-straw from a barn at the other farm. It is with a mixed sentiment that Rob no longer is obliged to devote any of his precious hours to hauling hay from the stacks there, since by carrying "off one grain of corn" in almost daily Winter loads of it, these have eventually disappeared.

There is a certain relief over this and yet a concern that the store in the barns may not last out the period of feeding. James matches the probability of this with his eye, such times as he comes calling. It was a fancy of ours and the children's that the robin we saw in the lilac bush, enjoying better today's mild pleasant weather than the gray of yesterday and its snow flurries, as we admired it or maybe another of the returned company, in its queer flight about the lawn trees. Pardy, muddy coated old dog of ours at Alderlea was in the van of the hauling, as is his custom, keeping the team well within sight. What a brisk fine fellow he is! And never more esteemed than when his welcoming bark halts a returning one of the family, or on a day when suddenly and without warning it appears that the very bottom has dropped away from one's world, and a cold but sympathetic nose is thrust comfortingly into one's hand. Dishevelled but obviously happy he escorted the teams at this afternoon's hauling from the barns at the other farm.

Spring streamlets coursed down the hillside today; fowls ranged; ducks waded; small boys damped or turned the courses of brooklets; the spotty pup chased impudent crows—and privileged as a favorite cat brought the muddy imprints of his paws into doors to leave it about the kitchen so that altogether today "a good time was had by all!" "It's no use, Ellen, I can't come tonight!" James said this evening in our chat by phone to which Jamie was an eager listener. "But why?" we inquired. "You don't need to ask him" Jamie commented "if you had been with us today you would have known without asking!" "And so that's it!" we came away to say. "Yes!" James nodded, James has a confinement case on his hands tonight at Alderlea! Until tomorrow —Diary—Good-night...

Nothing so impossible as to conjure up again an illusion that has been dispelled. I get so many letters from wives asking how they can revive the affections of the husbands who have tired of them, how they can regain the affections of the husbands they have lost. I know of no miracle that will turn a bored and disgruntled husband into an impassioned lover again, but I know many preventive remedies that will prevent this catastrophe from happening. For virtually every man is in love with a woman when he marries her, and she can keep him that way ninety-nine times out of a hundred if she is willing to take the trouble and make the sacrifices it requires. But she cannot nag him. She cannot henpeck him. She cannot make scenes and have hysterics. She cannot tyrannize over him. She cannot go about looking slouchy and dirty. She cannot feed him on bad cooking and keep a house that looks like a pigsty. She cannot be cold and indifferent to him and show him lack of affection and ap-

Advertisement for French's Instant Potato. Includes text: 'IT'S NEWS! delicious, fluffy mashed potatoes in just 1 minute!' and 'ONLY A FEW CENTS A SERVING!' with an image of a woman and a box of potatoes.

Advertisement for Dorothy Dix Says - Too Late. Includes text: 'Wife Who Has Destroyed Man's Love Cannot Revive It' and 'DEAR MISS DIX: Is it too late for this wife? From the moment of marriage she changed from a winsome, agreeable girl to the proverbial ball and chain.'

Advertisement for Laundrette and Diaper Service. Includes text: 'DID YOU KNOW THAT AT THE LAUNDERETTE AND DIAPER SERVICE 176 KENT ST. You can take your Laundry in and wash it yourself with no work. Just place it in the machine and wait for it to wash, rinse and damp-dry them ready to take home.'

Advertisement for Needlecraft. Includes text: '-Needlecraft- FOR THE HOME EASY TO MAKE For smart tie prints, in fact for any fabric from pure silk to cotton washables, choose this good-looking casual, first cousin to the shirt-waist dress. Note particularly the distinctive styling of the collar.' and an image of a dress.

Large advertisement for Lux Toilet Soap. Includes text: '"You're so lovely!" This beauty care the screen stars use really makes skin lovelier! In recent Lux Toilet Soap tests actually 3 out of 4 complexions improved in a short time.' and images of Yvonne De Carlo and John Russell.