

## Plan Week-End Baking On Friday, Rest On Sunday

Map Out A Program And Then Follow It.

By KATHARINE BAKER

Sunday breakfast trailed out half the morning, Sunday dinner with its big roast, Sunday supper with its guests—these all take the rest out of Sunday for Mother, even though most mothers love this day with all the family at home and their friends at the fireside in the evening. But the day can be lightened for Mother with a little planning for Friday and Saturday baking.

Rolls to be toasted for Sunday breakfast or supper can be baked on Friday, and cinnamon rolls which are easily made in two hours used to top off fruit dessert that night. The left-over rolls are delicious if split, toasted and buttered.

**Cinnamon Rolls**—1½ tablespoons sugar, 4 cups sifted cake flour (about), 1½ tablespoons butter or other shortening, 1 cup milk scalded, 1 egg slightly beaten, ½ cup sugar, 1 cake compressed yeast, ¾ teaspoon salt, ½ cup currants, ½ cup sugar, ½ tablespoon cinnamon, 4 tablespoons butter, 2 tablespoons butter. Add sugar to milk, cool to lukewarm, add yeast, and stir until smooth. Add ½ of flour, then egg, salt, and butter, beating well. Add remaining flour (enough to make as soft a dough as can be handled). Knead gently until smooth. Place in greased bowl, cover and let rise in warm place until double in bulk. Press edges of dough to centre, working it down slightly. Turn dough over and let rise again until double in bulk. Roll in sheet ¼ inch thick, sprinkle with currants, sugar and cinnamon. Dot with butter. Roll as for jelly roll, cut in 1-inch slices. Place cut-side down in pan that has been sprinkled with sugar and dotted with butter. Let rise until double in bulk. Brush with additional melted butter and sprinkle with sugar. Bake in hot oven (400 degrees F.) 40 minutes, or until done. Let stand in pan for several minutes. Invert pan to remove them. Makes 18 rolls.

Cup cakes go well with Saturday's casual dinner because the family is usually on its way to some entertainment or shopping and these delicious cakes touch the spot. Washington Pie with a creamy chocolate filling is a perfect finish for Sunday supper.

**Two-Egg Cup Cakes**—1½ cups sifted flour, 1½ teaspoons baking powder, ½ cup butter or other shortening, 1 cup sugar, 2 eggs, unbeaten; ½ cup milk, 1 teaspoon lemon or vanilla extract. Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating well after each. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add flavoring. Pour into greased cup-cake pans, filling them ¾ full. Bake in moderate oven (375 degrees F.) 20 minutes, or until done. Frost with Maple Syrup Frosting—½ cup maple syrup, 3

(Continued on Page 16, Col. 4)

If given the opportunity we can save you money on your CURTAINS and DRAPERIES.

Curtain and Drapery Shop  
145 Union Street  
(Between Charlotte and Union)  
Saint John, N. B.

## WHAT ONE GIRL WORE

By BETTY BROWNLEE

A charming frock which combines some of the smartest features of the spring mode is illustrated this week. A casual little affair in black and white print it is—one of those dresses you may don for wear on so many laytime occasions and know that you are smartly attired.

The dress itself is simple, straight in line and has a centre seam down the front of the skirt and a slight flare. It has a white gilet front with a high round neck and little cap sleeves.

It's the jacket that makes this costume the trig affair it is, however. Of the fitted type, it has a white crepe front which—as illustrated—covers the gilet of the dress when closed, draping softly at the neck.

Tiny black buttons are used for fastening. The elbow-length sleeves, with their puffed shoulders, are of the type so popular this season, and a narrow belt at the normal waistline gives a peplum effect to the bottom of the jacket.

A black Breton sailor hat, trimmed with a band of white grosgrain ribbon and black and white accessories, complete the picture.



## HEALTH

by *Geard Lemmon M.D.*  
A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

Questions concerning health, addressed to the Canadian Medical Association, 134 College Street, Toronto, will be answered personally by letter.

### COMFORT

Despite the ever-increasing use of the motor-car as a means of transportation, we are still largely dependent upon our legs and our feet to carry us from place to place. Upon their feet, too, rests the entire body weight of that vast host of workers who must stand throughout their working hours.

Personal comfort and efficiency depend, to a considerable extent, at least for many people, upon the condition of their legs and feet. The bones of the feet are like a pile of jointed blocks held in place by muscles and ligaments. If the bones are pushed out of place, the feet cease to function adequately as supports or flexible carriers, and trouble will likely result.

As parts of the body, the feet may suffer from general disorders which attack the body. The extra strain imposed by an overweight body may be the cause of foot trouble. While this is true, most of the difficulties come from the direct misuse or abuse of the feet themselves.

Despite the nudist cult, we belong to a civilization that clothes itself. The bathing-beaches, however, reveal to all the fact that feet are of many different kinds and shapes. The manner in which our feet are clothed is important because of the discomfort which follows upon the wearing of shoes and stockings which do not fit our feet.

The shoe needs to be longer

Theatre Guest Tickets for MISS KATHERINE L. KENNEDY, 26 Richmond St., Saint John, N. B.

### CUT FLOWERS and PLANTS

Member F. T. D. A.  
The KNOELL Flower Shop  
107 Princess St. Phone 3-2217

## DANGER!

Destruction by Moths!  
Depreciation by Heat!!  
Loss by Theft or Fire!!!

Place your Furs in Maritime Furriers' storage NOW. It costs no more than if you waited until June. Beautiful Furs deserve protection and the cost is only \$2.00 for \$100 value, and for an extra 50 cents we give you a world-wide policy covering all risks no matter where your coat may be. Still offering a special selection of Coat Linings, your choice at \$10.00 if selected now.

Express Paid to Out-of-Town Customers

MARITIME FURRIERS  
38 King St. Phone 3-2308  
SAINT JOHN, N. B.

responsible. The same results come from socks and stockings which are so tight as to exert pressure, or so loose as to get into creases.

The most common cause of tired legs is varicose veins. In other cases, the feet are responsible. It is not that bunions, corns, callouses or tired legs are serious in that they will have any effect upon longevity or the occurrence of disease, but rather, the amount of discomfort for which they are responsible makes them important.

Varicose veins may be corrected by early treatment. Proper care may, at least, prevent them from becoming worse. Various treatments may give some relief for the feet, but in no case can there be any real recovery unless the cause of the trouble is removed and the feet treated fairly by being clothed in shoes and stockings which fit.

## M.R.A. Personal Shopping Service Invites Orders

Mail Orders Filled on these

## Floor Covering Specials

"VELFELT" RUGS—size 7 ft. 6 in. x 9 ft. . . . . \$3.50 each

"VELFELT" RUGS—size 3 ft. x 9 ft. . . . . \$1.25 each

CONGOLEUM THREE-QUARTER TRACKERS . . . . . 39¢ yard

CONGOLEUM TRACKERS, 1 Yard wide . . . . . 45¢ yard

CONGOLEUM, 2 Yards wide, per running yard . . . . . 98¢

CONGOLEUM, 3 Yards wide, per running yard . . . . . \$1.45

Please send the approximate size of your room when ordering any quantity.

Mail or Telephone (call 3-2401) Your Order PERSONAL SHOPPING SERVICE, M.R.A. Ltd.

*Manchester Robertson Allison Limited*

Beautiful Your Home With...

## SPRING FLOWERS

Ours are New Brunswick grown and Low in price.

WALTER PEDERSEN  
MARKET BUILDING  
Charlotte St. Phone 3-3690

MAKE

## BUICK

YOUR PERSONAL CAR

IT'S THE ADMITTED LEADER IN STYLE, SAFETY AND VALUE.

Creighton & Smith Motors Limited  
Union Street

\$1 *Burtol* \$1  
ODORLESS NEW PROCESS CLEANERS  
60 KING ST. PHONE 3:2141

## MOFFAT Electric Ranges

FOR THE MODERN EFFICIENT KITCHEN

YOUR HYDRO  
CANTERBURY STREET

IT'S SMART TO BE THRIFTY

LUNCH AT THE

## BEATTY CAFETERIA

ADMIRAL BEATTY HOTEL  
SAINT JOHN

## You Can't Beat Proof!

The beautiful new Frigidaire with the meter-miser meets all five standards for refrigerator buying and proves it.

- PROOF 1—Fewer operating costs.
- PROOF 2—Safe food protection.
- PROOF 3—Fast freezing, more ice.
- PROOF 4—More usability.
- PROOF 5—Five year protection plan.

Now on display at our showrooms

REFRIGERATION SALES Ltd.  
84 KING STREET

## BONNY BREAD "FOR QUALITY"

Visitors Are Welcome at Our Bakery  
DWAYERS, Limited  
BENTLEY STREET

FOR YOUR CONVENIENCE  
The BUSY BEE Cake and Pastry Shop  
CHARLOTTE STREET, CORNER OF PRINCESS