

# Woman's Realm Social and Personal Fashions Literature

## WEEK END SPECIALS

- 1 Lot of BLOUSES—Up to \$5.39—**2.00**  
NOW
- 1 Lot of DRESSES—Up to \$11.95—**3.98**  
NOW
- 1 Lot of HOUSECOATS—Up to \$9.95—**3.98**  
NOW

## KENNEDY'S LADIES' WEAR

166 QUEEN ST. PHONE 1766

### That Body Of Yours

By James W. Barton, M. B.

#### SUCCESSFUL TREATMENT OF ARTHRITIS

Most of us, as we think of the meaning of arthritis, naturally have in mind inflammation of a joint.

While arthritis does mean inflammation of a joint, today specialists in rheumatism and practically all other physicians have in mind "all" the different kinds of rheumatism, which includes 200 varieties. Some of the more common forms of arthritis are known to us as lumbago, sciatica, neuritis, muscular rheumatism, fibrositis and others.

In the "Canadian Health and Welfare," a monthly bulletin issued by authority of the Hon. Paul Martin, Minister of National Health and Welfare, a special supplement on "Arthritis" states that, in addition to the above common forms, there is a traumatic arthritis caused by injury, of which "housemaid's knee" is a common example, and infectious arthritis— from teeth, tonsils, tuberculosis, gonorrhoea and other infections. "Each of these types of arthritis has a different cause, requires different treatment, is completely different in the final dis-

### Get Relief From Your TIRED FEELINGS NERVOUS SPELLS

Liven Up—Feel Younger  
Thousands have been overjoyed at the relief a little pepping up with Dr. Williams' Pink Pills accomplishes. Contains general tonics often needed by men and women who feel old and whose bodies are lacking in certain essentials vital to energy and vigor. Start on your way to feeling peppy and livelier with Dr. Williams' Pink Pills this very day. At your drugist.

# My dreams were shattered by one little whisper!

"I'D HAD LOTS OF DATES but this one was special! We'd had such fun together—then, I lost him. We'd been dancing... he walked away... then I heard that awful whisper... 'B.O.'!!"



2 "WHEN I GOT HOME I sobbed out the whole story to Mother. She explained that 'B.O.' could happen to anybody, and asked me to try Lifebuoy."

3 "THAT'S HOW I started to use Lifebuoy, and now I wouldn't miss my daily Lifebuoy bath for anything. I know it gives me long-lasting all-over protection."

**Its fresh, clean scent is your guarantee of protection**

THE clean scent of Lifebuoy's thick rich lather is your guarantee of protection. It banishes "B.O." (body odor) and gives you all-over freshness for hours afterward. You'll notice that Lifebuoy acts immediately. In just a few seconds, Lifebuoy's clean scent has entirely disappeared and so has every trace of "B.O."

Tests prove you can build up your protection against "B.O." by bathing with Lifebuoy every day. Try it for just seven days. Your skin will feel so fresh and gently caressed from the abundance of lather Lifebuoy always gives.

And, with Lifebuoy's longer-lasting protection, you're completely free of "B.O." worries.

USE IT DAILY

**FROM HEAD TO TOE—LIFEBUOY STOPS "B.O."!**



## DOROTHY DIX SAYS—

### Past Disgrace

Girl, Haunted By Mistake, Should Move To New City, Work Out Better Fate

DEAR DOROTHY DIX: I am a young woman living in a small town. Because I stumbled off of the straight and narrow road in my early youth, I have never been anything but an outcast and I am utterly miserable. My brother gives me a home, but that is all. Many times the thought of suicide as a way out of it all has come to me. Can you offer me any help?



ANSWER: First, put all thoughts of suicide out of your mind. Don't add cowardice to your other weaknesses. You have made a mistake, but you are young and have plenty of time to retrieve your error and to find life worth living again.

Keep this thought in your mind all the time: You are not going to let Fate let you down. You are not going to let one wrong thing wreck your whole existence. You are going to make good in spite of everything.

#### LEARN TRADE

Then fit yourself to do something by which you can make a good living. Ask your brother to send you to any school where you can learn a trade. Study hard. Then when you are in a position to strike out for yourself move away from the little town in which you live. As long as you stay there you will have your disgrace thrown in your face and you will never be allowed to forget it. Go away where people don't know you. Get a fresh start and never, under any circumstances, tell anyone your story.

DEAR MISS DIX: I am 24 years old and have been secretly married for three years. I love my wife, but I am also deeply in love with another girl who returns my affection. My wife knows nothing of this other girl.

I know that in continuing this relationship with the girl trouble is headed my way. But I honestly can't make up my mind which of the two girls I love the most. I hate to hurt either one of them, but I just don't know what to do. Help, please.

EDWARD H. T.

ANSWER: It is my opinion that you do not love either one of the girls, or else there would be no doubt in your mind. I think that in common honesty you should tell the girl you are married to of your fickleness and let her get out of her secret and ill-advised marriage to you before there are any children to complicate matters. But when your wife frees you, let me urge you never to marry again. Just keep yourself free to love 'em all, for I don't believe it is in you to be faithful to any woman.

DEAR MISS DIX: My daughter, who has been brought up with every comfort and luxury, has fallen in love with a man, who in the entire year that he has been engaged to her, has never given her a single thing. He has never given her a box of candy. He has never sent her a flower.

This man spends much of his time at our house and I can't count the meals he has had with us. He never takes my daughter anywhere, not even to the movies. Sometimes he suggests a stroll in the park, but that is all. He contends that an engagement ring is an extrava-

(Continued on Page 3)

active and the mind occupied. 6. Group treatment helps morale and speeds recovery.

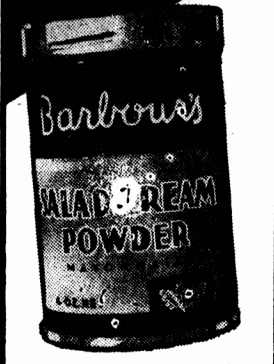
#### CHRONIC RHEUMATISM AND ARTHRITIS

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.

## At Last!

A REAL OLD FASHIONED MAYONNAISE



Follow the simple mixing instructions on the tin and serve a really delicious and economical mayonnaise. The 4 ounce tin makes 12 ounces of smooth, creamy mayonnaise. . . . Always ask for Barbour's.

## Barbour PRODUCT

### Cook's Corner

#### MAPLE SPANISH CREAM

- 1 tablespoon gelatin
  - 1/2 cup cold water
  - 1 cup milk
  - 1 cup sugar
  - 3 egg yolks
  - 1 cup maple syrup
  - 1/2 teaspoon salt
  - 3 egg whites
- Soak gelatin in cold water. Heat milk in double boiler. Beat egg yolks until light. Pour hot milk over egg yolks, stirring constantly, and return to double boiler. Add maple syrup and salt. Stir until the custard coats the spoon. Add soaked gelatin. Stir until dissolved. Cool. Fold into stiffly-beaten egg whites. Pour into a greased mould. Chill thoroughly. Yield: six servings.

#### MINT BAVARIAN

- 4 teaspoons gelatin
  - 1/2 cup cold water
  - 2 cups milk
  - 1/2 cup sugar
  - 1/2 teaspoon salt
  - 1-2 drops oil of peppermint
- Few drops green vegetable colouring.
- Soak gelatin in cold water for five minutes. Scald milk, add sugar and salt. Add soaked gelatin and stir until dissolved. Cool slightly, add flavouring and green vegetable colouring. Chill mixture until partially set, then fold in cream, which has been whipped until stiff. Line slightly-greased mould with chocolate cookies or thinly sliced chocolate cake and pour in pudding mixture. Chill until firm. Yield: six servings.

### How Can I!!!

By Anne Ashley

Q. How can I harden children's teeth?  
A. Rusks and crusts of bread should be given to children as soon as they can eat them. It will help harden their teeth and make them grow healthily.

Q. How can I remove the sticky paper from raisins without difficulty?  
A. Place the package in the oven for a few minutes. The paper will peel off readily and the raisins will separate.

Q. How can I clean black wall-frames?  
A. They can be cleaned and given a rich luster if linned oil is rubbed thoroughly into them.

### Household Scrapbook

By Roberta Lee

ENAMELED WOODWORK  
Enamelled woodwork can be cleaned by mixing one cup of kerosene, one cup of vinegar, and half a cup of water in a bottle. Shake this up thoroughly, apply to the woodwork with a soft cloth, and follow up with a dry, clean cloth.

Washing Glass  
When washing a glass, dip both the inside and the outside in the hot water at the same time. It is the heating of one side too suddenly that causes a glass to crack.

Cleaning the Iron  
Place a piece of beeswax between two pieces of flannel and rub the iron over this, to make it smooth and clean.

### Ellen's Diary

By an Island Farmer's Wife

Winds and clouds; morning dew and cobwebs on the grass; sunrise and sunset or any sign which may hint of the weather-to-come is intently studied by our farmers, now that they are at the haying. Even while James is adjusting a suspender on a willing shoulder at morning his glance is resting on our best of barometers; the mill-pou reading there the prospects of fair or disagreeable weather ahead. After a period of ailing and turning it a quantity of hay was saved this afternoon, the work haste-ed somewhat by gathering clouds in the west. There was a show of haste as the loads were fetched to the yard. Jeanie hurried in for cooling drinks for the workers; James too on the same errand though it might have been only to take in at close range the lie of the land. He drank thirstily then went out hurriedly the screedour closing after his exit with a decided "Bang!" He is one who likes to have everyone about the premises doing something to assist at the endeavour of the moment.

Jamie and I laughed about this to ourselves, chattering together while we prepared our lot of cultivated strawberries for the preserving. I said: "It's a pity that Tabby herself couldn't help them better than just by catching mice or rats, when they're at the haying!" And Jamie asked: "If she could even sit on the barn doorway to call out 'Whoo!' when the mice in line lift has gone far enough, that would be helping granddaddy wouldn't it?" and we laughed merrily over the thought of it. And Jamie went on to say seriously: "I believe country cats are better to work than town cats anyway. You know those two kittens I got from 'In home'—when a mouse passed right close to one's nose the other day, she made no effort at all to catch it. But the one that belonged to the country. What did

(Continued on Page 3)

### Morning Smile

After the parliamentary candidate's first meeting, two of his supporters were discussing the impression he had made. "There's one point," said one doubtfully, "do you think he put enough fire into his speech?" "Oh, yes," replied the other, "the trouble was that he didn't put enough of his speech into the fire."

### Better English

D. C. Williams

1. What is wrong with this sentence? "It was a pretty close race."
2. What is the correct pronunciation of "faro" (gambling game at cards)?
3. Which one of these words is misspelled? Contagious, contagious, conscientious.
4. What does the word "banal" mean?
5. What is a word beginning with "t" that means "an incentive"?

#### ANSWERS

1. Say, "It was a very close race." 2. Pronounce far-o, a as in care. 3. Contagious. 4. Common-place: trite. "The hostess did not permit the conversation to become banal." 5. Stimulus.

### The Stars Say--

By Genevieve Kemble

For Saturday, July 31

JUDGING by a dynamic congeries of major planets, this may be a day on which "anything can happen." The unpredictable and unprecedented, the amazing and astonishing, is likely to befall—particularly in personal, romantic or unconventional relations. At the same time there is stimulus for ambitious projects of a bold and novel initiative, with much vigor and enterprise going far towards concrete reality. Attacked with well-executed plans and techniques it may as well prove profitable if promoted with discretion, tact and wise consideration for influential associates, who may be of intriguing character.

For the Birthday

Those whose birthday it is, are advised to be prepared for almost any sort of development, spectacular or otherwise.

### BABY'S HOT LITTLE HEAD

WHEN your baby's head feels hot to your hand it may be because of simple fever common to some minor baby ailment. If so, Baby's Own Tablets will help reduce this simple fever by clearing harmful wastes out of the system. Mrs. Francis Carroll of Midland, has this to say: "My little baby was feverish and hot. I gave her Baby's Own Tablets and by night-time she was up and around again. If baby's fever is not promptly relieved consult your physician. Baby's Own Tablets are sweet-tasting, easy to take—and have been used with confidence by mothers for over 50 years. "Always" safe—no dulling effect. Equal in good for constipation, teething troubles, upset stomach and other minor ailments. 25¢ at drugists. Get a box today.

**GOOD BREAD**  
"Over 73 Energy-Units (calories) in every ounce."  
A lot of good food for the money.  
"Always Good"  
Eastern Bakeries  
**BUTTER-NUT BREAD**

## Living & Leisure THE WOMAN'S REALM

If we should find unfinished, incomplete. A single glistening pearly drop of dew. A single feather in the daring wings that soar exultant in the distant blue. A flake of snow upon the mountain's peak. A fern within some hidden cool abyss.

Then might we doubt that God's most perfect plan. In our own lives, perchance, might go amiss. —Fulfillment, Charlotte Newton.

### EASY TRICKS HELP KEEP TOGS CRISP

If you work in cotton frocks during hot-weather months, learn the tricks of keeping clothes crisp-looking and un-mussed. When you sit down at your desk, for example, smooth the skirt under your hips and let any skirt fullness fall over the sides of the chair. Don't let folds gather under your knees. Don't let any fullness wad up under you when you sit.

If you work with carbon paper or linking devices, shield cuffs with paper protectors. You cut these out of paper and snap over cotton cuff with rubber bands. Cottons won't crease as quickly if they are lightly starched. One designer of cotton fabric suggests using for a dress the same sparing amount of starch recommended for a blouse. This will give the dress fabric the "body" it needs without making it stiff.

As soon as you slip off your dress after a working day, hang it up in an open window. The air blowing through the fabric may be all that's needed to erase wrinkles and give you another day's wear from your dress. Dress with removable jackets under you when you sit. The working girl because she can launder the jacket when cuffs or neck-line become soiled without having to dunk the whole outfit.

### HOT OVEN

When the oven seems to be too hot, and one fears the contents of the casserole may cook too quickly place a sheet of waxed paper under the casserole cover and it will slow the process of cooking.

### FOOT MISERY

When feet burn, sting, itch and ache, and one fears the contents of the shoe may cook too quickly place a sheet of waxed paper under the casserole cover and it will slow the process of cooking.

### Needlecrafts FOR THE HOME

PRETTY SUN SET

To give a little girl clothes harmony this shoulder strapped princess dress has its own bolero to don when the sun goes down... plus panties to match!

No. 2627 is cut in sizes 2, 4, 6, and 8. Size 4 dress requires 1 1/4 yards 35-inch; bolero, 3/4 yard 35-inch; panties 3/4 yard 35-inch.

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 Charlotte-Town Guardian.

Pattern No. 2627

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

USE SPINACH WATER

Don't waste the good pot liquor drained from spinach. Use it in soup or healthful chilled vegetable cocktails.

