

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

Hooray! Cereal with Peaches!

Grand for Summer Energy!

Grand for Economy!

NABISCO Shredded Wheat

It's cool as a cold drink! Fresh as a breeze! Delicious golden-good nourishing NABISCO Shredded Wheat with fruit... a perfect summer breakfast dish! Containing food elements, NABISCO Shredded Wheat is pure husky whole wheat... to help keep you feeling like a million. Serve sunny, hearty NABISCO Shredded Wheat, with plump peaches or luscious berries, tomorrow.

Baked by CANADIAN SHREDDED WHEAT COMPANY, LTD. NIAGARA FALLS, CANADA

You'll never tire of that Natural Flavor

That Body Of Yours

By James W. Barton, M. D.

WHY SOME DIE AND OTHERS SURVIVE CORONARY THROMBOSIS ATTACKS

We may wonder why some men and women die during an attack of heart stroke — coronary thrombosis — and others not only recover from the attack but also recover from further attacks. Why do some survive and others die, even with the first attack?

What we do not know is the background, the health history of these cases. A well built, strong individual dies with an attack; and one who is poorly built survives. The reason is that the well built individual may have other conditions present such as high blood pressure or diabetes. A poorly built one may have been free of other disabilities.

In the "Pennsylvania Medical Journal," Harrisburg, Dr. J. B. Tredway reports his study of a number of well proved cases of coronary thrombosis, with the purpose of finding the guides the physician would need, to be able to state the probable outcome of the current attack. There were 54 patients, of whom 21 died and 33 survived coronary thrombosis attacks.

As a result of this careful examination, including the electrocardiograms and even observation of bodies after death, Dr. Tredway regards the following conditions presented by a patient to be signs that will likely mean the death of the patient: A past history of diabetes; previous attacks of coronary thrombosis; congestive failure of the heart or disease of the blood vessels, aside from high blood pressure; shortness of breath; rapid heart beat; low pulse pressure; evidence of shock; irregularity of the heart beats; too much sugar in the blood and in the urine where diabetes or kidney disease is not present.

From the above information showing conditions present that can interfere with recovery from heart stroke, any of these conditions that can be corrected and removed or controlled should claim attention from the family physician or other physicians whom the family physician considers it advisable to consult. This is the reason that when a patient enters hospital for any reason whatever, he is asked for his own and family history.

Aylmer Tomato Soup has real-tomato flavor

Yes-it's thrifty too!

YOUR FAMILY DESERVES AYLMER QUALITY

DOROTHY DIX SAYS— Boorish Boy Friend

Girl 16, Urged To Drop Friendship With Temperamental Young Man

DEAR MISS DIX: I am a girl of 16 very much in love with a boy of 19. When we are together we argue and he teases me, but if I tease him he gets perfectly furious and he will grab anything in sight and throw it at me. What can I do to make him keep from showing his temper? He has two faults. One is that he treats me like dirt, and the other is that he is terribly jealous. If I go out with other boys and girls, he won't speak to me.

What can I do with a boy like this?

CLARICE.

ANSWER: Well, I'd say that the sensible thing for you to do is to have nothing more to do with him, for apparently he has none of the instincts of a gentleman. Any boy of 19 who slugs his sweetheart when he gets angry with her is certainly a poor matrimonial prospect because he is sure to be a wife-beater, and you must be lacking in all common sense if you even remotely consider him as a life partner.

CALF LOVE

Fortunately for you, you are having this attack of calf love at 16, so you will recover from it in time, I trust, to fall in love with some fine chap who will treat you with respect and affection, instead of making a doormat of you.

DEAR DOROTHY DIX: My husband and I have been quarrelling off and on for years, mostly about a woman who lives two doors away from us. Although I have never caught her and my husband together, he always looks at her and she always looks at him. No matter when I leave the house with my husband, or when he is alone, she always looks at him and he always looks her way. My daughter is always telling me that for a man and woman to look at one another doesn't mean anything, but I always feel that at some time or other maybe it did mean something.

I have been married for 20 years and my husband has always been faithful to me, but I don't trust him. What can I do?

ANSWER: Well, if you have been married for 20 years to a man who has never done anything worse than glance at the woman next door, you ought to be on your knees thanking God for your luck, instead of hunting around for something to gripe about.

Can't you yourself see how silly you are to make yourself miserable imagining things and trying to read deep, dark meanings into a man merely glancing at a woman who happens to live a door or two from him? Do you expect all men to put on blinders when they walk the streets?

My advice to you is to quit worrying about women glancing at your husband, or your husband glancing at them.

DEAR MISS DIX: For the past several months I have been going steady with a widower 16 years my senior. He is a perfect gentleman in every respect and we are quite congenial. The snag is his daughter, an only child, aged 28, who works out of town, but comes home week ends about twice a month.

At these times his time is all hers. Whatever she wants to eat, whatever she wants to do, all of her whims are catered to. No plans

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Ellen's Diary

By an Island Farmer's Wife

Jamie, who had returned home from Alderlea with Rob yesterday afternoon was miserable during the night with, as was fortunate, only a brief spell of sickness which we, puzzling over its sudden coming, attributed to various causes. "It was the heat" we said, or "the excitement of the birthday picnic" not being able to determine it at all but grateful to learn that he was presently back to normal again. Jamie is not what one might call a merry lad but rather is inclined to be serious. He is also of an inquiring mind which by rights should belong to one of more mature years. Perhaps being reared for the most part with adults makes him thus, though it appears so natural as to have been pretty well woven into the web of him. The prospect of the second inoculation at the school clinic today did not worry him and he received it without complaint being so interested in the manner it was injected that he forgot any discomfort it gave.

"I suppose" Carolyn laughed knowingly this evening when they came to call, "I can look forward to a day of it tomorrow!" Not exactly as a token of anything, but in reply to a request Carolyn fetched us a cake to which we are partial—light, and yet rich and taste full it is. We know, because trying out silvers disclosed this. Since she is not one who guards her recipes closely, it will do no harm to note the ingredients. After all the excellence of cookery lies not so much in the measurements as in the method of mixing, and firing as well. A deft hand with any one of these may hold the secret of being a good cook. By way of improving the cake, Carolyn added extra raisins, and chopped nuts.

"And how did I make it?" Carolyn repeated my question. "Cream a cup of butter adding to it gradually a cup of sugar." And she being the greatest one for sifting and measuring, continued "but first of all, you sift in a bowl three and a half cups of flour, two teaspoons of baking powder and a

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GOOD BREAD is a lot of good food for the money.

"Always Good"

BUTTER-NUT BREAD

Eastern Bakeries'

Living & Leisure / THE WOMAN'S REALM

OLD WOMAN'S GARDEN

Our town has a bold old woman who makes beauty In a loveless place— She grows her colors like bright lawless birds In a dooryard space. In a street which parallels The railroad track. The house of a lady of the Garden Club Stands back to back— She does not speak. The lady of that house. Could she approach one socially Whose zinnias exult as By day in drunken splendor? Could garden ladies praise Poppies that swirl like skirts of wayward girls? The flowers of our bold old woman raise Their own brash voices. From the lily bed A tiny singing swells And there's true music than the churches make. In her campanula bells. —Blanca Bradbury in The New York Herald Tribune.

BEAT THE HEAT IN LITTLE WAYS

Ways to "beat the heat" and make the summer months a real vacation time: Choose your clothes first for comfort so that "getting dressed to go out" isn't something you dread. Change your winter ways of entertaining to summer ways. No big dinners indoors, no parties that take a lot of planning and fuss. Make your entertaining as easy and as informal as possible. You'll enjoy it more and so will your guests. Take a summer vacation from a set housekeeper routine. Be content with less than perfect house-keeping. Don't be ashamed of loafing. Loaf whenever you get a chance. Take Your Time. Don't hurry. Take your time, no matter what you're doing. Relax enough to enjoy having your children at home. Live as much as possible out-of-doors. Comfortable chairs for the yard may be a better investment than new draperies for the living room. Refuse to get worked up over small annoyances. Set a good example for the whole family by keeping calm. And remember the fewer complicated plans you make the fewer irritations you'll have. Above all, realize that summer living should follow an entirely different pattern from winter living.

TAKE IT EASY

National health experts have known for a long time that recreation is a vital need for all Canadians.

DIVIDENDS FROM DIET

A well-planned lunch box, well packed and attractively prepared, pays dividends in the health of industrial workers or students. Foods for the lunch box should include four main groups — milk, fat or vegetables, meat or fish and buttered bread or rolls. Nutritionists say that substitutes such as poultry, beans, peas, nuts, eggs or cheese are satisfactory for meat. Muffins may be used instead of bread or rolls. The health-minded housewife can plan her lunch-boxes to include the widest variety and the most tempting taste and appearance.

Cut parsley very fine with a kitchen scissors and use for garnishing, for salad-making and for cooking. Cut in this way the leaves will not be bruised unnecessarily.

Better English

D. C. Williams

1. What is wrong with this sentence? "When the dance was over with we went home."
2. What is the correct pronunciation of "mustache"?
3. Which one of these words is misspelled? Stilleto, stipendiary, stiveadore.
4. What does the word "implacable" mean?
5. What is a word beginning with dy that means "characterized by energy"?

Answers

1. Omit with. 2. Pronounced with accent on second syllable, not the first. 3. Stilleto. 4. Not to be appeased; incapable of being pacified. "An object of implacable enmity." — Macaulay, B. Dynamic.

HOT FLASHES?

Are you going thru the functional 'middle age' period peculiar to women (35-52 yrs.)? Does this make you suffer from hot flashes, feel so nervous, high-strung, tired? That do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms! Pinkham's Compound also has what Doctors call a stomachic tonic effect!

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Morning Smile

He Came Prepared

A browbeating attorney finally asked a witness how far he had been from the scene of an accident.

"Five yards 2 feet 7 inches."

"How does it happen you're so exact?" roared the attorney.

"Well," drawled the unabashed witness, "I expected some fool or other would be sure to ask me, so I measured it."

"I am a character expert," said the first man. "I have watched you and what you need in your business is push—push—push."

"You're wrong," replied the other. "I'm a dentist."

How Can I!!!

By Anne Ashley

Q. How can I make an effective liquid glue?

A. A good liquid glue can be made by putting naphtha into a bottle and dissolving shellac in it to the consistency desired.

Q. How can I determine the length of material needed when making a frill?

A. Measure the actual length of material required and then add half as much again. This will give a nice frill that is neither too full nor too skimpy.

Q. How can I restore a bottle of ink that has become thick?

A. Merely by adding a little vinegar to it.

How Is Your Blood Pressure?

Send today for Dr. Barton's booklet dealing with both high and low blood pressure entitled "How Is Your Blood Pressure?" To obtain it just send 10 cents and a 3-cent stamp, to cover cost of handling, 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.

GET 'EM EARLY

A cavity is never too small to fill. Dental authorities say. Regular use of the tooth brush and avoidance of excessive use of sweets are sure-fire methods of preventing tooth decay.

Modern Etiquette

By Roberta Lee

Q. Is it proper for a man to remove a cigarette, cigar, or pipe from his mouth, when he meets a woman of his acquaintance on the street and lifts his hat in greeting?

A. Yes, always. It is extremely impolite not to do so.

Q. If one is receiving an invitation by telephone, would it be all right to say, "I'll let you know this evening, or tomorrow?"

A. No. This kind of invitation must be accepted or declined without a moment's hesitation.

Q. If a girl should drop her handkerchief or any other article she may be holding, should she hurry to pick it up?

A. Not if she is talking to a man. She should wait for him to pick up the article, and then thank him graciously.

Household Scrapbook

By Roberta Lee

New Concrete

New concrete can be laid successfully on top of an old concrete surface, but you must be sure first to get the old surface perfectly clean with soap and water and have it thoroughly wet when the new concrete is laid.

Coffee Stains

When coffee stains will not wash out readily from white material, rub a little soap over the stain, then pour a small amount of peroxide over the soap. Rub together and the stain will disappear.

Protecting the Finger

When necessary to do quite a bit of paring fruit or vegetables, protect the forefinger from both stains and cuts by wrapping a strip of adhesive tape around it.

The Stars Say--

By Genevieve Kambie

For Thursday, July 23

It is probable that some quite unperceivable and unexpected event with the force of an "atomic bomb," may break open a dubious, crystallized or hopeless situation, with a spectacular clatter and clash. This should restore goodwill and confidence of others recently wavering in interest and bring things to a head, in which cherished ambitions and dreams may be concretely brought to reality with surprising fruition. Work and plan toward such glamorous fulfillment.

Those whose birthday it is may be prepared for a rather spectacular about-face in critical issues and jeopardized plans, by a sudden atomic explosion, in which congested affairs may be put on a sensationally vivid, hectic and realistic foundation for sound exploitation, and long-term prosperity. While erratic or queer situations may be constructive if rationally managed, and as well supported by "the powers that be," the scope and expansion of hopes and wishes call for prudence.

Child born on this day may have a spectacular career, with strange leads from hidden sources. Its eccentric or emotional urges may be circumvented by curious factors.

Neecraft FOR THE HOME

THE BOLEDO DRESS

You can double your Summer-time charm — with a cap sleeved dress like this. Smart on its own with an eye-catching bow at the neck and belt. It turns into a timely ensemble for town by merely adding the matching bolero.

No. 2172 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, and 48. Size 36 dress and bolero require 4 1/2 yd. 39-in.

Send 20c 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 some number in your address.

Address Pattern Department, Pattern No. 2172, The Charlottetown Guardian.

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Extreme cold may kill moths. Unless they are killed they may become active again when the garments are removed from storage.

2172

"Be Lovelier tonight!"

"My Beauty Facials bring quick new Loveliness," says this famous star

"I've found Active-lather facials with Lux Soap really make skin lovelier!" says Hedy Lamarr.

"First I work the rich fragrant lather well in. Then I rinse with warm water, splash on cold. As I pat with a soft towel to dry, skin takes on fresh new beauty!"

Don't let neglect cheat you of Romance. Be lovelier tonight!

In recent tests of Lux Toilet Soap facials by skin specialists, actually 3 out of 4 complexions improved in a short time.

LUX TOILET SOAP

9 out of 10 Screen Stars use Lux Toilet Soap — Lux Girls are Lovelier!