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

LET'S GO TO THE MOVIES DEAR . . . . . I SAID NO!

It's hard work to love a grouch...

Have you ever noticed how often the men with sunny dispositions seem to have *"all the luck"* . . . in love or in business? It would be odd if they didn't! It is hard work to love a *grouch*.

If you want to be happy (and beloved), one thing you certainly must avoid is that *"jumpy," irritable, depressed feeling* constipation causes.

There is a simple, pleasant precaution you can take. Eat Kellogg's *All-Bran* every day. It is *guaranteed* on a double-your-money-back basis to keep you regular *naturally*. No wonder nearly one out of every two Canadian families now serves *All-Bran*. Get some today.

Guaranteed to KEEP YOU "REGULAR" NATURALLY* — Kellogg's ALL-BRAN — * OR DOUBLE YOUR MONEY BACK

That Body Of Yours

By James W. Barton, M. D.

INFECTION COMMONEST CAUSE OF ARTHRITIS; OTHER FACTORS AGGRAVATE SYMPTOMS

A middle-aged woman, whose mother had been bed-ridden with arthritis for 12 years before she died, developed such a fear of arthritis that she consulted nose and throat specialists and also an outstanding arthritis specialist. She had an occasional twinge of pain in knees and hip, but otherwise there were no symptoms of arthritis.

The woman consulted her family doctor and told her story. He said that her tonsils were "suspicious," that perhaps they should be removed, and referred her to a throat specialist. The throat specialist said her tonsils looked suspicious and "might" be better out, but there need be no hurry about it.

As the arthritis symptoms gradually increased, she consulted an arthritis specialist who suggested "immediate" removal of the tonsils, a short fast of 24 to 36 hours, and then a low starch diet.

When the tonsils were removed they were badly infected, there was a slight increase in severity of symptoms, then she became free of symptoms. A few years later, as some twinges occurred, she had several teeth removed, and has been practically free of pain ever since. A heat lamp relieves the occasional twinge when it appears.

The determination of this woman that she never would become an arthritis victim is to be commended; and there is no question but that the removal of the infected tonsils, and later infected teeth, prevented crippling from arthritis. Infection definitely was the cause.

It is no surprise these days when physicians are finding so man varied symptoms caused by the emotions—stomach and intestinal ulcer, rapid heart beat, persistent diarrhoea, skin rashes—that arthritis is now, in some cases, believed due to emotional disturbances. This does not mean that infection is not present in these cases, but the emotions greatly increase the severity of the symptoms. "The primary fear is permanent, wheel-chair invalidism."

In "Northwest Medicine," Drs. K. K. Sherwood and B. Zimmerman state that in 90 per cent of these patients, examination shows no real damage to the joint; and the most important part of treatment is assurance that their fears of arthritis are groundless.

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.

Many times so many flowers are sent the ill person there is scarcity of tall vases. Should this occur use a bowl and stretch whatever green fern or foliage that came with the flowers across the top, crossing one piece on top of another. Then cut the long stems off the flowers and insert these shorter blooms through the fern, which acts as a holder. The effect is most artistic and a colorful kitchen bowl will serve as the container.

Hosiery

"SHEER" Beauty

for her on Mother's Day. Our quality Nylons, in varied sizes, weights, make lovely gifts.

PRICE RANGE

$1.40 to $2.50

THE Gloria

"WHERE SMARTER WOMEN SHOP"

Dorothy Dix Says—

Solomon Wanted

Man Wants Answer On Love And Vicissitudes Of Marriage

DEAR MISS DIX: What is this thing called love? Is it physical attraction? Is it mental attitude? Is it an appreciation for the traits and characteristics of the other person? Can there be a successful marriage without love; that is, if the man is not in love with the woman, or the woman is not in love with the man?

Is it possible to learn to love someone after marriage, even though you are not in love at the time of marriage? Is love the prerogative of extreme youth? Can a man in his early thirties fall in love as well as one in his early twenties? This love business has been on my mind for some time, and I will greatly appreciate it if you will answer my questions.

TIM

ANSWER: Page Solomon, though even he didn't know the answers although he was the greatest sentimental experimentalist in recorded history and certainly hung up a record as a marrying man. But whether he was in love with his numerous wives, or what he felt for them was merely a passing fancy, or whether his love affairs were just Hollywood romances, no one knows. Yet he is supposed to be the wisest man who ever lived.

So if Solomon couldn't find out what love is, it is futile to expect a poor dub of a man or a woman, or a bobby-soxer to know whether what they think is love is the real, genuine, blown-in-the-bottle article, or whether the fluttering in their bosoms is due to the grand passion or indigestion.

MANY MARRIAGES SUCCEED

But to answer your other question, Tim: Yes, there are many successful marriages without love, because many men and women have no sentimental or romantic leanings. There is not a thrill in their systems, but they are capable of having a warm friendship that stands the wear and tear of marriage better than the lovey-dovey stuff that sends many youths and maidens to the altar.

Also, it is possible to learn to love someone after marriage, even though a Managing Mama or being the boss's daughter had more to do with the wedding than Cupid had. Love begets love, and it is comparatively easy to fall in love with anyone who is crazy about us.

Certainly youth has no monopoly on love, though it thinks it has. Nothing is so flimsy and so little to be depended on as calf love. Only mature men and women are capable of a really deep and abiding love.

DEAR MISS DIX: My husband and I are in our early fifties. We have four fine children whom we are trying to send through college, and another one in high school. Ever since our marriage we have had someone on both sides of the family to help out financially until it has amounted to between $8,000 and $10,000.

Right now we are having hard sledding ourselves, but none of our relatives have held out a helping hand to us, or have offered to repay any of the money that we gave them. They hven't even given us a "thank you" for what we have done for them. Do you think we have

(Continued on Page 3)

INSECTICIDAL SOLUTIONS

Various insecticidal dusts and sprays have proven highly effective in the householder's war against insects and other pests but such agents include potentially dangerous chemicals including lead arsenate, basic copper arsenate, paris green, cyanide and fluoride compounds, sulphur and nicotine.

The poisonous effect of each of these insecticides varies according to the nature of its chemical composition but prolonged contact with most of them may have harmful effects. Care should therefore be taken when handling all such toxic materials.

Ellen's Diary

By an Island Farmer's Wife

This is Judy's wedding day. And I suspect at the moment, radiant and attractive in the salmon-pink gown she is enjoying the reception being held in the young newly-weds' honour. At last Judy's dream boat has docked. Drawn to a haven by her fervent wishes and laden we hope with the best of good fortune for her for the continuing years to protect and enchant. "When I get married, Mrs. Elein!" Judy used to say, when we were at some household task the tedious chore of it relieved by her chatting. "I suppose" I would continue the thought for her out of my superior knowledge on the subject "when you get married every last care will be over. From that time you'll never have another concern. Not a thing to do either but "sit on a cushion" and if you like "sew a fine seam", adding with some suggestion "just like me." And Judy's laugh often most infectious would ring out. "No! you know I don't mean it that way. I know getting married will mean not less care but more — but it will mean also to love and be loved and to have a home of my own. Care then won't mean a thing to me—to us!" Judy's theories will be put to the test, as from this day "till death."

• • •

"Judy's got a sunny day, I guess, for her marriage" Jeanie remarked, coming in to chat a few minutes when grand-daughter was in the depths of her afternoon nap. Judy has been much in our thoughts today. We wondered if as she dressed for the great event, the dark ringlets that so often proved a despair to her nearing Church—time of a Sabbath would choose to lie nicely beneath her "divine hat." "Isn't the very devil in that curl, Mrs. Ellen" she would ask, much in earnest and a bit distracted as she tugged a wayward one into a more becoming arrangement, near tears in her eyes and the hands of the clock hastening unfeelingly. Trim and dainty in her new bridal garments eyes shining with a deserved happiness, I think "It's quite the day!" she would say to herself as she often did at Alderlea, before she would go in the same spirit of high adventure to the man of her choice today.

• • •

I picked up the Digest, most intriguing in its subjects to read excerpts from The Importance of Living by Lin Yutang, when these had caught my eye. James had just set his pipe on the mantle ending an after-dinner smoke with the anxious remark: "This will never do, Ellen!" and I driven also to thoughts of my duties said reluctantly "and I've got the rest of those curtains to iron." Jeanie was spreading those from her neat spare room on the line and Jock had already gone across the yard to the piggery. "Listen!" I read to James: "From the Chinese point of view, the man who is wisely idle is the most cultivated man. For there seems to be a contradiction between being busy and being wise. Those who are wise won't be too busy and those who are too busy can't be wise!" "I reckon there's a lot of truth in it" James said grabbing his cap "but I guess he never lived on a farm!" Right away those small pigs must receive their dose of reduced iron; the mother ewe, her dish of sliced potatoes; the cows let to the watering and a sow to her daily exercise. A roving one this young one of all is. Lost below or beyond a rise, she reappears briskly at James' call. On the lawn she puzzled him and dismayed me when she jumped the tulip bed at a light bound. But as he pointed out: "what are tulips compared to piglets?" merely flowers sometimes quite lost sight of, in the demand for sustenance.

• • •

News came from Susan, recent helper of ours, this morning, a nice letter written in a strange round hand. Judy's writing is exciting, it actually sparkles giving one an insight into character. Susan's is carefully done, in letters that are uniform and unadorned. She "got here fine after a pleasant trip. My sisters were at the station to meet me and you can imagine how good it was to see them after such a long time away. Am staying with one who has the dearest little girl — "Bronwyn" it's a funny name isn't it? Think I shall stay here awhile, since it's all very nice for me, meeting new nieces and nephews and sort of getting acquainted all over again with my own folks." Musically I hear the water over the dam this evening, in a refrain that tells me of the numbers that in more than a century of living in the neighborhood, have come and gone, the longest dwellers only transient, while it flows on forever.

Until tomorrow — Diary —Goodnight.

FAMED FOR ITS All Round Goodness

BUTTER-NUT BREAD "always fresh"

Eastern Bakeries Limited

Household Scrapbook

By Roberta Lee

The Faucets

The stained nickel faucets on your sink can be cleaned by polishing them with a soft cloth dipped in spirits of ammonia. Wash afterwards with hot water and soap, and polish with a soft dry cloth.

Handy Yarn Holder

When you can't find anyone around to hold a hank of yarn while you wind it into a ball, try dropping the hank over a lampshade that revolves easily and start winding.

Dry Ink Bottle

If there is any sediment left in a dry ink bottle, it can still be made to produce ink merely by adding a little cold water to the sediment.

The Stars Say--

By Genevieve Kemble

For Saturday, May 1

The forecast is for continuation of strange and complicated situations, with long-range consequences dependent upon rational and considerate conduct now, but the judgment has not cleared, and some fresh obstruction, block or stubborn obstacles seem to accent frustration and futility. An indomitable urge to "batter the ramparts," to ruthlessly tear away strange and inexplicable conditions, is not advised, although there is definite promise for attaining safe ground by means of compromise, conciliation, tact and finesse. A resort to spiritual or idealistic implements might prove triumphant.

For the Birthday

Those whose birthday it is may find themselves compelled to unravel certain curious and baffling situations, in which the final happy culmination depends upon the solidity, justness, and responsibility of present critical and complex affairs, and their wise management. Solve problems by tact, diplomacy, gracious yielding or finesse rather than by attempts to batter down all opposition and frustrations. The gentle approach, or resort to spiritual weapons of ideals, might spectacularly gain what force and fury could not attain. The situation is intriguing, dramatic, adventurous.

A child born on this day, may be said to find life a difficult "row to hoe," being torn two ways, by the drag of duty, responsibility, sanity, and wild and demanding impulses and emotions. But there are signs of spiritual aids in crises.

Modern Etiquette

By Roberta Lee

Q. If a woman has a suite at a hotel, with a private sitting room, but she is traveling alone, would it be all right for her to entertain a man caller in this room?

A. Yes; but she should never do so if she has the customary one room.

Q. In what person should answers to formal invitations be written, in the first or third?

A. Always in the third person.

Q. Is it obligatory that a bride pay for the bridesmaids' costumes?

A. No; the bride pays only for the bouquets her bridesmaids carry.

Morning Smile

HOW IT WORKS

An old farmer was talking to his hired man.

"I don't hold with all this newfangled stuff they're teaching the kids in school nowadays," he said. "My kid came home the other day and said they taught him that the world was round."

"But the world is round," said the hired man.

"See there!" said the old farmer. "They've even got you believing it."

Johnnie—Let me see your shoes, won't you, Mr. Allrich.

Mr. Allrich — Why, what do you want to see my shoes for?

Johnnie—'Cause I heard pop tellin' sis the other day that you was "well heeled" and I want to see what kind they are.

Grease the spout of the pitcher from which you pour waffle or muffin batter. The greasing makes the batter pour more easily and smoothly, and the pitcher is easier to clean.

Don't Make This Mistake When Child Is Constipated

Don't upset a child already upset by constipation with nasty-tasting laxatives or harsh, griping cathartics. Give Children's Own Tablets. This new corrective made especially for growing youngsters' needs is so pleasant to take—acts so gently and normally without disagreeable reactions that even the fussiest child won't object to their use. Make laxative-taking time easy on the child and yourself, mother! Get Children's Own Tablets today at your druggist. 25¢.

Better English

D. C. Williams

1. What is wrong with this sentence? "The jeweler fixed my watch."
2. What is the correct pronunciation of "mesdames"?
3. Which one of these words is misspelled? Comedienne, comission, combustible.
4. What does the word "materialist" mean?
5. What is a word beginning with ju that means "wise; discreet"?

ANSWERS

1. Say, "The jeweler repaired my watch." 2. Pronounce ma-dam, first a as in ate, second a as in ask, accent on first syllable. 3. Commission. 4. One who takes interest only in the material comforts of life. "I am positive I have a soul; nor can all the books which materialists have pestered the world with, ever convince me to the contrary." — Sterne. 5. Judicious.

Print your garden markers with ink or pencil, if you are using the flat, wooden stick kind, then dip them into a pan of hot paraffin, and the writing will be legible after many weeks.

How Can I !!!

By Anne Ashley

Q. How can I transform a tough steak into tender meat?

A. By mixing a small quantity of vinegar and olive oil thoroughly, rubbing it on both sides of the steak, then allowing it to stand for about two hours before cooking.

Q. How can I remove mud stains from silk?

A. First try rubbing the spots with a piece of flannel. If this does not give satisfactory results, rub with a piece of linen dipped in alcohol.

Q. How can I keep baby's milk warm at night?

A. Partly fill a rubber hot water bottle and wrap it around baby's milk bottle at bedtime. It will often save a trip to the kitchen to warm the milk.

Q. How can I prevent glass from getting cloudy, due to damp weather?

A. Glass will not become cloudy in damp weather if a little glycerine is rubbed over it after cleaning.

EARLY PLASTIC SURGERY

Surgery to replace lost tissue of the nose by tissue from some other part of the body was introduced to Europe from India in 1814.

WHEN YOU'RE LOW ON ENERGY

THERE'S NOTHING QUITE LIKE LIPTON'S TEA

ONLY LIPTON'S BRISK-TASTING TEA GIVES YOU THAT FLAVOR-LIFT

You've never had a cup of tea like *Lipton*—it's so delicious, so rich, so full-bodied, and above all, so *exhilarating!* That's *Lipton's* FLAVOR-LIFT—and only *Lipton* has it. For it's the *blend* that makes *Lipton*—and the blend is *Lipton's* own secret. Ask for *Lipton* at your grocer's today!

MR. BRISK SAYS—ONE CUP OR TWO... LIPTON'S TEA BAGS FOR YOU!

LIPTON Brisk-Tasting TEA

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Cook's Corner

POT ROAST OF BEEF WITH POTATOES, CARROTS AND ONIONS

3 to 3½ pounds rolled beef, rolled, larded and tied
1½ tablespoons enriched flour
1 teaspoon salt
½ teaspoon paprika
2 tablespoons fat
¼ cup finely chopped onions
2 cups boiling water
1 beef bouillon cube
1 bay leaf
2 peppercorns
8 medium-sized new potatoes
8 small white onions
4 medium-sized carrots

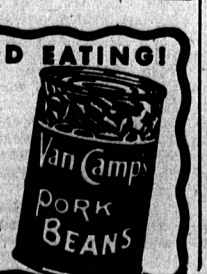
Wipe meat with damp cloth. Rub with flour and sprinkle with salt and paprika. Melt fat in large kettle or dutch oven over medium heat. Put in meat and brown on all sides; this will take about 30 minutes. When meat is golden-brown pour off all but 2 tablespoons of fat, add chopped onions and cook until they are lightly browned, from 5 to 10 minutes. Dissolve bouillion cube in 1 cup of the boiling water; pour this and remaining cup of water over meat and add bay leaf and pepper corns. Cover pot, bring to a boil over high heat, then reduce heat immediately and cook gently over low heat for 2½ to 3 hours, or until meat is tender when pierced with a fork. Remove meat to platter, take out bay leaf and peppercorns. Cook potatoes, carrots cut in half and small white onions in gravy until tender. Thicken gravy with a tablespoon or two of flour, return meat to kettle and reheat gently. 6 to 8 servings.

You know they're baked right because they're ... Crisp! all the way through

Christie's Biscuits

GOOD EATING!

Spicy tomato flavor cooked right through.



Needlecraft—FOR THE HOME

A DAY DREAM

This smartly yoked dress starring the new softer styling, smooth cap sleeves will make a wonderful addition to your warm weather wardrobe in a pretty print or any washable.

No. 2221 is cut in sizes 10, 12, 14, 16, 18, 20, 36, 38, 40. Size 16 requires 3⅛ yards 39-inch.

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 zone number in your address.

Address Pattern Department, The Charlottetown Guardian, Pattern No. 2221

Name

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BLACKHEADS

Blackheads go quickly by a simple method that dissolves them. Get two ounces of peroxine powder from your druggist, apply with a hot, wet cloth gently over the blackheads—and you will wonder where they have gone