

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

### THE MOST WONDERFUL BABY IN THE WORLD

## IS Yours



Made especially for Canadian Babies  
... Aylmer Baby Foods  
are chosen by careful Mothers

Choose Aylmer for fine flavor and vitamin-rich nourishment. Aylmer quality is guaranteed by Canada's largest canners of fruits and vegetables.

## AYLMER BABY FOODS



YOUR BABY DESERVES AYLMEER QUALITY

### That Body Of Yours

By James W. Barton, M. D.

#### CALCIUM IN BAG IN SHOULDER CAUSES PAIN

When pain occurs in the shoulder, the first thought is that it is either a sprain or arthritis. In arthritis, the pain is present when the patient is at rest; in a sprain, pain is present when any movement of the arm is made. However, there is another condition that occurs at times and most of us forget about it. It is bursitis—inflammation of the lining of the bursa, or bag of water, which helps to protect the shoulder joint. This little bag of water, used by Nature to protect joints, also is found in the back of the heel, back of the elbow, back of the knee, front of the knee (housemaid's knee). Pain is caused by injury and sometimes by infection.

Unfortunately, the water in this bag sometimes dries up and the bag fills with calcium (lime) which, of course, causes pain whenever the arm or shoulder is moved. For a number of years, treatment of this subacute bursitis, as it is called, was opening up the joint and (Continued on page 12)



Aunt Lucy says:

"PUT YOUR BEST FRIEND TO WORK!"

## EXTRA-SOAPY



# SUNLIGHT

makes work easier



all around the house!

<b>WHITER</b> YES, ALL-PURE SUNLIGHT GETS WASHES WHITER.	<b>BRIGHTER</b> YES, ALL-PURE SUNLIGHT GETS DISHES, POTS AND PANS BRIGHTER.	<b>LIGHTER</b> YES, ALL-PURE SUNLIGHT MAKES WORK LIGHTER.
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Gets out more dirt—FASTER!

Want cleaner, sweeter-smelling washes than ever before? All-pure Sunlight's the soap for you. It really gets out stubborn dirt fast and safely. Makes quick, light work of pots, pans, dishes, woodwork, floors too. So get a cake of Sunlight today.

Tune in Aunt Lucy/Linton's famous Stories From Life... Every morning on the Trans-Canada Network.

### Legends Of P. E. Island

(By Uncle Joe)

#### THE BUG ON THE CEILING

The legend of the bug on the ceiling was brought to the writer's attention no later than last week by a grandson of the man who claimed he was attacked by the horrible creature.

The startling tale runs something like this: Many years ago Jack Horne lived in a small shack near West Devon. Now, Jack was a bachelor who came and went at will (a privilege he greatly enjoyed), but the night he saw the strange thing Jack was as sober as a judge (so he claimed).

Sometime during the night he was awakened by a loud buzzing noise that fairly broke his eardrums.

What could it be? Getting out of bed, he searched the room, but there was nothing to be seen. He was just in the act of dozing off to sleep when he heard it again.

The moon had cleared a cloud bank and cast her light across his bed. The room now was almost as light as day; and, looking up toward the ceiling, Jack Horne was horrified to see a gigantic insect swinging around on its web right over his head.

Looking at it closely, he observed two powerful sets of wings, a number of long dangling legs, and a long proboscis. Its two sets of eyes were focused upon the man lying in the bed, as though it were trying to hypnotize him.

Resting on a chair near the bed was a heavy brass candlestick. Jack put out his hand to grab the weapon, but too late. With a lightning movement the large insect suddenly dropped right onto his face.

A moment more and he felt a fierce stinging in his throat. The thing had driven the sharp proboscis almost through his neck and he felt warm blood trickling down his chest. With a mighty effort he freed himself and dived beneath the blankets for protection.

But what with the clothes over his head and the weight of the insect, he was forced to remove the coverings for a breath of air. No sooner had he done this than the angry thing bore down upon him with the fury of a lion. Now the fight was on in real style and Jack knew that he must put forth his best efforts if he was to win the battle.

Hour after hour he struggled with the enemy. The heavy candlestick stood him in good stead, and he (Continued on page 12)

### No More Harsh Laxatives!

Famous cereal brings lasting relief from constipation

Are harsh laxatives causing you distress and unhappiness? Then read this unsolicited letter:



About 8 months ago, I decided to start eating KELLOGG'S ALL-BRAN. After a few days, I realized that regular use of this breakfast cereal was making my system work naturally. Constipation doesn't trouble me any more. Believe me, it's a great relief! 22 Avenue, 1465 St. Lawrence Street, Montreal.

Yes, if you suffer from constipation due to lack of bulk in the diet, you may never have to take another harsh laxative again. Simply eat KELLOGG'S ALL-BRAN daily and you'll drink plenty of water. ALL-BRAN is not a purgative, but a wholesome cereal. Eat an ounce as a cereal or in muffins for constipation relief. If after using one package you are not completely satisfied, get double your money back as guaranteed on the package. Get delicious ALL-BRAN from your grocer. Made by Kellogg's of London, Ontario.

### Ellen's Diary

By an Island Farmer's Wife

Now what nicely above all has the first day of this workaday week brought? The sunlight! We recall now that when we awakened this morning the bush of sunrise denied to us of late was showing through the dark still top of the old white birch on the lawn, outlined against the eastern sky. "James", I nudged husband-of-mine to wakefulness. "We're going to have a sunny day!" One knew it would be very delightful. Even then sparrows chirped cheerful matins from a wide eaves-nook by the window-side and we could hear a loud and spirited salute to the new day from the poultry house. Hearing, "Ah, me!" James sighed sleepily.

Now that the mellow glory of a moon, at full, floods the countryside lighting up roofs and fields and woodlands, but as well casting bewitching shadows, there is no sign of any weariness about Alderlea. There is in fact no sight of James. He went blithely away with our farmers his one in a line of teams to gain for themselves sacks of "store" feed from a truck near the highway. Our portion will be used as rations for the family in the piggeries, or in other corners in the building—those that now lie lazily about their quarters, as well as for the sows, commencing to remind their care-takers of approaching and, from our point of view, most important appointments in the near future. Happenings-to-come which caused Jack to ask this afternoon: "Is there something you want from the store?" then said, "we'd better have plenty of kerosene on hand, and it would be as well to have an extra lantern or two fitted up—most any time now, we may have to keep lights in the piggeries all night."

When the teams were about to leave the yard this evening, grand-daughter continued to look so wistful that James must take her as far as lane's end and return before he was able to follow the others with an easy mind. "Now never mind doing the milking!" he called to us, "we'll do that when we fight with our hands!" From a bright streak appearing then above a dusky hilltop, until now a round (Continued on page 12)

### The Stars Say--

By Genevieve Kemble

For Tuesday, March 22

INCITED by excellent planetary aspects it is probable the faculties and forces may be keyed to high purpose, with the spirit of enterprise and initiative directed to the accomplishment of important matters, with detailed attention to both old and new aims and objectives. Clever ideas and plans, perhaps involving change of patterns, new environs and contacts are forecast. Yet it may be wise to "look for the joker" or some form of sly or dubious entanglements which might have unhappy reactions of position, hopes, reputation.

For the Birthday

Those whose birthday it is, have excellent promise of going forward in a most astute, clear, and progressive manner, during the year, with new plans, places and agreements to be considered. Sudden news, fresh starts, renewed offers, all show promise of happy fulfillment, with imagination as well as intuition the spur. Nevertheless there is hint of undercover or sinister circumstances, calling for discretion, watchfulness, and rigid adherence to principle and integrity, lest there be reactions on position, reputation and feelings, with emotional upsets.

A child born on this day is splendidly endowed for a successful and fruitful career, being versatile, intelligent and alert to the main chance. However, it may be easily victimized by sinister persons or its own emotional promptings.

### Better English

D. C. Williams

1. What is wrong with this sentence: "I have proof of this being correct."
2. What is the correct pronunciation of "hauteur"?
3. Which one of these words is misspelled? Generally, generality, generalize.
4. What does the word "novitiate" mean?
5. What is a word beginning with dr that means "extreme in effect"?

ANSWERS

1. Say, "I have proof that this is correct." 2. Pronounces ho-tur-o as in obey, u as in fur, accent second syllable. 3. Generally, 4. State or time of being a novice; apprenticeship. 5. Drastice.

## Living & Leisure THE WOMAN'S REALM

### ENVOY

Go, songs, for ended is our brief, sweet play; Go, children of swift joy and tardy sorrow; And some are sung, and that was yesterday; And some unsung, and that may be tomorrow.

Go, songs, and come not back from your far way; And if men ask you why ye smile and sorrow, Tell them ye grieve, for your hearts know today; Tell them ye smile, for your eyes know tomorrow.

—By Francis Thompson.

### Household Scrapbook

By Roberta Lee

**Upholstery**  
Some upholstered furniture may be cleaned by using either commercial fluids or soap and water. To use the latter, make a very dry, rich lather with mild soap. Spread over a small surface of the cushion or furniture with a stiff brush, which is sufficiently stiff to be firm. Work the lather in with a rotary movement. Wipe off with a cloth wrung out of clean water and with a third dry cloth. Do not moisten the upholstery more than necessary. The drier the treatment, the better the results.

**Rust Preventive**  
A thin coating of fat applied to the surfaces of iron frying pans and Dutch ovens after they are washed will help to season them and prevent rusting.

**Lavender Sachets**  
Lavender sachets can be made by mixing sixteen ounces of lavender flowers, four ounces gum benzoin, and two drams oil of lavender.

### Cook's Corner

#### CITRON MARMALADE

1 medium citron  
2 oranges  
1 lemon  
1 cup water  
Sugar by measure.  
2 oz. ginger root  
METHOD: Peel the citron and slice very finely. Soak overnight in a weak brine, made in the proportion of 1 tablespoon salt to 1 quart of water. Drain thoroughly next morning.

Quarter the lemon and oranges and remove the pithy part in the centres, and the seeds, then either slice the fruits thinly or put them through the food chopper, using a fine blade. Add this to the drained citron along with the water and allow to stand for 1 hour, then heat the mixture and cook at a boiling temperature until the fruit begins to soften — for about 1 hour.

Measure the mixture and add 1 cup sugar to each cup of fruit. Bruise the ginger and tie in a bag and add to the fruit with the sugar. Continue cooking the mixture until it reaches the consistency of a marmalade.

Remove the ginger root and pour the marmalade into hot, sterilized jars and seal when cold with boiling hot paraffin. Cover with lids or tie paper over them and store in a cool, dry place.

### DOROTHY DIX SAYS—

#### Worried Expectant Father

#### Man Wants Few Commandments For Rearing Child

DEAR MISS DIX: We are expecting our first baby and I am all bewildered over the prospect of having to deal with an infant with whom I haven't even a speaking acquaintance. Yet surely there must be somewhere a list of Do's and Don'ts for fathers.

I would be very grateful if you would give me a few Commandments for a New Father, for I am sure that they would bring light to bear upon the road that I soon must walk. I have tried in the past to be a good husband. Now I want to be a good father.

EXPECTANT FATHER

ANSWER: Most fathers seem to think that a baby is born with a manual of "How to Rear a Child" in its hands, so it is refreshing to hear of a man who is willing to give as much serious thought on how to bring up a child as he would on how to train a setter pup. Unfortunately, however, babies are not reared by wishful thinking. They are the most complicated problem in the world, and only too often Father turns the rearing (Continued on page 12)

### RHEUMATIC INVALID REGAINED HEALTH

"For a year I suffered from pains in the joints and sore back. My case was diagnosed as Rheumatic pain, but no medicine relieved me satisfactorily. Then I tried Nerviline. I bought three bottles. Before the third bottle was finished I felt like a new man. I am able to work again. No trouble in straightening up. All back pains have disappeared. To every one who suffers from lame back due to cold I recommend Nerviline. When you rub in Nerviline you assist in rubbing out the soreness and stiffness." Thus writes a satisfied user of Nerviline. Get a 25c bottle from your dealer—today.

### Morning Smile

GAVE IN

"Talk about persistence. Three times he asked me to kiss him and three times I refused?" "Then what happened?" "Oh, well—one can't go on like that!"

ALWAYS HEARD

Overheard: "My dear, she's the sort of woman who always enters a room voice first."

### LATEST RAINWEAR FASHIONS

Most of the raincoats for this spring are full — but 80 per cent of them have belts that can vary lines whenever the wearer is in the mood.

Rather than lipe, the fabric is the important story this year. There are light and heavy-weight fabrics — dressy and casual ones. Take for instance, rain resistant tweeds. These are good for early in the season, when the weather is still a bit nippy. The new tweeds are flecked with color and are extremely British and casual looking.

With them, you can wear your boots, rain hats and umbrellas to match any one of the colors in the tweed, so they're doubly practical from that standpoint.

Another important group of coats fall into the class of rayon gabardines. They come in checks, plaids, solid colors and the not-so-very-new, two-tone effects. They're pretty and low expensive, but not quite so practical.

Nylon comes out in funny crinkle weaves. It's the newest of the rain-time fabrics for warm weather. All of the usual desirable characteristics of nylon are included in the weave... the durability, quick-drying quality and wrinkle-proof action.

Taffeta is back for bad weather. But it shows up with a new face — in corded and striped effect. Sometimes it's shot with metallic threads or comes out in a glowing iridescent weave.

The taffetas quite often are patterned in the body of the coat and

### Modern Etiquette

By Roberta Lee

Q. Would it be good form to begin a letter "My dear Sir," and close it with "Cordially yours"?

A. No. The beginning and ending of a letter should show the same degree of cordiality. "My dear Sir" is formal, and it would be better to close with "Respectfully yours."

Q. Is it ever proper to cut the bread with the knife when eating?

A. Never; the bread should always be broken with the fingers.

Q. Is it obligatory to send a wedding gift when one is invited only to the ceremony, and not to the reception?

A. No.

Q. How can I make a good cleanser for wall paper?

A. A cleanser suitable for wall paper, paint, or calcimine is made by cooking in a double boiler two cups of flour, one cup of salt, one tablespoonful ammonia, and one and one-half cups of cold water.

Q. How can I make a substitute for baking powder?

A. It is well to remember that two teaspoons of cream of tartar and one scant teaspoon of baking soda are equal to three teaspoons of baking powder.

Q. How can I conceal scuffed places on shoes?

A. If the scuffed shoes are rubbed with Vaseline jelly before the polish is applied, the scratches will scarcely show.

Moors  
Love at first bite!

Cool and creamy tongue-tingling peppermint, richly coated with smooth, delicious Moirs chocolate.

Moors  
Beyond question—the Best!

have a plain lining... or vice versa.

Any way, there's contrast. Colors are played up strong in the taffetas. They show plenty of spring navy toasts or gray—in delicate pastels or in the bright orange, red or green.

Iridescent faille coats are rain-proof now, and they're quite lovely in jewel tones such as gold, jade, sapphire or garnet.

HATS ARE NEWS

New York — Accessories are all important and hats make fashion news of their own. Shapes may be very large or very small. Often large brims are broken at one side to fold flat against the face, while tiny satin and moire evening hats hug the head as closely as bathing caps, with a slit in the centre of the crown through which a curl can be pulled.

## Needlecraft FOR THE HOME

### JUNIOR PARTNER

Something different — a shoulder-buttoned dress starring a bewitching yoke treatment at both the shoulders and hips. You'll find this a perfect pattern for popular plaid gingham!

No. 2436 is cut in sizes 11, 13, 15, 17 and 19. Size 15, 4 yards 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.

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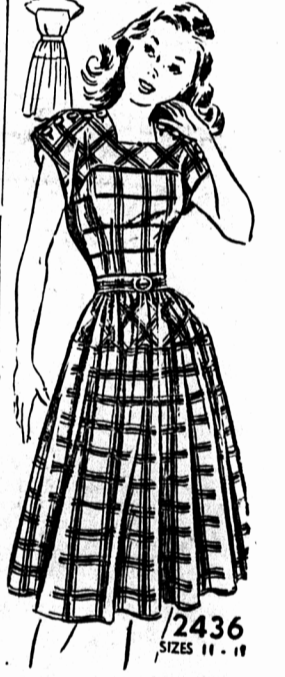
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WORM'S INTUITION

Without eyes and living underground, a worm senses the fall of night and wriggles to the surface.



2436

SIZES 11 - 19

—another cup of that delicious cocoa!

Yes — every steaming cup of Baker's Cocoa tastes better than even the most ardent cocoa lover could desire!

That rich chocolate-brown color — that full-bodied, tantalizing aroma — invite you to try cocoa as it should taste... richly, deeply satisfying, with the smooth, true, natural flavor of pure cocoa, with nothing added. And for better baking, be sure to use Baker's always. Up to 90 servings in the economical 1-lb. package.

MADE BY THE MAKERS OF BAKER'S CHOCOLATE

BAKER'S COCOA

A proud name to live up to — but Baker's Cocoa meets with ease the same high standards of quality and reliability that have made the name Baker famous for generations.

A Product of General Foods.