

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

Living & Leisure

THE WOMAN'S REALM

DREDGE CHOPS Give an unusual "finish" to veal chops by dredging them with crushed corn flakes or corn meal.

A few grains of rice kept in the salt cellar prevents damp salt. Ink the date on this of food as you buy them, use up the oldest first.

Don't know where to place your bougie? Laugh at yourself in the glass and put it where the little "cushions" come.

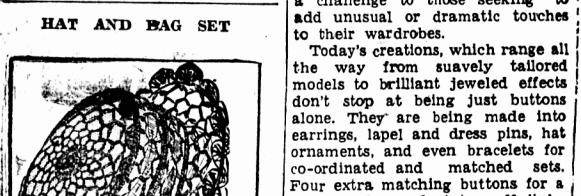
Lighter meals are the order of the day now that warm weather is here. This brings the palate stimulating and wholesome salad bowl to the fore once more.

CALORIES AND SALARIES It is a cardinal nutritional fact that the type of food we eat is important to health, and thus to earning power.

BEAUTY FOODS Direct relationship between beauty, as well as fitness, and our living habits is noted by Canadian health authorities.

PREVENT BABY RASH Help prevent irritations, keep baby's skin healthy. Buy this highly advised, medicated oil today! ECONOMICAL. Bismuth CUTICURA ANTISEPTIC BABY OIL.

HAT AND BAG SET An attractive crocheted hat and matching bag may be made in a very short time.



DESIGN NO. E-1133 To order: Send 20 cents in coin to Needlework Bureau, Charlotte-Town Guardian.

Design No. E-1133 Name Address City Province

Those whose birthday it is may prepare for a year of exceptional happiness, gratification, growth and progress, affecting the life in all its interests and activities.

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On 'CERTAIN DAYS' of the Month! Vegetable Compound to relieve such symptoms. This medicine is very effective for this purpose!

Do female functional monthly disturbances make you feel nervous, fidgety, cranky, so tired and "dragged out"—at such times? Then do try Lydia E. Pinkham's

Lydia E. Pinkham's VEGETABLE COMPOUND

DOROTHY DIX SAYS—

Self-Centered Husband

Man Would Abandon Wife And Children For Society And Deb

DEAR MISS DIX: I am 26 years old. Have been married for eight years and have two small children. My husband has met a girl who has fallen in love with him.

ANSWER: The only way your husband can get his way into what you call "high society" is by buying his card of admission.

GIRL MAY BE PHONY TOO

He is deceiving himself if he thinks the society girl can open doors for him, unless she is a multi-millionaire.

DEAR MISS DIX: I am a widow, very comfortably fixed financially, with one child who has finished high school.

ANSWER: You may not be too old to have a little platonic affair with a gentleman, but you are certainly old enough to know what it will do to your reputation.

BUYING BUTTONS LOTS OF FUN NOW

NEW YORK — Buying modern buttons for suits, coats, dresses, and blouses can be just as much fun as searching for old ones for a collection.

DEAR DOROTHY DIX: I am 21 years old. Have been courting a girl for quite some time and have never gotten engaged to her.

ANSWER: Don't become engaged to either girl until your emotions have had time to settle.

That Body of Yours

By James W. Barton M. D. HEARING IMPROVED BY REMOVAL OF ADENOID GROWTHS

An encouraging sign these days is to see the large number of men and women willing to use hearing aids to improve their hearing.

However, there is one type of hard of hearing caused by soft lymph or adenoid tissue in the throat that cracks or partly blocks the opening in the throat of the little tube (Eustachian tube), which carries air from the ear drum.

For the past 18 years Dr. Crowe and his associates have been using radium for the removal of adenoid tissue which could not be reached by surgery.

During these eighteen years many thousands of treatments have been given, and there have been no burrs or other serious reactions.

Children who suffered with asthmatic attacks in addition to the hard of hearing, were relieved at

these attacks of coughing which being treated with radium.

It is comforting to know that adenoid growths near Eustachian tube opening, thus causing hard of hearing, can be removed by surgery, X-rays and radium.

Never neglect the common cold as it may often be the forerunner of other more dangerous conditions.

Post Office Box 99, Station G, New York 19, N.Y. ask for your copy of the Barton booklet entitled "The Common Cold"

Ellen's Diary

By an Island Farmer's Wife

It was so quiet about the yard this morning I decided with a start that the swallows had flown. There had been animated foraging recently, on a telephone wire.

Modern Etiquette

By Roberta Lee

Q. Is it proper for a girl to walk along the street smoking?

A. This is still frowned upon by good society, although what the difference is between smoking on the street and in any other public place is difficult to distinguish.

Household Scrapbook

By Roberta Lee

A Sachet Powder A powder for sachet can be made by mixing 1/2 lb. Florentine orris root, 1/2 lb. ground rose leaves, 2 oz. powdered tonquin bean, 1/2 grain of musk, and 2 drops of essence of almonds.

Cook's Corner

POTPOURRI JAR

2 ounces whole allspice, (crushed) 2 ounces stick cinnamon (broken coarsely) 1 ounce orris-root (brushed and shredded) 2 ounces lavender flowers 5 drops oil of rose 1/2 pint good cologne, rose petals Salt

Better English

D. C. Williams

1. What is wrong with this sentence? "I am anxious to read that book."

ANSWERS 1. "I am eager to read that book" is preferable. 2. Pronounce plural-al, oo as in book, not as in too.

How Can I!

By Anne Ashley

Q. How can I clean an oil painting that has become very dirty?

A. Make a thin paste of raw potatoes and clear water. Add some fine pumice stone and rub on the painting very gently with a sponge.

Q. Where should the spoons be placed on the dinner table?

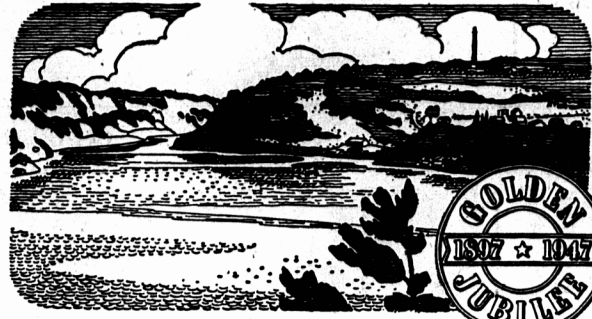
Q. At the right of the plate. The spoon that is used first is placed on the left.

Q. How can I remove burnt from aluminum?

A. Burnt stains can be removed from aluminum or other unsoldered utensil of brass, tin, or iron, by placing it while empty over the gas flame or fire until red hot.

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Scene of Queenston Heights, 1897 (from John Ross Robertson collection)—that's when Grape-Nuts was born!

50 years of Breakfast Enjoyment

MILLIONS OF PEOPLE, over the last 50 years, have enjoyed their breakfasts more, because of Grape-Nuts. That malty, nut-sweet flavor in every crunchy, golden kernel is so good.

And Grape-Nuts are so good for you. The fine food values of two grains—not just one. And the digestibility that comes from double-baking. Have you had Grape-Nuts lately? Get some from your grocer. Remember, there are 14 to 16 servings in the new red-white-and-blue Grape-Nuts package. Compare that with other cereals.



Post's Grape-Nuts for "Golden-Good" eating



A Product of General Foods

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The Quality Tea

"SALADA" ORANGE PEKOE

Needlecrafts FOR THE HOME

SERVE IT SCALLOPED

Scallops add a dainty finish to the princess lines of this frock. . . so easy to seam up. Bow tied sash helps to make a small waistline the point of emphasis! Try a flowered seersucker for easy laundering.

No. 2184 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48, 50, 52, 54, 56, 58, 60, 62, 64, 66, 68, 70, 72, 74, 76, 78, 80, 82, 84, 86, 88, 90, 92, 94, 96, 98, 100.

Send 20c for PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish. Include postal unit or zone number in your address.

Address Pattern Department, The Charlotte-Town Guardian, Pattern No. 2184

Name Address City Province

INDIAN LUXURY Hammocks were invented by Indians in the Amazon basin



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