

Wait, Mother—Ask Your Doctor First



Never Give Your Children Unknown "Bargain" Remedies To Take—Unless You Ask Your Doctor. Unknowingly You May Be Risking Their Health—Just To Save A Few Pennies

A MOTHER may save a few pennies giving her children unknown, unproved preparations. But the life of a child is precious beyond pennies. So—ask your doctor before you give any remedy you don't know all about.

When giving the common children's remedy, Milk of Magnesia, never ask for "Milk of Magnesia" alone—but always ask for "Phillips'."

Because for three generations Phillips' has been favored by many physicians as a standard, reliable and proved preparation—marvelously gentle for youngsters.

Many children like Phillips' in the newer form—tiny peppermint-flavored tablets that chew like candy. Each tablet contains the equivalent of one teaspoonful of the liquid Phillips', and a big box costs but 25¢ at your drug store.

A bottle of Phillips' liquid Milk of Magnesia costs but 25¢. So—it is a fact that anyone can afford the genuine. Careful mothers ask for it by its full name "Phillips' Milk of Magnesia."



"PHILLIPS' Milk of Magnesia"

'Ceiling Zero' in Wardrobes

Do you get that "ceiling zero" attitude about your clothes after the holiday rush? It's still a little early to burst forth in print, so scare away the delirium on winter wardrobes and take a new exciting lease on life! Take yourself by the hand and go on a neckwear binge!! You will see beautiful lovely things to adorn your neck.

Close your eyes—now open them and behold!

Dainty white organdy fichus with the val edging your grandmother wore are charmingly feminine and so flattering on a black dinner or daytime dress. Another variation of the fichu is the camellian fichu which maybe worn five different ways; as a fichu, as an ascot, tucked under the neckline of your dress as a piping, as a plastron tucked under your belt, or as a vestie. Still another fichu idea, is the draped cowl, which is shorter than a fichu with full graceful drapes done in embroidered organdy.

Berthas are fashionable once again in gorges, embroidered organdy with val insertions and edgings and will make you demure and quaint.

Should you feel an attack of "petticoat fever" coming on you, remember there is a reason for it this year—Mainbocher did adorable petticoat dresses with cute touches of whites at the neck in his collection.

Buy embroidered batiste by the yard and sew it on the full skirt of your pet dark dress.

Dainty little "baby" bibs are new and young looking and completely change the appearance of your basic dress.

Exquisite dresses made by fine modistes have organdy or batiste embroidered yokes and are very fresh and spring like. Keep yokes in mind when you buy your new spring dress.

Bishop sleeves are exciting news! Wear them shirred under your bracelet sleeve dress. Shirred net, or petal shaped organdy with tiny matching collars are news. This Spring wider cuffs with demure little collars are fresh and so young looking.

Color is important in Spring neckwear. Adorable crisp bows in jonquil yellow, larkspur blue, or carnation pink pique will do wonders for your wardrobe. Try them in amusing ways; one pinned on your dress and another perched on your hat, or the lapel of your dark winter or spring coat.

Gulmpe have come into their own this Spring and there are the most adorable ones with little "baby" collar and "baby" bibs done in batiste with whole panels of drawn work, organdy with wide jabots, and crisp pique with fagotting. The most enchanting guimpe is done in white net with intriguing ball shaped sleeves with val piping, and little neckline.

Items of Interest to Women

Gathered From Here And There

TESTED RECIPES

WASSAIL

- 6 baking apples
- 2 quarts cider
- 3 sticks cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon ground nutmeg
- 1 cup sugar, brown will do, though raw is preferable.

Few very thin strips of lemon rind. Bake the apples until they are on the point of bursting; they should be fleecy and white. Meanwhile combine the spices and sugar and cider and bring slowly to the boil, but do not boil. Simmer with the lemon rind for a few minutes. Place the hot apples in a punch bowl, strain and pour over them the hot cider. Serve hot. Perhaps you'd better double the quantity!

SAUSAGE ROLLS

Flaky pastry
Well seasoned sausages
Parboil the sausages for ten minutes. Drain and skin and cut in half if small rolls are desired. Roll out the pastry and wrap each portion of sausage in sufficient to cover it. Moisten the edges to make the pastry stick. Prick with a fork, and bake in a hot oven until the pastry is a rich golden brown. These may be re-heated for they should be served hot, or they may be rolled out the day before, and placed in the refrigerator or other cold place until they are to be popped into the oven.

CREAMED TURKEY

2 cups cold, diced turkey
1 tablespoon butter
2 tablespoons flour
1 can mushroom soup
1-4 cup canned peas
1-4 cup diced celery
1 tablespoon chopped pimento
Melt butter, add the flour and blend well. Add the can of soup and simmer until the flour is cooked. Then add the peas, celery, pimento, and turkey, and heat over boiling water in double boiler. If desired, a little salt and pepper to taste. That's where you exercise your own artistic flare. We like this creamed dish served in a ring mould of steamed wild rice, though brown or white rice, or macaroni may be used. There was a first class recipe for cooking wild rice in the October issue of The Canadian. Remember? You might also serve a tart jelly with this dish, or you might put equal quantities of cranberries and orange rind and pulp, through the chopper, and sweeten slightly with honey.

OYSTER SOUP

- 1 quart oysters, including 2 cups oyster liquor
- 4 tablespoons butter
- 4 tablespoons flour
- 1 1-2 teaspoons salt
- 2 cups rich milk
- 1 teaspoon onion
- 1 teaspoon finely chopped green pepper or parsley
- Cayenne to taste

Cut oysters in half with a sharp pair of scissors; then heat them in their own liquid until they curl at the edges. Make the usual white sauce of the other ingredients, and combine just before serving. Taste to see that there is sufficient salt and cayenne and onion. Pour into a soup tureen, sprinkle with the finely chopped pepper or parsley, and serve at once, very hot. You can use any crisp, salty biscuit with this soup, but our suggestion is:

CHEESE STRAWS

Flaky pastry
Grated, old Canadian cheese
You might make these while you're rolling out the sausage rolls we mentioned above. Cheese straws sometimes are made by mixing the cheese with the flour and shortening, but we prefer to roll out the pastry and then sprinkle the grated cheese over it; fold up; roll out again, and sprinkle with more cheese. Repeat until you've used up half a cup of cheese to the equivalent of a two-cups-of-flour pastry recipe. Then cut into long, slim fingers and bake in a hot oven, until a tempting golden brown. And how tempting cheese straws made this way are! There's something magic about oven heat and

Personal Daintiness Is Vital

Proper Attention to Cleanliness Becomes Second Nature to Lovely Women

Personal daintiness should be as habitual as getting dressed every morning.

Cleanliness is the basis for a woman's personal daintiness. First of all, it means the inner cleanliness that brings a good complexion and a sweet breath. It implies a daily bath and the use of deodorants. Shampoo comes under this rule for cleanliness—and also daily brushing of the hair. Regular use of the hairbrush keeps the hair clean between washings.

Stockings and underthings should be changed daily. It is easy to get the habit of rinsing them out nightly. For some reason, women, otherwise fastidious, neglect to wash girdles very often. Perhaps it is because they take time drying—but that problem is easily solved by always buying them in twos.

Clean nails are as important as the weekly manicure. Every time you wash your hands, accustom yourself to using a nail brush and orange stick—or a white nail pencil—as automatically as you reach for the soap.

It sounds like a lot of details to keep in mind. But if every woman

makes them a habit, they will become more or less automatic, reflex actions, second nature rather than a strain.

Then if she cares to, she may add bath salts, beautiful frocks, finger waves and her favourite perfume to make her even more charming.

TOMORROW'S MENU

BREAKFAST

- Fruit
- Cereal
- Toasted Apple Muffins (Left-Over)
- Marmalade
- Coffee substitute

LUNCHEON

- Vegetable Casserole
- Twice-Baked Bread (Old-Fashioned)
- Canned Fruit
- Polish Baba Cakes with Apricot Sauce
- Russian Tea
- (Sweetened with Preserved Strawberries)

DINNER

- Chipped Beef Cornucopias
- Canneton of Meat with Mushroom Sauce
- Baked Potatoes
- French-Fried Onions
- Chinese Cabbage Slides with French Dressing
- Fruited Gingerbread with Cream Sauce

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RECESSION DECREASING DIVORCES AGAIN?

Hard Times Seem to Be a Welder of Homes

Lawyers who specialize in divorce suits are wringing their hands over the "recession". It's a pretty well established fact that a prosperity noun so climbs the divorce rate. A cupboard bare as Mother Hubbard's seems to be a great welder of homes. Ten years ago, when "Prosperity" was just around the corner, and decided to remain there, we had such a sharp drop in divorce suits that certain serious folk wrote articles on the blessings of poverty, and that enforced thrift was bringing back to the country the old-fashioned home.

There is no question that when a home is the end and aim of one's ambition, the sacrifices made are robbed of all bitterness. "Living on a shoe-string becomes an adventure. People engaged in saving for a home need few outside diversions. Contentment sits on their hearthstone, and they put into it youth, love, hope and the joy of fighting the battle of life together.

Take away this tremendous incentive and marriage loses its fixed quality. It is no longer the permanent institution in which our ancestors found refuge.

When we have easy money, the home looms farther and farther in the future. There are so many things that seem more pressing. Why pinch and save when one can be young only once? There's dancing to be done and eating and drinking and week-ends at the shore and clothes and hospitality which must be returned.

Then, too, there's the screen Romeo who makes love so much more charmingly than friend husband, who probably has forgotten how to make love at all. For instance, I heard one husband complain:

"My wife is 'nutty' over at least three screen stars, and she's always comparing me to them to my disadvantage. Why don't I wear becoming clothes like—? Why can't I do this, that and the other like—? When we were first married, my wife was crazy for a nice little bungalow in the suburbs, but now all she does is to read about these actors."

While I'd be the last in the world to wish poor luck to anyone, a mild personal recession might be the solution to this couple's problem. If the lady were saving her quarters and half dollars toward the bungalow in the suburbs, she'd have less time to compare her husband, to his disadvantage, with those never-to-be-met Apollos of the screen.

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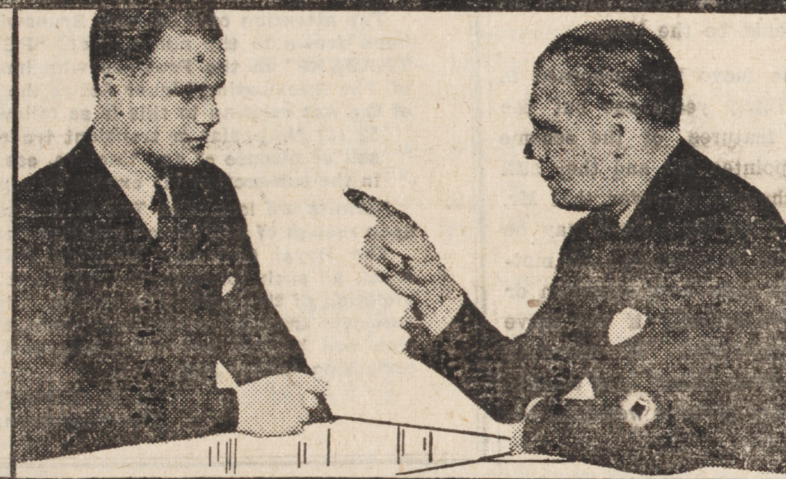
"NO ONE LIKES TO BE ORDERED ABOUT"

SAYS DALE CARNEGIE

Author of the famous book: "HOW TO WIN FRIENDS AND INFLUENCE PEOPLE"

"In the all-important business of getting along with people, we should strive to remember that no one likes to take orders."

"A knowledge of this basic trait in human nature has helped many successful men to acquire a reputation for uncanny ability in handling people."



"For instance, the closest associate of the head of a great industrial enterprise employing many thousands of people once declared he had never heard 'the chief' give a direct order to anyone."

"This man achieved his results by giving suggestions instead of commands."

"He never said: 'Do this', or 'Don't do that'. He said: 'You might consider doing this', or 'What would you think of doing it this way?'"

"A technique like this is easy on people's pride. It makes them want to co-operate. So remember, to get what you want, without giving offense, offer suggestions instead of giving direct orders."



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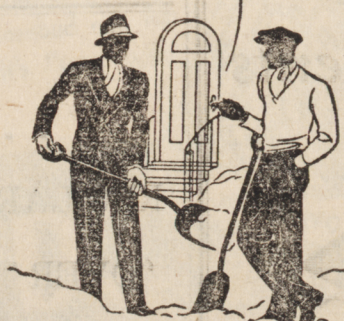
By accepting that simple suggestion, many, many smokers have gained an entirely new idea of how good and how satisfying a cigarette can be. Your experience may be the same, because you'll find Turret an unusual cigarette—a cigarette that is milder and cooler, with an original and unique blend of Virginia tobaccos which makes Turret just that much better, just that much different. Even the Turret package is better—it has a handy calendar on the back to keep you up-to-date!

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