

A Morning Smile

NOT IN CHARLOTTETOWN

The Judge (sternly)—"Well, what's your alibi for speeding sixty miles an hour through the residence section?"
The Victim—"I had just heard, your honor, that the ladies of my wife's church were giving a rummage sale, and I was hurrying home to save my other pair of pants."
The Judge—"Case dismissed."



From Mother of Six

"I think Lydia E. Pinkham's Vegetable Compound is wonderful! I have had six children of which four are living and my youngest is a bonnie baby boy now eight months old who weighs 23 pounds. I have taken your medicine before each of them was born and have certainly received great benefit from it. I urge my friends to take it as I am sure they will receive the same help I did!"
—Mrs. Milton McMullen, Vancouver, B.C.

Lydia E. Pinkham's Vegetable Compound

Daily Arguments

AUNT HET



"I don't want folks comin' to see me when I'm sick that don't think enough of me to come an' see me when I'm well."

POOR PA



"Our son Joe has a bank account of his own. He checks on it regularly, an' all he expects me to do is to make deposits for him."

Household Hints

By Roberta Lee

Bed-ticking
Stained bed-ticking may be renovated by applying a paste of raw starch and water to the stained portions and allowing it to dry on.

Green Vegetables
Add a lump of sugar to the water when boiling green vegetables. It is as effective as soda and perfectly harmless.

Inflamed Nose
Equal parts of Witch Hazel and pure alcohol is an effective remedy for an inflamed nose.

SAVAGE HARBOR PLAY

Monday, March 18th, the Savage Harbor dramatic society presented "The Adventures of Grandpa," in Mt. Herbert hall to a very large and appreciative audience.

From the rising of the curtain on the first act until it rolled down at the end of the third and last, not once did the players allow the attention of the audience to wander from the stage, and the scenes enacted thereon.

The play in itself, intensely humorous, was given full justice by the cast, and as the story progressed, each word and action from those on the stage was greeted by peal after peal of laughter, and applause loud and prolonged from the audience. So great, indeed, was the applause, that many times the actors had to wait until the audience had partially regained its composure before continuing with their respective parts. If applause may be taken as a sign of satisfaction, then it may be truly said that the audience was satisfied.

We ask pardon of those concerned in the play, if we embarrass them by too much praise, yet, if we were permitted to speak so in amateur circles, they would certainly be termed an all-star cast.

The players one and all, were heard to speak in the deepest appreciation of the excellent order maintained throughout the play, for no sounds were made, except the laughter and applause provoked by the players themselves.

Specialties were supplied by Mr. Wm. Connolly, who sang several pleasing songs, accompanied by Miss Rose Pigott, Miss Isobel Coffin gave a recitation, while Mr. Milton Doyle gave an excellent exhibition of step-dancing with music, supplied by Messrs. Mark and Frederick McCormack.

The Cast:—
Monte Ray, Grandpa's grandson—Cyril Morrison.
Tod Hunter, dancing master—Kimble MacIntyre.
Lucy Hunter, Tod's wife—Eileen MacIntyre.
Otis Hammerhead, Grandpa—Wm. Pigott.
Dorothy May, Just out of College—Isabel Coffin.
Marie Ribeau, a girl from Paris—Marion MacDonald.
Officer MacCormack—James Morrison.
Pansy Hopscotch, a widow—Muriel Coffin.
Kloomp, the maid—C. L. MacIntyre.

Wretched from Asthma. Strength of body and vigor of mind are inevitably impaired by the visitations of asthma. Who can live under the cloud of recurring attacks and keep body and mind at their full efficiency? Dr. J. D. Kellogg's Asthma Remedy dispates the cloud by removing the cause. It does relieve. It does restore the sufferer to normal bodily trim and mental happiness.

Bracelets are very flattering to the hand and twisted beads have been quite successful, while Patou now uses a bracelet of green and silver twisted beads in a thick rope to encircle the wrist.

For The Cook

BAKED SLICED HAM

One slice of ham, 4 medium-sized apples, 1 teaspoon clove, 1 1/2 cups brown sugar. Place slice of ham in baking dish, rub into it 1/2 cup brown sugar and sprinkle with the clove. Core apples and cut in quarters and place in with the ham. Sprinkle remainder of brown sugar over apples. Four enough water in to half cover the ham and apples. Bake for 45 minutes.

Eating Fruit

Make it a rule to eat only such fruits as are fully ripe—not overripe—and the most delicate digestion will handle them. They are so important to the human welfare that each of us should form the habit of eating such foods every day.

When the virtues of fruit are enumerated, it is only the ripe product that is under discussion. What we call the process of "ripening" is really the first step in nature's effort to convert the starch of unripe fruit into the sweet sugar of perfect ripeness. The fruit sugar is readily utilized by the body. The raw starch is not.

To my taste the fully ripened fruit is a thousand times more acceptable than the same fruit before that process is completed. But even though the taste has been educated to eat half green stuff, it is not good for the digestive organs.

There is a never-ending debate over the question of whether the tomato is a vegetable or a fruit. It is clear to me that it is a fruit, but whatever we call it, the tomato should not be eaten uncooked, unless it is ripe.

To have the lettuce used in the salad do us the most good, it should be green in color. It has virtues when bleached, but if we would have the iron and vitamins, it should be eaten green.

When I am in a restaurant or hotel and order a salad consisting of these ingredients, I say for green lettuce and perfectly ripe tomatoes. Then, with a palatable dressing, I have a salad that is delicious to the taste and ready for immediate use by the body.

A fruit that is commonly consumed in unripe state is our old friend, the banana. That beautiful yellow skin makes it attractive to the eye. But this is not the time to eat it. The banana is ready for human consumption when the skin is golden in color and speckled with black spots. In that state the starch has been converted into sugar and the fruit is digestible.

Every small boy and many girls, too, have had the "colic" from eating green apples. The starch is unconverted and the organs rebel at the difficult task of preparing it for digestion. Make it a rule to eat only such fruits as are fully ripe—not overripe—and the most delicate digestion will handle them. They are so important to the human welfare that each of us should form the habit of eating such foods every day.

That "Vulgar Tripe"

Why tripe should be relegated to the list of good things pronounced vulgar, while other internal edible organs such as kidneys or sweetbreads are considered delicacies suitable for tickling the palate of the aristocrat, is difficult to understand.

When really nicely cooked, tripe makes an excellent, easily digested meal, and the people who say they "can't touch it" are very often those who have never had it daintily cooked and served. If they object to it stewed with onions, as is often the case, let them fry it in butter, after it has been allowed to marinate for about an hour in a mixture of salad oil, vinegar, chopped onion and parsley. Served with a little maitre d'hotel butter and chip potatoes it is a dish fit for a king.

Or if the cook is prepared to take a little trouble, it may be made into "olives." Thin tripe should be used, cut into strips about four inches long and two inches wide. A thin slice of bacon is laid on each, it is sprinkled with chopped parsley and onion, rolled up, tied with string, and all are laid on a bed of vegetables in a stew pan, with good brown stock barley to cover them.

They are gently cooked for about two hours, then removed to a hot dish, and a sauce is made with a little flour, margarine, or butter and the strained liquor. This is seasoned care fully, then poured over the "olives," which can be garnished with some of the vegetables.

To curry it, too, is skillfully to disguise it, the curry sauce being made in the usual way, then the tripe, previously cooked until tender and

Dorothy Dix

The Person Who Boasts of Being Plain-Spoken Usually Tramples Roughshod Over Everybody's Feelings — But There Are Just as Many Pleasant Truths as There Are Disagreeable Ones

A woman writes: "I am always telling my husband how good-looking and clever I think he is, and that he is about the best husband that Lady Luck ever bestowed upon a woman, and when my friends have pretty new frocks I compliment them upon their good taste. My sister calls me a hypocrite because I do this."

"You know you don't think your husband is such a world-beater," she says. "He has plenty of faults. Why don't you tell him about them instead of flattering him to death? And if Mrs. Jones has good taste in dress, she has a wretched figure. You had better tell her she is getting too fat and should begin counting her calories, instead of making her think she is a second Jenny."

"Now, my husband adores me and eats out of my hand, and I am popular in society, but I don't want to buy people's liking by being double-faced. Of course, I don't think my husband is absolute perfection, and I see things to criticize in my friends but am I hypocritical when I praise them for their good points and keep silent about their bad ones?"

No, you are not a hypocrite. You are Mrs. Solomon, and a Peace-Maker, and a Joy-Spreader, and a Jar of Healing Ointment, to boot. All who know you must arise and bless your name, for you go through the world saying the little word of appreciation for which so many hunger and thirst in vain, and saving the bleeding wounds of vanity.

For critics are many, but admirers are few and far between. Our family and friends are always ready to knock, but they sit on their hands when we might reasonably look for a round of applause. They are voluble when it comes to discoursing on our faults, but mum as claims when it comes to mentioning our virtues.

They go even farther. They count it unto themselves for righteousness when they hurt and humiliate you by turning the spotlight upon their defects and by making you feel that they see nothing good in you. If they ever discover one charm or grace or redeeming characteristic in your whole make-up, wild horses couldn't drag the admission from them.

If you are a young girl and have curly hair and a saleratus biscuit complexion, they harp on that and never notice that you have a Greek profile and a bathing beauty figure. If you are a boy and make bad grades in school, they broadcast that to the world and never call attention to the fact that you are a wizard with tools and honest and reliable and help mother with the household chores.

If you are a wife, they tell about what a poor housekeeper you are, and how everything is at sixes and sevens, and meals are never on time, and the work is done hater-skelter, but they don't say a thing about your being so pleasant and good-natured and interesting that your husband and children worship you.

If you are a husband, they berate you for being cross and grumpy and never having anything to say at home, but they never praise you for working your fingers to the bone to give your wife and children luxuries, and going without vacations yourself so that they can go off to summer resorts and have sports cars.

Oh, dear me, no. They would consider it hypocrisy and deceit to let you know they admired you. They feel that honesty compels them to disparage you in every possible way.

I often wonder who originated the bilious theory that only disagreeable things are true and that only disagreeable people are sincere, and I wonder still more that so many people should subscribe to this false doctrine.

But they do. When you meet any one who boasts of being plain spoken and always telling people the truth about themselves, you know that he or she is one of the individuals who trample roughshod over everybody's feelings and who go about saying things to every one they meet that they would rather die than hear.

Why anybody ever originated the idea that the truth necessarily had to be unpleasant I don't know. Nobody knows. As a matter of fact, there are just as many pleasant truths as there are disagreeable ones. It is just as true that there is sunshine as it is that there is rain. It is just as true that there are roses and lilies as that there are poisonous weeds. It is just as true that a girl may be intelligent as it is that she is homely. It is just as true that a woman may be a marvelous cook as it is that she may not be a hillbrow.

So why is there any hypocrisy in speaking the truth that will bring pleasure and happiness to a fellow creature and keeping silent about the truth that would stab him like a knife? And why is there any virtue in revealing the process and putting the loud pedal upon people's faults and soft-pedaling their virtues?

Why shouldn't husbands and wives praise each other for their good qualities instead of eternally criticizing each other's bad ones? Why shouldn't parents occasionally pay their children a compliment, instead of eternally nagging them about their shortcomings? Why shouldn't we bestow a few bouquets on our friends while they are living and not wait to lay them on their coffins?

Believe me, we would get better results if we did, for every one of us has a natural inclination to live up to our reputation and be what people think we are, and we would be better wives and better husbands and more ambitious children and finer men and women generally if we knew that those about us admired us and expected only the best of us.

If it be hypocrisy to give praise instead of blame, to soothe instead of wound, to show admiration and appreciation where it is due, then let us all be hypocrites.
DOROTHY DIX.

Twoeds continue among the smartest lightweight wovens for spring ensembles.

For Frost Bites and Chills—Chills come from undue exposure to slush and cold and frost-bite from the icy winds of winter. In the treatment of either an excellent preparation is Dr. Thomas' Electric Oil, as it counteracts the inflammation and relieves the pain. The action of the oil is prompt and its application is extremely simple.

It is proper to tip a stranger who has returned some article dropped on the street?
A. Not unless it is a valuable article and the man looks shabby and in need of money.

When is a tuxedo required?
A. For dinner wear, informal dances, and the theater.

What is the correct position of the spoons on the table?
A. At the right of the knives, hollow-side of the spoons upwards.

A Fashion Hint

A FAVORITE

A sheer tweed whose lines are utterly smart and distinctive, with plain woolen in deepest shade of bodice and outlining Vionnet neckline of vestee in same shades as background. The snugness through hips contrast smartly with allaround slight blousing of the bodice. The inserted plaited section at centre-front of skirt also takes a diagonal slant.



Style No. 449 is designed in sizes 18, 20 years, 36 38 40 and 42 inches bust. Printed silk crepe, crepe satin, canton-faille crepe, crepe de chine and crepe marocain are also suitable fabrics for all-day occasions that are not to be overlooked in making your selection. Patterns price 15 cents in stamps or coin (coin is preferred). Wrap coat carefully.

We suggest that when you send for this pattern you enclose 10 cents additional for a copy of our Spring Fashion Magazine. It's just filled with delightful styles, including smart ensembles, and cute designs for the kiddies.

No need to suffer with corns, or to run the risk of paring them. Remove them surely and painlessly with Holloway's Corn Remover.

UNCLE RAY'S CORNER

WHAT kind of sports and pleasures do they have in Europe? This question comes from Alma Uphoff, who lives in a village in Saskatchewan. It is a short question, but a big one, too! I shall mention just a few of the "sports and pleasures" of Europe.

In Holland there is a great deal of skating on the canals, and skating is also practiced elsewhere in central and northern Europe. Tobogganing in the Alps of Switzerland is famous—and certainly it is a lot of fun, for the Swiss often coast more than a mile.

Norway is famous for its use of skis. The men of Norway, (and many of the women, too) learn to go over the hill and valley on skis. When there are contests in this country for ski jumps, you will notice that men with Scandinavian names are usually the leaders. (Speaking of skiing reminds me of how "Mary Elizabeth" wrote me some time back saying, "My heart jumps up to my throat when I go down a steep hill on skis!")

In Germany, men, women and children go on hiking parties. They leave the cities during the week-ends and go far into the country.

Bicycles are very common in some countries of Europe—I saw many of them in Switzerland, Holland, France and England. In England there are bicycle clubs, and hundreds of persons sometimes go out riding together.

Cricket is a favorite sport in England. It might be compared to baseball, because it is played with bat and ball; but it is really a very different game.

Tennis is a widespread sport, and people in Europe have gone in for golfing, too, but not nearly so much as we have on this side of the Atlantic.

The great sport of Paris, so far as I could see, was to sit in front of cafes and sip drinks. A little American boy whom I talked with over there (and who had his eyes wide open) said: "The men sit around all day and drink, while the women do the work." That was his idea; but of course we must not think that true of all France. There is an idle class of men—also of women—in every country.

Uncle Ray

The kiddies like 'em



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For growing child's healthy hunger or for the man-size appetite, there's nothing more wholesome, nutritious or satisfying than these raisin-filled, sugar-coated Hot Cross Buns.

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