

Woman's Realm Social and Personal Fashions Literature

BE IPANA BRIGHT!

Make Gums Healthier—Teeth Brighter—
with Ipana and Massage



Change to Ipana and Massage today

Cook's Corner

BUTTERSCOTCH PARFAIT

- 2/3 cup brown sugar
- 2 tablespoons butter
- 3/4 cup water
- 4 egg yolks
- 2 teaspoons vanilla
- 1 cup heavy cream

Melt sugar and butter in saucepan; stir to prevent burning and boil one minute. Add water and cool until butterscotch is smooth and syrupy. Beat egg yolks, add butterscotch syrup slowly and continue beating. Cook on low heat until light and fluffy. Chill; beat cream until stiff; add salt and vanilla. Combine with chilled egg mixture. Turn into tray, place in chilling unit, freeze without stirring.

The Stars Say—

By Genevieve Kemble

For Wednesday, August 18

THE continued pressure to seek progress, performance or novelty in strange or untried pastures could possibly lift to curious levels of expression. Not only in commonplace lines but in some creative grooves in which the artistic, inspired and emotional nature seeks hidden objectives or ambitions. While there are prospects of occasional success and much emotional gratification, yet a switch too far in an erratic or psychic direction could bring regrettable crises.

For the Birthday
Those whose birthday it is may find themselves on the brink of strange and alluring experiences or contacts, in which an urge to tread forbidden fields could spell

Mid-morning fatigue hitting you?

TRY GETTING at least 8 hours sleep each night in a well-ventilated room. Get up early enough to allow time for

A GOOD Breakfast and include economical Grape-Nuts

THIS IMPORTANT first meal should be packed full of fine food values like the carbohydrates, proteins, minerals you get in Grape-Nuts. Nourishing, digestible Grape-Nuts are so appetizing with their nut-like flavour. And just think, you need only 2 tablespoonfuls of this delicious breakfast cereal for each serving. Your grocer has Grape-Nuts on his shelf. Order some today.



A GRAPE-NUTS ECONOMY RECIPE
Grape-Nuts adding the flavor of expensive nuts!

GRAPE-NUTS FRUIT CUSTARD

3 tablespoons sugar
2 cups milk
4 tablespoons Grape-Nuts
1 teaspoon vanilla
1/2 teaspoon salt
2 eggs, slightly beaten
Fresh, or cooked dried fruit

• Add sugar, milk, Grape-Nuts, vanilla and salt to eggs. Cover bottom of greased baking dish with thin layer of fruit. Pour custard mixture over fruit. Place baking dish in pan of hot water. Bake in moderate oven (350° F.) until a knife inserted comes out clean. Serves 4.

Fresh peaches, sliced oranges, or cooked dried apricots, prunes or peaches may be used.

That Body Of Yours

By James W. Barton, M. D.

CHANGING PERSONALITY BY GLAND TREATMENT

A powerful young farmer, always a willing worker, found himself becoming lazy, quite willing to "sleep in" in the morning, eating more than when he had been working hard and rapidly increasing in weight.

He consulted his physician, who suspected infection and advised X-ray of the teeth and an examination of the tonsils by a throat specialist. One tooth was found to be infected but tonsils, though large, were free of infection. As the removal of the tooth did not "brighten up" the patient to any extent, further investigation became necessary.

As the physician had known the patient for several years, he noticed the changed expression on the patient's face. It was placid, almost blank in fact—a typical moon face. Putting together these simple facts—sluggishness (mental and physical), great increase in weight, blank expression and wax-like skin—he suspected that the thyroid gland was underactive and the body processes working at a slower than normal rate. A metabolism test showed that the body processes were working at an 80 per cent instead of a 100 per cent rate. The report was minus 20. He was put on 2 grains of thyroid extract daily. His face and expression became normal and he gradually got down to almost his normal weight.

We are hearing and reading much about overactive thyroid gland (goiter), with accompanying rapid heart beat, nervousness, trembling, bulging eyes and loss of weight. In these cases, the extra thyroid juice manufactured by the thyroid gland "drives" the body processes so that they make the patient thin and tired. In these cases, the thyroid gland is completely removed by surgery or X-rays.

What we often fail to realize is that the thyroid gland that is not making enough juice or exact allows the patient to grow fat, sluggish and vacant-looking. In these cases, thyroid extract, obtained from animals, is given daily to increase the patient's mental and physical activity.

almost any sort of crisis or weird adventure. Properly developed and wisely directed emotional or creative urges could promote curious situations, in which inner mystical imaginative leads could prove unique or fantastic. The situation must be handled delicately, sanely, and along constructive lines. To be carried away by mysterious leads might prove calamitous.

A child born on this day is endowed with curious urges, inspired or incited by the emotional, psychic or idealistic, with possible dangers due to departing from the conventional and accepted modes.

FIRST IN FLAVOR!



DOROTHY DIX SAYS—

Henpecked Suitor

Girl Dictates Sweetheart's Social Life Reveals Domestic Tyrant Complex

Inasmuch as men do the picking in marriage, it would seem that any lad with even a smidgen of perspicacity would try to find out, on the safe side of the altar, which one would wear the trousers in their house in case they got married. Unfortunately, many men fail to take this precaution or else some smart girl out-generals them, and when they wake up from their romantic trance they find themselves sold into the most grueling and humiliating slavery in the world.

For they never draw another breath of freedom. Personal liberty becomes a mockery and a by-word. Never again will they be able to eat what they like, pick out their own clothes, read the books they enjoy, have any association with their old friends, or worship God according to the dictates of their own consciences. She-who-must-be-obeyed runs the whole show and Husband has nothing to do with it except to pay the bills.

This gives us one of the most pathetic figures in modern civilization. He is the hen-pecked husband and is far more numerous than is generally known, for no man flaunts his humiliation in public, or admits that he is nothing but a stooge who does his wife's bidding. He never confesses that the reason he doesn't go on the hunting and fishing trips with the boys any more is because his wife won't let him. He attributes being tied to her apron string to some ailment that he hasn't got.

HOPELESS CASE

Of course, after a wife has done a thorough job of henpecking her husband, and has gotten him to the place where he says "yes ma'am" and eats what is set before him without any comments, the case is hopeless. All that is left of the poor victim is resignation. His salvation consists in looking before he leaps and trying to find out whether the girl he is in love with is a boss or a yes-yesser. In proof whereupon I consider the following letter from a college student which I have just received. He says:

"For a long time I have been keeping steady company with the girl of my dreams. Wherever one of us goes the other always goes, too. But what worries me is that my fellow students keep kidding me, that what I am henpecked and that if the rules me this way now, what will she do when we are married? My girl does not allow me to go out with my classmates to stag parties, or to any other all-male affairs. What shall I do?"

Well, I'd say forewarned is forearmed and that unless this lad feels that he can eat humble pie the balance of his life, and relish it, he had better flee for his life while the fleeing is good. For a woman with the tyranny complex never changes. Bessing everybody about her is an obsession with her that she never controls.

Domestic tyrants are born that way. They never reform. So be on the alert before you marry so you will be certain that you are not getting a wife who will be a henpecker, or a husband who will be a brute, for either one will turn your love dream into a nightmare.

Household Scrapbook

By Roberta Lee

Furniture Scratches
Scratches on furniture can be very effectively repaired by selecting some sealing wax that matches the color of the finish, melting this, and smoothing it down with a palette knife. As soon as this hardens, polish over it.

Long Distance Calls
An excellent thing to keep near the telephone to tell when three minutes have elapsed, if one makes frequent long distance calls.

Celery and Lettuce
To keep celery and lettuce fresh and also to stand the stem, head down, in cold shallow water.

How Can I!!!

By Anne Ashley

Q. How can I boil clothes properly?
A. Five minutes of actual boiling is usually enough to give clothes a good color. If boiled too long, it has a tendency to turn the color yellow. The juice of one lemon added to the boiler will help produce a real whiteness.

Q. How can I remove burnt spots from granite?
A. Cover the stain with a teaspoonful of soda and a little water, and heat to the boiling point. Wash at once, but never scrape it with a knife.

Q. What can I do with a wire clothesline that has rusted?
A. Paint it with aluminum paint and it will last for a long time.

Better English

D. C. Williams

1. What is wrong with this sentence? "I am going to lay down for a few minutes."
A. Lay is the correct pronunciation of "research".

2. What is the correct pronunciation of "research"?
A. Lay.

3. Which one of these words is misspelled? Adequ, adequacy, adaptableness.
A. Adequ.

4. What does the word "vindictive" mean?
A. What is a word beginning with or that means "inclined to believe"?

ANSWERS
1. Say, "I am going to lie down."
2. Preferred accent is on the second syllable, and not the first.
3. Adequ. 4. Disposed to revenge. "I am vindictive enough to repel force by force."—Dyden. 5. Crepulous.

CLOVER LEAF Salmon

PERFECTION IN SEAFOODS

Modern Etiquette

By Roberta Lee

Q. Is it all right for a man to talk with a woman when meeting her on the street, with a cigar or cigarette in his mouth?
A. No; it would be ill-bred to talk with either a woman or a man with a cigarette or cigar dangling from the lips.

Q. When passing your plate for a second helping, should you leave your knife and fork on it?
A. Yes. Be sure the handles are far enough on the plate to keep them from tipping off.

Q. Should one address his reply to the bride or to her parents, when accepting a wedding invitation?
A. The acceptance should be addressed to the bride's parents, as the invitation was issued in their names.

ply near byant weedin' now—amazin' the growth that there is this year." And he was off presently homeward to supper. I saw him go out along, driving the cows before him to the milking. Dusk brought our family back safely to Aideria and returned a broad smile which had been a trifle tremulous, to grand-daughter's face. When night began to spread its dim curtain over this quiet place, she began to wonder what's keeping them anyway. It's been a long, long time since they left for town. Yes a long, long time. When will they come?"

August spread a rare loveliness over the countryside this morning. One marked it in the variety of green of fields and woodlands; in the blue bird notes in the air; in when neither leaf nor flower stirred except a small deathless russet in the poplar by the gate which continues to tell I fancy of every bird note in the air; in the deep of its fragrance, in a long lingering whiff of scent. Better to remember the incense from the abundance here, than to lose this one now "blown on its stalk." Dahlias, described by a thoughtless one as "strong and ugly" flaunt their gay, lovely colors now: red, and mauve and red, and I remember that strange old tale of beautiful and any flower, even the meanest weed that blows, holds a secret in its germination and unfolding that has been denied to science, and is therefore anything but ugly. . . . And James missing since morning comes to my office-of-sorts to ask: "Well, what's been happening today, Ellen?" "Until tomorrow — Diary — Goodnight."

Needlecraft FOR THE HOME

SUMMER ENSEMBLE

A winning fashion for general wearability is this baggy dress that can come out for the sun with cap sleeves and boat neck, cover up for town in its own bolero-jacket. Perfect in print, pique or shantung.

No. 2515 is cut in sizes 10, 12, 14, 16, 18, and 20. Size 16 dress requires 3 1/2 yards 36-inch; bolero, 1 1/2 yards 36-inch.

Send 20c for each PATTERN. This includes complete sewing instructions. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or pattern number in your address.

Address: Pattern Department, The Charlotteville Guardian, Charlotteville, N.S.

City _____ Province _____

CHANGE of LIFE?

Are you going through the functional "middle aged period peculiar to women (35 to 52 yrs.)? Does this make you suffer from hot flashes, feel nervous, high-strung, tired? Then try Lydia E. Pinkham's Compound to relieve such symptoms. Pinkham's Compound also has what Doctors call a stomachic tonic effect.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

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—has been won—quickly, safely—by thousands who once suffered from sore, streaming, irritated eyes, itchy ears, and who sneezed and wheezed, coughed, choked, spitteered every now and then. Now they sleep easy and rest easy. Now they breathe normal—thanks to Hay Fever Relief. You needn't suffer any more misery. Take HAY FEVER Relief and get the relief you long for. 50c, \$1.25 at drugstores. R-30



DESIGN NO. E-533

This proud peacock is embroidered on a luncheon set and finished with a crocheted pineapple edge. Hot iron transfer pattern No. E-533 contains 4 motifs 4 by 7 and 6 motifs 1 by 2 1/4 inches with complete instructions. Needlework Book 20 cents. To order: Send 20 cents in coin to Needlework Bureau, Charlotteville, N.S. Design No. E-533

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