Woman's Real m -:- Social and Personal -:- Fashions -:- Literature

Never any "leftovers" of cakes and pies made with coconut. Baker's three styles are always fresh and handy — in packages, tins and by the pound.

A10-34

BAKER'S COCONUT

For Sale By Tender

Tenders will be received by the Trustees of the Cross Roads Christian Church up to May 15, 1934 for one acre of land and dwelling at Cross Roads. Ten per cent with tender. The highest or any tender not necessarily accepted. Apply to

C. J. WOOD,
Secretary Trustees,
Bunbury, P. E. I.

L-4117.

Tenders for Coal

Sealed Tenders will be received at the office of the Commissioners of Sewers and Water Supply until noon on Wednesday the sixteenth day of May for delivery and trimming in sheds at Pumping Station, Malpeque Road of five hundred (500) tons, more or less, of coal. Said coal to be of the best quality of this year's mining, to be weighed on City Scales at expense of tenderer and to be delivered as required. Shed at the Station to be full on December 15th next. Tenders to state price of fully screened coal as well as name of mine.

The quality and delivery of coal to be subject to the approval of the Engineer of the works.

The Commissioners do not bind themselves to accept the lowest or any Tender.

By order,
J. A. MacMILLAN,
Manager,
City Water Department.

L-4091.

The HOUSEWIFE and HER ACTIVITIES

THE VALUE OF HEALTH

"He spent his health to get his wealth,
And then by might and main
He turned around and spent his wealth
To get his health again."

ENGLAND BECOMING MORE LINGUISTIC

Women are taking active leadership in the present movement to make England more linguistic.

Hundreds of adult students have enrolled in a Princeton street school to attend classes which owe their origin to a merry little woman of 63. Here they will learn to speak French, German, Spanish, Danish or even Russian, from experts.

Behind the enrolling lies the romance of that merry little woman—Mme. L. Joly, the deputy principal in charge of the school. She is of English blood though she was born and educated in France. "My students are from all walks of life," she said. "My classes are most democratic. I have had titled persons sitting next to cooks from the big hotels."

Madame Joly came to England just before the War with five fatherless children and she supported them by teaching French. "I keep my youth because I like a joke and live on milk," she declared.

Salmon and tea rose pink represent a family of pinks that have not been with us for several seasons and show signs of being resuscitated for evening.

THEY'RE COOL FOR SUMMER

Printed suits or dress and jacket ensembles of voile or triple sheer are about the coolest things that a girl can include in her summer wardrobe. If the hot months are to be spent in town, get prints with dark backgrounds and lighten them up with white touches at collar and wrists. Make sure that such light accents are removable and remember that collars and cuffs with snaps save you the trouble of having to baste them back on each time they are washed.

CARE IN VARNISHING

When tackling a painting or varnishing job, it is advisable to consult a master painter, who is qualified to know the exact type of application for a specific job. For example, an interior varnish should not be used in places where direct sun, rain and excessive moisture or extreme heat and cold reach it. Paint manufacturers turn out the right kind of material for this type of work.

KEEPING BABY'S SKIN SOFT AND BEAUTIFUL

Just a few drops of Eau de Cologne added to a little fine oatmeal and the latter dusted into Baby's bath will be an improvement; and, if one part of fine oatmeal is blended with two parts of dusting powder, for use after the child has been dried, the oatmeal will remove all trace of dampness.

If Baby's skin is inclined to be rough an excellent remedy is purified mutton fat, blended with sweet oil (one teaspoon oil to one tablespoon fat).

At bed time, after the bath, a little of this cream should be rubbed in. If Mother or Nannie wish, a few drops of scent may be added to the fat and oil so as to give a finish of fragrance.

Dry Skin

If Baby is inclined to have too dry a skin its condition may be greatly improved by a plentiful application of a simple cream or oil.

The best time for Baby's toilet aids to be used is just after the bath, but the fact must not be overlooked that, unless the skin is perfectly dry, the cream or oil will not have a fair chance to do the necessary work, for on no account apply anything before the cream or oil.

An ideal sponge for Baby is a small wad of cotton wool, and in addition to being delightfully soft, it can always be fresh and dainty.

Ordinary cotton wool will suffice, and it should be looked over to see there are no hard pieces there.

Every baby is an "open air" one nowadays, so Mother must be careful not to make her little one's skin too sensitive; consequently while toilet aids are needful, care must be taken that they are never used in excess, but only just as they are required at the time.

WASHINGTON, May 12—A million dollar fund was thrown into the United States drive for prevention and cure of infantile paralysis today—all due to the nation's celebration of President Roosevelt's first birthday in the White House.

The executive accepted a check for $1,003,030.08 in the east room of the White House.

40 Brain Workers Tested This Remedy in Clinic at Hospital

Their nervous energy depleted by over-study as examination time approached, a group of students, who were definitely below normal in blood condition, formed the "test patients" for a recent clinic conducted at a leading Canadian hospital. The remedy prescribed for this five weeks' test was Dr. Williams' Pink Pills. The purpose was to determine to what extent this world-known preparation would increase the haemoglobin and red corpuscles in the blood and so rebuild blood health and restore normal vigor and strength.

The results were indeed notable. The carefully kept records showed that in every case where the patients' blood count had been below normal, the number of red corpuscles was increased, and in 38 out of 40 cases, or 95 per cent., the students experienced increases in haemoglobin also, in some instances as much as 22 per cent. The physician in charge considered this showing as most impressive. The student-patients stated that they felt much more energetic, with a new sense of well-being.*

It is the haemoglobin in your blood that carries vital, life-giving oxygen to every cell in your body. If you are always tired, exhausted, breathless on exertion, nervous, irritable, lack appetite, most probably your blood count is below normal. Start taking this hospital-tested remedy and see how soon these symptoms will begin to disappear, and how much better you will begin to feel.

You and your family are taking no chances. Dr. Williams' Pink Pills are hospital-proven. At all druggists—50c a package.

*Individual reports on these 40 patients, certified by the hospital pathologist, are on file.

Age Insuperable Barrier to Women | **Dorothy Dix** | Scores Superstition That Ruins Best Years

Think of the Number of Women Who Have Been Martyred on the Altar of Age!—Yet Time Softens, Broadens and Strengthens Most Women and Gives Them Mellow Charm Impossible in Youth

Of all the taboos under which the feminine sex has suffered so grievously during all the ages none of them have been such a handicap to it as the superstition that a woman was only attractive while she was young and that there was nothing for her but the scrap heap when she grew old.

It seems too silly to be true, but it is true that this unfounded theory has meant the martyrdom of women. It has turned Truthful Janes into Lying Saphiras. It has caused women to light the candles on their birthday cakes with about the same emotion of despair they would feel if they were applying the torch to their funeral pyres. It has caused women to waste their best efforts in a futile battle against time. Medals have been given and saints canonized for less agony heroically bore than women have endured in starvation, and being skinned alive, and parboiled, and face-lifted in an effort to keep young.

Strangely enough, this ban against age applies only to women. A man may take age in his stride, as it were, and nobody bothers about it. He isn't excluded from society because he has lost his boyish figure and his ambrosial curls and is getting stout around the middle and bald on the pate. He is still invited out to gay parties and up to his eighties is still considered eligible. In fact, we recognize that age ripens and mellows a man as it does good wine, and that the middle-aged and even elderly man is generally more charming and a more stimulating companion than a callow boy.

But we are still sold to the superstition that age sours women and makes them unfit for human consumption, except for their teething grandchildren. We consider that the place for the elderly female is the nursery, or the fireside at home. They are not supposed to want to step out anywhere except to church or the cemetery. When a man pays one any attention he does it either as a work of supererogation or because she has money and it is the come-on to selling her some bonds. And after 45 her chances of marriage are nil unless she literally goes into the marriage market and purchase herself a boy husband.

Yet at middle age many women are far better looking than they were in their youth. Life chisels many a rough face into symmetry, and experience lights the fire of intelligence in many dull eyes. Many a gawky and awkward and unattractive and shy girl acquires poise and dignity with age, and just having lived through forty or fifty or sixty years makes any woman more interesting to talk to than a flapper.

You can't have loved and married and borne children, and had your heart broken by death, and known work and struggle and anxiety without their having done something to you. Without their having made you cynical and bitter, or sweet and understanding; without their having at least taught you some philosophy of life.

Another superstition to which we cling is that women age more rapidly than men. Possibly this may have been the case in the past when women led narrow, dull lives and rusted out for lack of rubbing up against the world. Then, when a girl married, she was tied to her home and was expected henceforth to take her interest in life vicariously through her husband and children. A good wife and mother wasn't supposed to consider her looks or her figure, or read anything except books of devotion, and naturally she did get to look like her husband's mother.

But the modern woman has changed all that. She has seen what happens to old wives, and she knows that if she holds her husband she has to keep young and meet the competition from the flappers. So she counts her calories and pinches the housekeeping budget for the price of the beauty shop, and she wears what the advertisements call "youthifying" clothes.

The result is that the middle-aged woman of today looks younger than her husband, even when they are approximately the same age. Also, she is peppier. She is the one who wants to go places and do things and who drags him out to places of amusement and on trips. And she is really more up-to-date because she belongs to study clubs and current events classes, and she is up on her contract and her politics, and hasn't the slightest idea of settling down to senility for the next twenty years.

As a matter of fact, this question of whether women grow old more quickly than men has recently been tested out by some eminent psychologists, and they discovered that there was practically no difference in the rate at which men and women age. They tested both sexes up to the age of 95 and their conclusion was that, if anything, women held their own a trifle better than men in both the use of their minds and bodies, and that great-grandma was a little bit sprier than great-grandpa.

But if men have the advantage of women in age in youth, age is kinder to women than it is to men. No old woman is as forlorn and lonely as an old man. Somehow the old woman can take care of herself better. She can make more of a home for herself if she has to live alone, and if she has to live with others she fits in better than the old man does. And somehow people are tendered and kinder to the old woman than they are to the old man.

The man who is too old to be in business or to follow his old occupation is lost. He is bored to death. He does not know how to kill time. But the old woman has her croney or two; she can make patchwork quilts or crochet or knit; she can take care of her children's children and keep her heart warm with their devotion, for so often the old and the young meet on the common plane of childhood.

And so, perhaps, life, which is more just than we think, averages matters up by giving men the best of age when they are young and women the best of age when they are old.

NEGLECT OF COMMON CONSTIPATION IS A SERIOUS MATTER

Prevent This Condition with Kellogg's ALL-BRAN

The first question your doctor asks is whether you are constipated or not. He knows that this condition may cause headaches, loss of appetite and energy, sleeplessness. It is often the starting point of serious illness.

You can prevent and relieve common constipation so easily. Just eat a delicious cereal once a day. Laboratory tests show that Kellogg's ALL-BRAN provides "bulk" and vitamin B to aid regular habits. ALL-BRAN is also a rich source of blood-building iron.

The "bulk" in ALL-BRAN is much like that found in leafy vegetables. Within the body, it forms a soft mass. Gently, it clears out the intestinal wastes.

Isn't this "cereal way" safer and far more pleasant than taking patent medicines — so often harmful? Two tablespoonfuls of ALL-BRAN daily are usually sufficient. With each meal in chronic cases. If seriously ill, see your doctor — ALL-BRAN is not a "cure-all."

Enjoy ALL-BRAN as a cereal, or use in cooking. Get the red-and-green package at your grocer's. Made by Kellogg in London, Ont.

THE COOK'S CORNER

CHEESE AND SPINACH CASSEROLE

One cup milk, 2 cups grated Canadian cheddar cheese, ½ teaspoon salt, ⅛ teaspoons pepper, 3 cups lightly cooked spinach, ½ cup soft bread crumbs, 4 slices bacon.

Scald milk in top of double boiler and add grated cheese, salt and pepper to it and continue heating until cheese is melted. Then add the spinach and turn into buttered casserole and cover with the soft crumbs and bacon cut into small pieces. Bake about 30 minutes in oven of 325 deg. Fahr.

SAVORY CASSEROLES OF CAULIFLOWER

One small cauliflower, 2 cups tomato juice, ½ cup grated Canadian cheese, 3 tablespoons melted butter, 1½ cups cooked spaghetti (or macaroni), ½ cup soft bread crumbs. Wash and separate cauliflower into flowerets and cook in plenty of salted water until tender and drain. Heat the tomato juice and to it add the grated cheese, and heat until cheese is melted and sauce is smooth. Add 2 tablespoons butter. Arrange the cauliflower in alternate layers, with the spaghetti in buttered casserole. Then pour the sauce over all. Top with crumbs, which have been mixed with the remaining melted butter. Bake in oven of 325 for about 30 minutes.

CORN PUDDING

(We find this dish particularly suitable when served with cold cuts of meat or a fish and fresh vegetable salad.)

Two tablespoons butter, 2 tablespoons minced onion, 3 eggs beaten, 1¼ teaspoons salt, 2 cups milk, 1 can bantam corn, ½ teaspoon pepper. Melt butter, add minced onion and skimmer until tender. Then pour in the beaten eggs, corn salt, pepper and milk. Turn into buttered casserole, set the dish in a pan of warm water and bake in over of 300 degrees Fahr. for about 1¼ or until set.

MARKS ON TABLE

Hot plate marks on a polished table can be removed in the following way. Well rub with a flannel dipped in a little linseed oil. Then dab on with a sponge moistened with spirits of camphor. Do this three times, leaving a day between each application. Then polish in the usual way.

New Spring Smartness

Illustrated Dressmaking Lessons Furnished With Each Pattern

By RUTH ROGERS

Grasp this opportunity to order this pattern today. It includes the skirt and shorts and skirt.

It is the smartest outfit for Tennis! Camp! Hiking! Beach! Mountains!

For tennis, the shirt and shorts are indispensable. And after your game—you've a skirt to don. It's so easily slipped into and adjusted. It buttons from waist to hem.

If you're going to camp, you'll want several of these smart rigs.

Pique, peasant linen, striped or checked seersucker, plaided gingham, cotton shirting broadcloth, etc., are attractive mediums.

It's very easily fashioned and surprisingly inexpensive.

Style No. 782 is designed for sizes 10, 12, 14, 16 and 18 years.

Size 16 requires 3½ yards of 39-inch material for blouse and skirt, 1⅛ yards of 39-inch material for shorts.

Price of PATTERN 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully.

No. 782. Size .....

Name .....

Street Address .....

City State .....

A Morning Smile

TRAFFIC

A car puffed laboriously along the road (or the place where the road was supposed to be) in a country district. Finally the driver became discouraged, when the boughs of the overhanging trees threatened to stop his car if he was able to pull through the slippery sea of mud. He saw a rustic and said to him: "You don't have any cars along this way, do you"

The man took plenty of time before he replied: "Certainly we do. What about it?"

"How many have come past lately" the driver asked.

"Well," responded the rustic, "there was one last year, and two the year before—and now you're here."

MISSED IT

The lawyer, whose office was on the sixth floor of a large city building, was expecting a client.

Suddenly the door opened and a man staggered in, puffing violently.

"What a climb up those stairs!" he gasped.

"Why don't you take the lift?" asked the lawyer.

"I meant to, but I just missed the bloomin' thing."

What Every Widow Knows!

By LUCILLE VAN SLYKE

CHAPTER 72

THE TURKEY WHO LIVES ON THE HILL

The table was set with the company best things. The satin damask table cloth and grandmother Hatch's gold-banded china and great-grandmother's amber crystal glasses and Dexter's own mother's rat tail silver. A great bowl of lemon lillies adorned the center of the table.

And Molly Benedict, in her little dull blue travelling frock, sat stupidly beside her host, while his hospitable stepmother and her exuberant daughters passed what seemed like tons of food.

They began with bender melons and then they brought great platters of delicately fried chicken and perfect mountain heaps of golden bantam corn, steaming in embroidered linen, a delectable salad made of crisp romaine and tiny plum shaped tomatoes and finally a great bowl of home made peach ice cream and a towering maple-frosted cake. And from the pantry door the irascible country "hired girl" could be heard complaining to the Rogers' chauffeur.

"What's the matter with that young woman? Don't she eat?"

The telephone rang wildly and Dexter went out to it, shutting the hall door behind him carefully but Molly could hear the delightful rumble of his careful voice speaking to the local freight master.

His stepmother rose with a sigh.

"You girls skoot out and help Susie with the dishes," she said firmly. "You've pestered Mrs. Benedict enough." She led Molly out to the side porch to let her look down the valley at the orchard bordered lake. And she slipped a buxon arm around the little widow's shoulders and spoke quickly.

"It's none of my business, but I can't keep my mouth shut. I love Dex' like he was my own and he's been a wonderful son to me even if I was just an old stepmother. I know that you think I'm a nosey sort but I can't stand it. That boy is just eating his heart out because you wouldn't have him. And I can't see for the life of me, why you wouldn't. He isn't rich and he won't be ever, but he has plenty and he always will have, and he's the kind that is always good to folks he loves. If the reason you don't want to marry him is because you think you're stepping into a pretty big family of in-laws, why that don't need to worry you one minute. Me and the girls could be out of this house in less than a week's time and I wouldn't be sorry to go, either. Land knows I'd have a lot less to do if I could live in one of the little houses on the other farm. I always been planning to do that the minute Dex' married.

"But if it's because you are afraid of the country, why, I'll go on living here tending this place for him and you can live in New York. He has to be there three days a week anyhow. I—well, I don't know anything about your first husband or what he was like, I just know he's been a long time dead. And I can guess how you feel. Land, I was a widow myself when I married Dexter's father, I know something that you and every other widow knows. That whatever your first husband was like—whether he loved you or made life miserable for you, when he was gone life was so lonely that you——"

"Oh," cried Molly softly, suddenly burrowing her head in the comfortable shoulder beside her. "I—can't stand it when you talk about how lonely I am! I—well, how can I marry Dex'? When he never asks me!"

The buxon creature shook with laughter.

"Now if that isn't like Dex'! And dense of me not to have had the sense to realize that that was what was the matter! Land sakes!" she wiped away her tears on the corner of a big sensible white apron. "How this all does take me back! Dex' is exactly like his pa! Kinda speechless about things he feels the deepest. I—she was deliciously crimson! "Well, I wouldn't want my girls to know this, nor Dex' neither, but the fact is—I had to do my own asking!"

"Oh," said Molly faintly.

Dexter was coming through the door. His stepmother looked at him over the edge of Molly's shoulder.

"Dex', come here," she said, chuckling softly, "I was just talking about the summer your father and me got married. Remember? Dex' was a little shaver," she explained to Molly, "and we took him along with us. Went to an old preacher up on the Saw Mill River Road, a kinda of a long-necked Methodist and all the while we were getting married, Dex' kept looking at that man. And when we came out of the parsonage he piped up, 'Goodbye, Mister Turkey'. I thought his father would explode. You know, Dex' was thinking of that old song, The Owl and the Pussy Cat and how it says. 'They hurried away and were married that day by the turkey that lives on the hill—!" she gave Molly a reassuring pat and shoved her toward Dex'. "Excuse me," she added, "I'm going to run out and see that those girls don't leave lint all over that amber glass."

There was a long silence when she had departed.

Dexter stood with folded arms looking down on the valley and the lake. His lips were set grimly and his eyes dull with misery.

Molly drew a long breath.

"I'm going to miss Pard terribly," she said plaintively.

He didn't help at all.

She cleared her throat and plunged shamelessly into a perfect maelstrom of truth and lies and half lies.

"Probably I'll be too poor to keep him—the tea room isn't making expenses and I put all my money into it and—and—Mrs. Rogers left a perfectly weird will—I'm just about out off without a shilling—and I wanted a shilling especially—to buy a ring—

(Continued on Page 6)

FOR SALE At Vernon River

The property formerly of the late Minnie Currie, consisting of five room cottage, a barn and 1¼ acres of land. May be had at very reasonable price for cash. Write P. O. Box 68, Charlottetown.

L-4125.

Chancery Sale

Of Lands at Vernon River Bridge

NOTICE is hereby given that pursuant to and by virtue of a Decretal Order of the Court of Chancery of this Province, made by the Vice-Chancellor thereof on the 7th May, 1934, in a cause wherein **Bernadette Gaudet and Sylvere DesRoches**, Administrator of the estate and effects of Gilbert Gaudet, deceased, are complainants and Elizabeth Gaudet and others, are defendants. No. D 284, I will set up and sell by public auction on **the premises on Friday the 25th day of May, 1934, at two o'clock,** afternoon, all the farm of land at Vernon River Bridge, on Lot 50 in Queen's County, whereof the said Gilbert Gaudet, Barrister, deceased, died seized, being lands formerly conveyed to the late George Forbes by John Knox and others and by Moses Peardon bounded on the south by land formerly in possession of W. Charles Welsh, on the east by land of John G. McDonald, on the west by the road leading to Vernon River Bridge and on the north by land of John Murphy, containing 50 acres, excepting thereout 3 acres sold to His Majesty the King, free, clear and discharged from dower and encumbrances.

Such sale to be under the direction and subject to the approval of the said Court of Chancery. Conditions at sale.

For further particulars apply to the said Sylvere DesRoches at the late office of Gaudet & Haszard, Charlottetown, or to the undersigned.

D. EDGAR SHAW,
Master in Chancery.

L-4054.

You buy 441 Pounds of Meat every Year!

Isn't it worth a few cents a day to keep it fresh and wholesome?

MANY people are paying for Electric Refrigeration and yet not having it! Maybe you are one of them. *Left-overs* cost the average family $4.50 every month. Most of this costly waste is eliminated in homes where an Electric Refrigerator guards the family's food supply. Left-overs, usually thrown away, can be kept and made into appetizing dishes the whole family will relish.

But this is only *one* of the savings made possible by Electric Refrigeration. It enables you to buy food in larger quantities at bargain prices. It keeps food fresh four to five times longer. It enables you to serve many inexpensive frozen desserts.

Investigate Electric Refrigeration today. Just ask us or ANY DEALER.

ASSOCIATION OF GAS & ELECTRIC SYSTEMS

MARITIME ELECTRIC COMPANY, LTD.

Charlottetown, P. E. I. Canada