

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

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After a dentist cleans your teeth it's amazing how white they are! That's real dental whiteness and it relies on powder. For unless dull, dingy film is removed, it hardens—darkens—turns into harmful, ugly tartar. But Pepsodent Tooth Powder is especially made with Irium to remove that trouble-causing film gently but thoroughly—right in your own home! Change today to Pepsodent Tooth Powder and give your teeth dental whiteness!

The difference is IRIRIUM—and PEPSODENT IS THE ONLY TOOTH POWDER THAT CONTAINS IRIRIUM

VARIETY MARKS HAT FASHIONS

NEW YORK—Everything from tiny little bonnets to trim sailors in fashion. As it's the suit season, the sailor takes on extra importance, and is seen in many versions, with many types of trimming. There are sailors to accent the Gibson Girl look of a shirtwaist-and-skirt costume and there are sailors to emphasize the outlines of your suit. Ribbon, a wisp of veiling, a quill or flowers trim sailors in the traditional manner. Bonnets are neat and small, or they are big enough to make you look demure beneath their brims. These, too, are flower-trimmed, or are softened by veiling. Nosegays posed under brims add to their romantic look and make you look pretty as a picture. They're right with ballerina dresses, or wild, slim-waisted and full-skirted suits. Bonnets belong to the girl with a small face and dainty features. There are many other shapes that are good, too, from tiny off-face hats to sweeping cartwheels. There are so many shapes, in fact, that almost any hat you buy will show your hairline, or pose it forward in the new manner, whichever is more becoming. Select a flattering color.

Kayser's "Fit-All-Heel"

... Guaranteed Not to Twist!

Only Kayser makes nylons with this wonder heel! That tiny pucker under the heel (it stretches smooth when you) forms a cup to give you a smooth, perfect heel fit in back... a snug trim fit under and around your heel and ankle. Helps hold your seams so beautifully straight! See it in our exciting NEW Spring colors!

Be wiser—buy KAYSER

HOSIERY - GLOVES - UNDERTHINGS - LINGERIE

Ellen's Diary
By an Island Farmer's Wife

"And how will you know when Spring's here?" I asked James at dinner today. We had finished eating and were sitting idly, sipping the last of our tea and watching a drift of wet snow flakes cling to a window. He regarded me indulgently. "But Spring's been here a month now, Ellen," he replied. "But how can you tell that it has come?" I queried. "How? It's no trouble at all. To me Spring means a lot of things—it means the coming of the young stock, the pigs and calves and lambs—and what a nice time of year it is, so full of promise to the farmer, though naturally not without its concerns. We found one of those last litter dead this morning, crushed to death." "Everything seems to be that way," I commented. "The pleasant and the worrisome intermingled. Been that way since Eden, I guess." He continued, "And it means getting nearer to the end of the indoor feeding of stock... and the steam above the fields on a sunny afternoon and the fencing. I suppose it's really the fencing that brings farmers to the beginning of the seed-time. And what is Spring to you, Ellen?"

I laughed. "It's a wakened fly on a window, to remind me that it's high time to commence the house-cleaning. And a cob-web in a corner, and a longing for new paper on the kitchen walls." Only the sensible things I might mention to James. It would never do to tell him Spring meant fleecy clouds afloat on the blue again, great lazy ones that wander above the hill or a wind soft from the South bearing the fragrance of Winter-cleaned earth to ones nostrils again! "It's the sparkle back to the pond!" I continued and a new gleam in the fold. It's a bunch of kittens in a cot, the noise in the hay and a broody hen clucking or her nest. It's youngsters on eager steps, fishing rods on shoulders, descending from the brow of the hill and the noisy sea gulls bringing the smells up the river to their spawning grounds. Spring is fresh curtains on the windows and sometimes I whispered "a boy and girl strolling in the gloaming. It is willow catkins along a quiet roadside and mayflowers and quiet glossy leaves on a bank. Such a delightful season as this is!" "There's none better at least not to my way of thinking," James observed. But I recalled also the fresh white of Winter, that cleans and refreshes and renews the old earth; the precursors and the night that are Summers and the peace and fullness of Autumn, found it difficult to choose one among the four.

An article "Springtime in the Woods" in the recent Star is, I think, especially interesting to farmer's wives and contains much food for reflection. To quote from it: "There is a very special pleasure reserved for the farmer's wife who in the Springtime can slip out of the house to the bush on her own land and see the wild flowers growing in all their beauty... It takes a lot of plotting and planning to find an hour or two of leisure time... But I never let a Spring go by without this annual pilgrimage which is so satisfying to the soul... To thoughtful men and women, God's handiwork in Nature, has given a message of comfort and reassurance to troubled hearts." "What!" one exclaims "leave the house-cleaning, and waste my time looking at Trilliums or Wake-Robins!"

Much better for such a one to continue with her mopping and dusting for she could find no enjoyment in the like. "It's a queer farmer's wife, you'll be thinking I am, Ellen," a visitor said to me not too long ago when we mentioned some of the delights that Spring would bring us at Alderlea. "But I'm ashamed to say I've never been to the end of our farm for years and years. Yes, I often think of going but I never seem to have the time. "No time to view the marvellous pictures that Nature alone can paint? To catch the delicate or gorgeous blendings of shades, flowers and trees, fields and woodlands? To find exquisite peace in such solitudes? To gather a first violet in a sheltered nook? Or just to drink in the delights of Springtime that have a way of dulling and dissolving in their loveliness every last care."

A brave night this one is, blessed with a moon climbing round and bright above the house across the lane. Beneath its light the countryside lies peaceful and content.

Until tomorrow—Diary—Good-night.

How Can I!!!
By Anne Ashley

Q. How can I store laundry soap?
A. The wrappers should be removed from laundry soap before storing away, to give better service and to make the soap last longer. Keep the wrappers on scented toilet soap to retain the delicate odor.

Q. How can I make window sash cords last longer?
A. Before installing the new sash cords, soak them in boiled linseed oil; then allow them to dry thoroughly, and they will last indefinitely.

Q. How can I clean leather?

Dorothy Dix Says—
Domestic Slaves
Husband Should Arrange Weekly Respite For Hard-Working Wives

DEAR MISS DIX: Hasn't a woman any right to an evening out so that she can shed her cares and worries now and then? My husband is a hard worker, but he can always stop after work for a few drinks and stay out until all hours playing cards. But when it comes to taking the Little Woman out stepping, it's nix. Nor does he want me to go out alone or with a woman friend. I must stay at home and keep him company.

I don't approve of married women going out to taverns, or with men other than their husbands, but I do believe we should be permitted to go to the movies, or skating, or bowling once in a while. It isn't that I want to escape doing my duty as a wife and mother. It is just that I want a little relaxation and change. Even a draft animal slips the bridle now and then. Sometimes I feel like opening my door and just running and running and running as far as my legs can carry me.

L. C. C.

ANSWER: Millions upon top of millions of other worn and weary housewives will echo this woman's plea for a little freedom, a little diversion, a little change from the deadly monotony of domestic chores.

But they've got a slim chance of ever having their prayer answered, for while we recognize that the Tired Business Man needs amusement and change, the Domestic Slave is supposed to get all of the fun and excitement that she desires out of cooking and scrubbing and washing dishes and spending her evenings watching the baby breathe.

MEN'S GREATEST MISTAKE

Why men, who feel as if they were being made martyrs if they have to mind the children for a couple of hours, think that their wives never want to get out of the kitchen, or listen to anything except the squalling brats, nobody knows. But they do, and it is husbands' greatest mistake, for most of the peevishness and fretfulness of wives, and their bad housekeeping is the result of the monotony of their lives. They are so bored with staying at home that they have lost interest in themselves and their families, and they are reduced to quarreling to put a little pep into life.

If every husband would take his wife stepping once a week, it would do more than any other one thing to improve the domestic morale. And that is a tip I hand men for free.

DEAR DOROTHY DIX: I am a boy in my middle teens and am rapidly going insane from loneliness. I haven't any friends and in school I am just an outcast. I try my best to be friendly and well-liked, but it is positively useless.

I stay at home seven days and seven nights a week and I can't stand it much longer. I have attempted suicide many times, but each time, just at the last, I have desisted from committing the fatal act, hoping that, somehow, life would be better.

Please tell me what to do before it is too late.

BEWILDERED, LONELY and HOPELESS

ANSWER: There is an old saying that whether life is worth living or not depends upon your liver, and that is one adage that I firmly believe in. So my earnest advice to you is to go to a good doctor and have him see what is the matter with you physically.

If your parents can possibly afford it, get them to send you off to a good military school, where you will be thrown with an entirely different set of boys from the ones you have been brought up with, and where you can get a new start in life.

Get interested in something besides yourself. Quit brooding over not being popular. Cultivate a friendly spirit instead of an aloof one. Nobody is going to run after you. Just do a little chasing yourself and you will find that you will have plenty of friends.

DEAR MISS DIX: I am terribly in love with a girl who is 15 years younger than I am. We are very congenial in every way and feel sure we would be happy if we married, but her friends tell her that she should look for someone younger. I don't agree with them. I think the husband should be older than the wife because women age faster than men do.

ANXIOUS LOVER.

Cook's Corner
HOSTESS COFFEE RING

1/2 cup scalded sour milk or buttermilk
2 tablespoons shortening
2 tablespoons sugar
1 teaspoon salt
1/4 cup water
1 package yeast, fresh compressed, or fast-rising granular
1 egg
2 cups sifted all-purpose flour
1/4 cup liquid honey
1/2 cup chopped nuts
1/4 cup granulated sugar
1 teaspoon cinnamon
1/2 cup orange juice
1 tablespoon orange juice

METHOD: Scald the sour milk or buttermilk and add the shortening, 2 tablespoons sugar and the salt. Stir to melt the shortening and dissolve the sugar and salt. Add the water and cool to lukewarm. Add the crumbled fresh compressed yeast cake, or the contents of a package of fast rising granular yeast. Add the egg and mix until well blended.

Sift the flour, then measure, and gradually add to the liquid mixture.

Roll out the dough on a lightly floured board to a square about 12 inches each way. Mix together the honey, chopped nuts, white sugar, cinnamon, grated orange rind and orange juice. Spread this evenly over the surface of the rolled dough. Roll up the dough as for a jelly roll, then cut it in about 1/2-inch slices and place these in alternate layers in a well greased tube pan—one about 8 inches in diameter. If you haven't one of these you could use an ordinary loaf pan.

Cover the pan and set in a warm place about 82 to 85 degrees F. for about 1 hour, or until well risen. Bake in a moderate oven (350 deg. F.) for 60 minutes. Turn out of the pan immediately and any syrup left in the pan should be spread over the coffee cake.

BRIGHTEN THE MEALS WITH BISCUITS

MAGIC'S ORANGE MARMALADE BISCUITS

2 cups sifted flour
1/4 tsp. salt
4 tbsps. shortening
4 tbsps. Magic Baking Powder

1 egg
1/4 cup milk
1/4 cup orange marmalade

Sift dry ingredients together. Cut in shortening until mixture is crumbly. Lightly measuring cup add milk and marmalade to make a cup and add to dry mixture. Roll out about 1/4-inch thick; cut with round biscuit cutter. Top each with a little marmalade; bake in hot oven (425°F.) about 15 minutes. Makes 16.

MAGIC FOR SATISFYING FLAVOR
MADE IN CANADA

That Body Of Yours
By James W. Barton, M. D.

VALUE OF HEAT IN INFANTILE PARALYSIS

The important lesson learned from Sister Kenny method of treating infantile paralysis (polio-myelitis) was the great value of heat in preventing or lessening the degree of paralysis. It is true, of course, that the majority of patients do not develop a permanent paralysis; but the number who do is still too large.

In the "British Medical Journal," Dr. H. J. Seddon states that the extent of the paralysis should always be learned about one week after its onset, and then at intervals of two weeks until two months after the onset. Observations at intervals of a month then will be sufficient, and after six months at intervals of two months.

Maintaining of the paralyzed part in a "sensible" position should be undertaken from the first. It is the holding of the paralyzed limb in a sensible position that causes physicians and orthopedic specialists to use splints, as the splints prevented the serious deformities seen in many cases. In former years, these splints remained on for such a long time that stiffness and contracted muscles, sometimes permanent, resulted.

In order to prevent stiffness of joints and contracture of muscles, the affected part should be put through a full range of movement at least once a day. This treatment should start when the pain has disappeared, or 10 to 14 days after the onset of the paralysis—whichever period of time is shorter. If pain—either muscle tenderness, pain on stretching a muscle, or true muscle spasm—persists beyond this time, or if it is severe in the early stages of the disease, relief sometimes may be obtained by the application of heat; and it then will be considerably easier to carry out the movements that are so essential for the maintenance of the limb in a healthy condition.

The application of heat to an old stiff joint or group of muscles for 10 minutes, then moving the joint and muscles in all directions for one or two minutes, then applying heat again for five to 10 minutes is a routine treatment in the physiotherapy department of most hospitals. The heat anesthetizes the tissues and allows free movement without causing pain.

CHRONIC RHEUMATISM AND ARTHRITIS

Sufferers with chronic rheumatism and arthritis will find many helpful suggestions as to diet, heat, massage, and other aids in Dr. Barton's booklet entitled "Chronic Rheumatism and Arthritis." 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.

The Stars Say--
By Genevieve Kemble

For Thursday, April 29

THERE is excellent forecast for shrewd and quick grasps on opportunities, with keen decisions and insight as to the benefit of change, new agreements or arrangements, in which the race is to the swift and not the lagard. A strange lure or romance, or adventure may intrigue into more dramatic fields, thereby causing loss of opportunity, assets or support where the results may be more tangible but less productive. It is a point for decision against thrills, impulses and emotions versus cold logic and practicality with the unique and unpredictable intriguing.

For the Birthday

Those whose birthday it is, must depend upon the wisdom and character of their choices, whether this be in the practical every day affairs or in the realm of romance and adventure. In the former there are exceptional opportunities for particular accomplishment where quick moves, acumen, and keen grasp of the need for changes in routine, or procedures are important. A rather critical situation arises because of such play between the realistic and constructive against the strange lures of adventure and romance. The urge to the erratic and peculiar or irregular may work against the safety and soundness of major decisions.

A child born on this day although having a brilliant mentality, agency and aspirations may be lured by sensation, romance and the curious.

Better English
D. C. Williams

1. What is wrong with this sentence? "I haven't any idea as to whom you mean."
2. What is the correct pronunciation of "prestige"?
3. Which one of these words is misspelled? Hindrance, hinterland, hippopotamus.
4. What does the word "arrogant" mean?
5. What is a word beginning with as that means "ardent desire or longing"?

ANSWERS

1. Omit as to. 2. Preferred pronunciation is pres-tij, first e as in press, second e as in me, accent second syllable. 3. Hindrance. 4. Unduly proud; overbearing; haughty. "Praise has different effects... it makes a wise man modest, but a fool more arrogant."—Fetham. 5. Aspiration.

Modern Etiquette
By Roberta Leo

Q. When one is at the table, how large a mouthful of food should one take?
A. Only large enough so that one can manage easily if one is asked a question. It is disgusting to see a person try to talk with a mouthful of food.

Q. What is the proper way for a bride to sign the personal notes of acknowledgement for her wedding gifts?
A. As "Mary Smith," Smith of course being her husband's name. "Mrs. Charles Smith" would be too formal when writing to a friend.

Q. If a man speaks to a girl on the street and she does not remember having met him, what should she do?
A. If the girl considers it a flirtation, she can simply ignore him. If it seems to her that she has met him, nod pleasantly and pass on.

Household Scrapbook
By Roberta Leo

The Ice Trays

The ice trays in the freezing compartment of your refrigerator can be prevented from sticking by rubbing oil or grease on the bottoms of them. Or, take a double thickness of waxed paper the same size as the tray and keep this under it in the compartment.

Patent Leather Shoes

Patent leather shoes and bells can be cleaned by mixing a solution of two-thirds vinegar and one-third water. Apply this with a soft cloth and polish with a dry one. Petroleum jelly will do a good job, too.

Unbleached Muslin

A good way to whiten unbleached muslin is to wet it thoroughly and hang in bright sunlight on a very hot day.

Morning Smile
GOOD BUSINESS

A recently decorated soldier, who had established a shoe-repair shop in a town, was asked how he was getting on with his work. "Couldn't be better," was the cheery reply. "Two weeks behind already."

DIDN'T IT

His wife began to laugh at him. "You silly," she said: "I'm being superstitious after all these years! Why, do you remember the first time we met? We walked under a ladder, and you said you were sure something horrible would happen to you!" "Well?" said she.

Needlecraft FOR THE HOME

SUBTLE FLATTERY

Simple cap sleeved princess frock so favoring to the figure puts on a new accent with clever lift of center buttoning... note distinctive scalloping detail, and handy pocket.

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Hot Flashes?

Are you going thru the functional "middle age" period peculiar to women (38-45 yrs.)? Does this make you suffer from hot flashes, feel so nervous, high-strung, tired? Then do try Lydia E. Pinkham's Vegetable Compound to relieve these symptoms. Lydia E. Pinkham's Compound also has what Doctors call a stomachic tonic effect!

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