

Woman's Realm / Social and Personal / Fashions / Literature

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Massage



Firm, healthy gums are important to sound teeth and sparkling smiles. So switch to Ipana—for Ipana is specially made not just to keep teeth clean, but to stimulate gum circulation. Try it. Brush your teeth with Ipana. Gently massage a little extra Ipana onto your gums. * Your mouth tingles with new freshness... your smile gains new charm. Be bright about your teeth and gums—Ipana bright.

* Firm, healthy gums are so important that 7 out of 10 Canadian dentists recommend gum massage.

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Change to Ipana and Massage Today

DOROTHY DIX SAYS—

Not "Nice" Enough

Mother Frowns On Daughter's Association With Those Not In Blue Book

DEAR MISS DIX: My problem is my mother, who is deathly afraid that I will go with someone who is not "nice" enough for me. "Nice," in Mother's vocabulary, means socially important. No matter how fine the boy and girl in question are, if they do not come up to Mother's standards, they are taboo for me.

There is a certain boy I would like very much to date. His parents are fine, hard-working people, but they are not up to Mother's ideals. The boy is very popular at school. He goes with the very best crowd and everyone else thinks he is grand, but Mama says he is not. She has never even met him. Yet she says he is not "nice," and is not willing for me to have anything to do with him. And she takes the same attitude with many of my other friends. It is very embarrassing to me.

I understand that she thinks she is doing it all for my good, but don't you consider that she has gone a little too far?

J. O. P.

ANSWER: It is stretching things pretty far in a democracy where we are all officially free and equal for a mother not to be willing for her schoolgirl daughter to associate with anyone whose name isn't in the Blue Book. Of course, it is a mother's bounden duty to keep a watchful eye on her little ewe lamb and see that she doesn't flock with the black sheep, but that is just about as far as Mother should go in picking out little Mary's associates.

SNOBBISSNESS DOESN'T PAY

As a matter of fact, it is practically impossible for a mother to keep her daughters from knowing anyone who isn't in the Social Register, because we are such a shifting population, with values that change so often that those who are at the top of the social pot one day may be at the bottom of it the next. So it doesn't pay to be snobbish. You are too apt to meet someone who is going upstairs when you are coming down.

Many a mother who has kept her daughter from marrying a poor boy from the other side of the tracks has seen him rise to fame and fortune and his wife riding in limousines, while her daughter is a tired and worn old maid slaving behind a counter.

DEAR MISS DIX: Speaking of girls being trained for domesticity as a preparation for marriage, don't you think it would help if the lads also were educated on running a household? If marriage is a partnership, why shouldn't husbands also do their bit?

Suppose a wife doesn't know very much about cooking—is that a tragedy? Can't both the husband and wife chip in and do the cooking? I instead of the wife doing all the wrestling with the pots and pans? I speak from experience as my three brothers and I have all been trained as cooks. One of us naturally outshines the others, but we can all turn

(Continued on Page 3)

That Body Of Yours

By James W. Barton, M. D.

UNDERSTANDING PEOPLE

A magazine article tells of a teenage boy who was able to do a difficult mathematical problem in his head. This took two mathematical professors 30 minutes to complete, using pencil and paper.

Our natural opinion was that this boy was unusually brilliant, yet his I. Q. (intelligence quotient) was much below average—in fact, he was almost an idiot. We learn from this that there are different kinds of intelligence, not different degrees as we have perhaps always thought.

An editorial in the "Journal of the American Medical Journal" entitled "Understanding People" calls attention to the address delivered by Roger J. Williams to the American Association for the Advancement of Science. It was pointed out that the scientific investigations of the next century of our civilization will not be along present lines, but will be devoted to the science of understanding people—how they are alike and how they differ from one another.

"If we were all the same and had the same likes and dislikes, there would be no need for freedom. We would all fall readily into the same pattern of life, and difficulties would never arise." It is because we each have our own individuality that we want to do what we want to do.

We all inherit certain distinctive characteristics—shape of body, hand, feet, legs, various glands. We differ from one another because we inherit certain qualities or characteristics and because of the differences in our surroundings.

There is no question but that while animals also have differences, the individuality in man is more highly developed than in animals.

Another difference in human beings is the matter of allergy. Some are sensitive to one substance, and others are not sensitive or allergic to this but to other substances. Also, we often see how the same drug affects different individuals in various ways.

If we knew ourselves better and knew others better so that we could properly appreciate the differences between us, we then could properly understand our fellow men. It is believed that the school of the future will devote much time helping students in the earliest grades to become better acquainted with themselves.

NEUROSIS

Neurosis—believing you have a physical ailment when none exists—is becoming increasingly common. Send today for Dr. Barton's informative booklet on this subject entitled "Neurosis." To obtain it, just send 10 cents and a 3-cent stamp, to cover cost of handling and mailing. To The Bell Syndicate, in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy.

Household Scrapbook

By Roberta Lee

Laundering Quilts

When laundering quilts do not hang them on the clothesline by means of clothespins as this is likely to pull the inside part of the quilt apart. Hang the quilt across two lines and it will dry quicker and keep its shape.

Cocoa

To prevent cocoa from lumping, when making, mix a little sugar with it before pouring on the hot water or milk. A pinch of salt added greatly improves the flavor.

Cleaning the Sink

Pour a strong solution of hot water and salt through your sink and drain at least once a week, and this will keep it free of grease and disagreeable odors.

Ellen's Diary

By an Island Farmer's Wife

March is here. Month of variable winds and changing skies, and yet owning much charm. All at once, perhaps after a snowfall, we notice that the sunlight is definitely stronger, and the blue which a sunny day sets above a hilltop is deeper and smiling, and while we stop to admire it, or to catch a nice promise in the light breeze that wanders: the ripple of thawing streamlets makes nice music in our ears, as they hasten streamward bearing off a Winter which has been, and leaving instead the delight that is Spring. There is no better season on a farm than Spring. There may be as good, but none to the life of James and many a one, though in all there is much that is so easy to commend. So March in spite of the short-comings is eagerly welcomed.

It arrived at Alderlea, neither like a lamb nor a lion, but in a brooding, sullen spirit which indicated those of us who watched its coming to expect the worst. Snow is falling thickly now and a wind which of late has known no other direction than north, nor east, was again heaping drifts higher about the yards. We struggled through this second storm of the week, when we came a few minutes ago, James and I from the house across the lane.

On such a night as this one when grand-daughter herself is snow-bound, we like to come there to see her at play in the happy period which precedes her retiring. It is entertaining to watch her, and also to join in her interests. Disregarding her dolls and dishes and other more feminine playthings, to our farmers' delight she was busy with a small red horse, a gallant fellow—a toy fetched home among the souvenirs of our Summer holiday to Cape Breton, and a favorite of hers. Hitched to a cardboard sleigh, which Jeanie has fashioned out of a matchbox, grand-daughter and "Cherrywine" have many delightful though imaginary excursions about the countryside.

While we visited, her steed was being made comfortable for the night in a stable made from her

(Continued on Page 3)

Morning Smile

SERVICE

Sandy was awaiting his turn in the barber's shop, when he noticed a card announcing: "Shaving 50c and 75c."

"Why do you have two charges for a shave?" he inquired of the barber.

"That's a matter of service," came the reply. "You get a bandage with the 75c shave."

"You ought to get married," I have wished many times lately that I had a wife. She'd probably have a sewing machine, and the sewing machine would have an oil can, and I could take it and oil my office door. It squeaks."

Cook's Corner

CHEESED POTATOES

If your old potatoes are in good shape, scrub and cook them in their jackets in the pressure cooker for 10 minutes (depending upon size) at 15 lbs. pressure. Allow potatoes to cool while preparing the sauce.

CHEESE SAUCE

4 tablespoons butter or margarine
1 medium sized onion diced.
3 tablespoons flour
1/2 teaspoon salt
2 cups milk
1/2 (8 oz. size) package processed cheese

1 tablespoon Worcestershire sauce
Grated old Cheddar cheese
Melt butter in top part of double boiler. Add onion and cook over low heat until tender. Add flour and salt and combine thoroughly. Add milk and stir until thickened and smooth. Place over hot water. Add cheese and heat until melted. Add Worcestershire sauce and reseason to taste, keeping in mind that the potatoes are unseasoned. Dice peeled potatoes—there should be about 4 cups for 6-8 servings (8-10 med. lum potatoes).

How Can I!!!

By Anne Ashley

Q. How can I make a good wall paper cleaner?
A. Mix a thick paste of three cups of flour, three tablespoons of ammonia, and 1/4 cupful of water. Roll this into balls of convenient size to fit the hand. Rub a ball over the paper and it will clean thoroughly.

Q. How can I make spiced rhubarb?
A. To make a delicious dish of the common rhubarb, when cooking it add a dash of cinnamon, a clove or two, and the grated peel of one orange. Red cinnamon drops, used instead of cinnamon, give it a beautiful hue.

Q. How can I relieve hiccoughs?
A. To relieve hiccoughs, take a teaspoonful of granulated sugar and vinegar. Repeat, if necessary.

Legends

Of P. E. Island

(By Uncle Joe)

THE GUIDING LIGHT

This tale is supposed to have happened about one hundred years ago, and recently was brought to the attention of the writer by a relative of the person who saw the Guiding Light.

The names of two brothers appear in this story, and they are not fictitious names, either. The brothers, Robert and Duncan Matheson, lived in Queen's County, Robert living at Bonshaw, and Duncan was a resident of South Meville.

Shortly after sundown on a certain night in October, Robert hitched up the old gray mare and set out to visit his brother, who was sick. The night being pleasantly warm for the time of year, Robert permitted the mare to amble along at her own stride while he enjoyed the wayside scenery, which stood out clearly under the light of a newly risen full moon.

As the buggy rattled along over the rough stony road, its lone occupant caught the glances of horses, sheep and cattle as they paused in their grazing to lift inquiring eyes in the direction of the noisy vehicle. From the near-by bushes came the eerie hoot of an owl, while from the depths of the forest the barking of wild foxes punctuated the stillness of the night air.

Suddenly the wind lifted its voice and set the half-dead leaves a-shivering on their branches. Then a large dark cloud drifted out of nowhere, placed itself directly in the path of the moon and quickly obscured that planet from view. In the space of minutes the whole scene presented an entirely new picture.

No longer could Robert Matheson see the fertile plains with their domestic animals quietly feeding by the roadside; no longer could he see the little brook that threaded its way across country; no longer could he see the faithful animal that was transporting him along the pitch-black highway.

But still the rustling of the autumn leaves and the sighing of the wind in the tree tops could be heard. The dismal hooting of a pack of owls grew louder and louder, while the beasts of the forest cried eerily as if some dreadful event were about to happen.

Even the driver himself felt strangely uneasy, a feeling which he could not put into words, though he was a man of courage who had faced more than one hectic adventure.

Robert Matheson was just in the act of lighting his pipe, the reins lying idly across the dashboard, when the mare shied dangerously near the gutter, causing the buggy to lurch so that its occupant nearly was thrown out.

Quickly he recovered the loose reins, brought the frightened beast to its proper place on the road and gave the contrary animal a few cuts of the whip just to remind it that he still was in control of the situation—or was he?

Some distance behind, a light blinked its eye and then all was dark as before. Puzzled, the driver cast a right-angled glance at the road ahead, and a new twist that anything might happen at any moment—and happen it did.

Now the light blinked its eye a second time, and—wonder of wonders—it was right in front of Carrie's nose. The mare snorted and tossed her head high in the air, while her hind feet lashed out viciously, striking the front axles of the carriage with such violence, almost as to cause it to break down.

No More Dosing For Constipation

Famous cereal frees woman from harsh laxatives
Searching desperately for constipation relief? Then read this unsolicited letter:
"For 10 years even strong medicines couldn't help me. At last my doctor in England advised KELLOGG'S ALL-BRAN. I began to eat this breakfast cereal and soon realized I was better. I eat ALL-BRAN regularly now and can definitely say I am free from constipation!" (Name given on request.)
You, too, may never have to take another harsh laxative for constipation due to lack of bulk in the diet. Just eat an ounce of KELLOGG'S ALL-BRAN daily—and drink plenty of water. ALL-BRAN is not a purgative, but a wholesome regulating cereal. Eat as a cereal or in muffins for constipation relief. If after using one package you are not entirely satisfied, get double your money back as guaranteed on the package. Buy delicious ALL-BRAN from your grocer. Made by Kellogg's of London, Ontario.



WRITE Marie Roy

FOR HER ADVICE ON ALL YOUR COOKING PROBLEMS

ALL YOUR QUESTIONS ON BAKING, COOKING AND MEAL PLANNING WILL BE PERSONALLY ANSWERED BY OUR HOME ECONOMICS DIRECTOR, MARIE ROY.

Marie Roy is now ready to offer all homemakers her personal advice on problems relating to economical home cooking and kitchen planning. This advice is free! All you need to do is to write her in care of The St. Lawrence Flour Mills Company Limited, P.O. Box 6084, Montreal, Quebec, and your problem will receive her personal attention.

Thousands of housewives have benefited from Marie Roy's wide knowledge of home economics. She is a qualified graduate of a recognized university and has our new modern Regal Test Kitchen at her service. Her personal advice is not only scientifically dependable, but thoroughly practical for home application. Send Marie Roy a "get acquainted" question today!

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YOU'LL REALLY ENJOY BAKING WITH REGAL FLOUR

Marie Roy says, "For tempting, nourishing bread... for light, fluffy, delightful cakes... for pastry that is crisply tender and flaky... you can always depend on Regal Flour." Order a bag from your Regal dealer today.

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REGAL FLOUR

IT'S WONDERFUL FOR ALL YOUR BAKING

led the way, and when the driver turned off from the Green Road it still was in the van. On and on they travelled all the lane leading to the brother's home was reached, the mysterious light always leading the way.

When within a few hundred yards of Duncan Matheson's house, the light left the lane and entered a bedroom window on the lower floor, facing the road. Robert followed its course with a steady, unerring eye. There never would be any mistaking that final act of the mysterious beacon.

When he drove into the farmyard he was greeted by one of the family, who informed him that his brother had passed away about half an hour before his arrival.

The next story: The Wizard And The Monster.

Better English

D. C. Williams

1. What is wrong with this sentence? "It is one, and not him."
2. What is the correct pronunciation of "dessert"?
3. Which one of these words is misspelled? Embryonic, emigrate, emenate.
4. What does the word "orthopy" mean?
5. What is a word beginning with ins that means "tasteless"?

ANSWERS

1. Say, It is I, and not he."
2. Pronounce de-surt, e as in bet, u as in fur, accent last syllable. 3. Emenate. 4. Correct pronunciation, "He is a master of orthopy." 5. Insidip.

The Stars Say--

By Genevieve Kemble

For Wednesday, March 9
IT is quite possible that certain astute tactics, determination and diligence applied to important plans and progress seemingly suffering a stubborn impasse may bring desired action. Not only personal shrewdness and acumen furnish the spur to static or congested situations, but such may arrest the attention of those close in interest, ambition and perhaps affection. While matters at issue are practical and promising, yet the element of sentiment, romance or pleasure may give a decided boost to the lagging or frustrated condition. Reward of merit brings joy.

For the Birthday
Those whose birthday it is may encounter a year of security, sustained action and splendid rewards for endurance, diligence and earnest efforts in a difficult or hopeless situation. The happy combination of notable sense of obligation or duty should enlist support from friendly even affectionate sources, with encouragement for hearty celebration. A child born on this day is well endowed for a sound and constructive role in life, as well as finding joy and friendly support for its sterling efforts and qualities.

Needlecraft FOR THE HOME

THE YOUNGER SET

The timely ensemble theme, worked out for little sister with a flare-skirted jumper and matching bolero-jacket—plus a puff sleeve blouse to complete the costume. All in one pattern!

No. 2949 is cut in sizes 2, 4, 6, and 8. Size 4 bolero and jumper, 1 1/2 yards 54-inch; blouse, 1 1/4 yards 35-inch. Applique included.



Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address.

Address Pattern Department, The Charlottetown Guardian.

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Modern Etiquette

By Roberta Lee

Q. Is it ever proper to use the knife to cut the salad when dining?
A. Only when the lettuce is unusually tough and defies cutting with the side of the fork; otherwise, use only the fork.

Q. Isn't it discourteous to reach in front of another person in order to shake hands with a third person?
A. Yes; this should always be avoided.

Q. Must one bring a gift when attending a christening?
A. Yes, it is customary to do so.



APPLIQUE INCLUDED
2949
SIZES
2-8

It's so different today



Robin Hood and his Merry Men had to score a hit with a bow and arrow or they didn't eat! To score a hit today shoot over to the grocer's for Post's Grape-Nuts Flakes—that convenient, ready-to-eat, easy-to-digest cereal made not from one but TWO grains—wheat and malted barley.

What a treat!—that gorgeous Grape-Nuts flavor in crisp honey-golden flakes. Good for young and old because Post's Grape-Nuts Flakes provide nourishment... useful quantities of carbohydrates, proteins, minerals and other food essentials. Served in a jiffy—eaten on sight. Ask your grocer.

HEADACHES-GRIPPE

need a PRESCRIPTION-TYPE REMEDY

ACTS FOUR WAYS

The next time you have an attack of neuralgia, a head cold or any nerve pain, even a tooth-ache or ear-ache, try 4-way acting BUCKLEY'S CINNAMATED CAPSULES. This grand remedy brings relief so quickly because it is a skillful combination of four proven cold dispelling, pain-relieving ingredients, specially CINNAMATED for maximum relief of cold, pain and feverishness.

HERE'S HOW THIS 4 INGREDIENT REMEDY WORKS:

1. RELIEVES PAIN AND FEVERISHNESS FAST
2. HURTS FEWER LONGER LASTING.
3. DISPERS FEVERISH CONDITIONS.
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