

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

Splendid Cough Remedy Easily Mixed at Home

It's So Easy! Makes a Big Saving. No Cooking.

To get quick relief from a distressing cough, mix your own remedy at home. Once tried, you'll say it's your favorite cough medicine, and it's so simple and easy.

First, make a syrup by stirring 2 cups granulated sugar and one cup of water a few moments, until dissolved. A child could do it. No cooking needed. Then get 2½ ounces of Pinex from any druggist. This is a compound containing Norway Pine in concentrated form, well known for its prompt action on throat membranes.

Put the Pinex into a 16 ounce bottle, and add your syrup. Thus you make 16 ounces of very efficient remedy, and you get four times as much cough medicine for your money. It tastes fine and never spoils.

And for quick, blessed relief, it is splendid. You can feel it penetrating the air passages in a way that means business. It loosens the phlegm, soothes the irritated membranes, and eases the soreness. Thus it makes breathing easy, and lets you get restful sleep.

Just try it, and if not pleased, your money will be refunded.

Dorothy Dix's Letter Box

The Question of Children Should be Discussed Before Marriage so That Misunderstandings Will Not Mar the Prospect for Happiness in Later Life

Dear Miss Dix—What chance of happiness is there in a childless marriage?

Answer:

It depends altogether upon the individual. There are men and women who have the paternal and maternal instincts so strongly developed in them that they are utterly miserable without children. Life to them has no meaning without little arms around their necks, baby heads snuggled upon their breasts. No love from their mates, no tenderness, no kindness atones to them for the lack of children. Their houses are empty and lonely. If there is no patter of little feet on the floor, there is nothing to strive for or work for if here are no sons and daughters on whom to lavish the fruits of their success.

It is because children are such a necessity to the happiness of so many people that the baby problem should be frankly and honestly discussed before marriage and settled as far as possible. No man or woman has the right to marry if he or she knows that he or she is unwilling to have children or cannot have children, if the other one desires a family.

There are many men and women who have no special affection for children and who do not desire to be bothered with them. Other cases in which there are hereditary taints that they feel that they have no right to pass on to their offspring. Still others who feel that they would be an injustice to bring children into the world to whom they could give nothing but starvation and hardships. These cases automatically settle themselves, but they should be threshed out before marriage instead of afterward, so that neither party may feel aggrieved or defrauded.

But if a couple only discover after marriage that their home must be childless, certainly the only thing for them to do is either to reconcile themselves to the situation, or else to adopt the baby fate has denied them. Many persons do this and seem to feel an affection for the child as warm and satisfying as if it were their own.

Unless either the man or the woman has an actual obsession about children, there is no reason for them to be unhappy. Nor, as a matter of fact, are they unhappy as a general thing. On the contrary, the old theory that children draw a husband and wife closer together does not always work out in real life. In fact, the opposite is true. Particularly are women so likely to become absorbed in their children that they lose interest in their husbands and cease to try to make themselves attractive to them or to amuse them.

In many and many a case the first baby puts the father's nose permanently out of joint and send him roaming in search of some woman who isn't so much taken up with listening to the baby coo that she hasn't time to step out with him or doll herself up for him.

The childless woman, having nothing to mother but her husband, devotes herself to spoiling him and making a fuss over him, and the childless father babies his wife, and so all goes well. You will find that most childless couples are very devoted to each other and that they play together and chum together much more than do the couples who have children.

Dear Miss Dix—What do you think of joining the matrimonial bureaus or clubs looking for friendship or matrimony? Also, what is your opinion of answering blind ads of individuals who want to marry? Do you think these offer a proper way to get acquainted with one of the opposite sex? Do you think that it is a reliable way of coming in contact with individuals of good standing and character? A. B. C.

Answer:

Don't you ever read the newspapers, A. B. C.? If you do you must recall that every now and then there is a story about a woman who represents herself as a good-looking widow with a nice home, who advertises for a husband with a little money and who murders the poor suitors who rise to this bait. There was one such case in which the bodies of seven men were found buried in a cellar of the woman's house.

Or you may read of men who have advertised for wives and who have sometimes married thirty or forty girls whom they rob of their savings and either desert or kill. So it seems to me that any man or woman who had a grain of intelligence, or a drop of caution in their systems would be very wary of answering any advertisement of an individual who was seeking a mate in that way. Possibly there may be decent honest men and women who advertise for husbands and wives, but the chances are too great against it to risk it.

And, anyway, the thing doesn't make any sense any way you look at it. Certainly in any community in which you live there are just as many good-looking, intelligent, amiable, charming men and women as there are in any other community, so why go far afield in seeking a husband or wife instead of looking about for one close at home?

Certainly you have a better chance of happiness if you marry some one you know instead of a stranger that you have to identify by his or her wearing a white carnation in his or her buttonhole. If you know him, you can avoid trying yourself up for life with "Sal's" temper or Mary's bad cooking or Emma's extravagance or John's childlessness or Tom's drunkenness, but you have no such protection against the faults and vices of a mail-order husband or wife that you contract for, sigh unseen.

Marriage has enough risk in it without taking one on a total stranger. So don't do it. It is playing with TNT.

DOROTHY DIX.

WHICH OF THESE 7 SKIN FAULTS MARS YOUR BEAUTY?

Millions have found this easy way to correct skin flaws—gain new beauty

Don't Let Large Pores, Dry or Rough Skin, Blackheads, Pimples or any other skin fault steal away your loveliness! Over 15,000,000 copies of this unusual medicated corrective cream, Noxzema, are used yearly to relieve skin troubles and to refine skin texture.

Noxzema Medicated Cream works 3 ways. Noxzema is mildly astringent—gently reduces Large Pores. Its bland oils soften, smooth and refine skin texture. Its medication soothes and promotes quick healing. Noxzema also stimulates sluggish skin—helps beauty from within. Noxzema contains beneficial Skin Vitamin F.



WHICH?

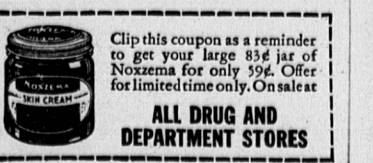
- Pimples
- Blackheads
- Dry Skin
- Large Pores
- Rough Skin
- Cold Sores
- Chapped Skin

LIMITED TIME OFFER

Try Noxzema Medicated Cream on this special money saving offer and see for yourself how much better your skin looks and feels. Get your jar today while the special offer lasts!

SAVE 24¢

Clip this coupon as a reminder to get your large 8 1/2 oz. jar of Noxzema for only 59¢. Offer for limited time only. On sale at ALL DRUG AND DEPARTMENT STORES



Hayward's New Formal Wear BRASSIERE

In different sizes to suit different bust types, is designed especially for wear with SMART EVENING GOWNS

The beauty of your ensemble is determined to so great a degree by your shapeliness, it's most important to be Hayward-brassiered.

For a youthful figure, choose your brassieres at



MOORE & McLEOD LTD.
FOR FASHION AUTHENTICITY

AFRICA FLIGHT

By VAL GIELGUD

CHAPTER II DISMISSED THE SERVICE

Two months had passed. In full Air Force uniform, except for sword and belt, Rupert Larimore stood facing the members of the Court Martial which had been appointed to sit in judgment upon his conduct. He came to the conclusion that the members of the Court Martial lay his sword. A sarcastic smile twisted Larimore's lips, as he came to the conclusion that at last he knew why officers of the Air Force carried swords, like officers of the other Services. An officer must carry a sword so that he could be deprived of it when put under arrest; so that it could lie under his eyes during a Court Martial, and even more blatant than that, when the trial was over!

The Senior Member of the court noticed that smile and was unfavorably impressed. In declining to offer the fellow could remain an officer, it was impossible not to be disgustably affected by an impression continually expressed. Rupert Larimore was very dubious of a gentleman. A fine record as a pilot—that went without saying, though the Air Force had certainly rubbed it in! But a publicity-hound—all those headlines in the Pacific Light, and the even more blatant newspaper reports which had accompanied his stunt flying over the States! And now this grin on his face as he stood before the members of the seriousness of his position, of the dignity of the Court, of the disgrace to the Service implied in a crash at Hendon—representatives of half Europe looking on! Curse Rupert Larimore! Why couldn't he have an agreeable, sympathetic personality like Colonel Lindbergh or Captain Scott?

The Senior Member began to scribble on his blotting-pad. Larimore's mind began to wander. His friend was summing-up what could be said in his favour—and Larimore felt that it was intolerably boring, incredibly trivial. He only wanted the thing over and done with, so that he might have a chance to forget what had happened.

But just as the Press had refused to let him get away from that solo flight across the Pacific, so now this pompous Court would harp upon the Hendon tragedy. No one but Larimore himself would understand the real truth of that fatal business. What on earth was the good of thrashing it out in front of that row of well-groomed, narrow-headed, admirably-intentioned, rather dull officers? Eh, her what had happened was inexplicable—why, in case Larimore was no longer a reliable pilot; or there was an explanation which finished him utterly as a serving officer in a fighting service.

"Sentence will be promulgated in due course," concluded the President of the Court Martial. "On Heck—more hanging about! muzzed Rupert Larimore, more than half audibly.

He saluted, with that typical suspicion of flourish which had done so much to sow distrust in the minds of his superiors, swung round on his heel, and walked out.

In his office, whose windows looked out over the Embankment, Sir George Manson, Chairman of Associated Airways Limited, was walking up and down, smoking a cigar. Sir George was short, broad-shouldered, and ugly. He was also extremely efficient in his work. His glass-topped desk was bare of papers, and carried a single telephone. He was no believer in the melodramatic paraphernalia of "big business" as seen through the eyes

of a film director. A single photograph adorned each of his four walls. Three were of aeroplanes in flight. The fourth was of his daughter Carol—an enlarged snapshot of the girl on horseback, riding at a canter hatless in a blaze of sunshine.

In the armchair beside the desk sat Miss Cynthia Wright, Sir George's personal secretary. She too, would gravely have disappointed the film-directorial mind. She was not blonde. She showed very little of her legs. She was not even young. She was, in fact, forty-seven, grey-haired, smart, and competent to a degree.

"You've sent out for the latest edition?"

"What do you think of the plan?" demanded Sir George, suddenly.

He stopped in his restless stroll and stared down on to the Embankment.

Inferiority Feelings Can be Conquered

Win Friends, Don't Lose Them. May listen at the door, convinced Charlie and Grace are laughing at her.

What a shame she's let an inferiority complex get such a hold on her! Everyone has some inferiority feelings to overcome, but they're easy to cure once you understand them.

Does a physical defect make you self-conscious? Remember that a thousand freckles plus intelligence and sympathy are more appealing than a rose-leaf complexion coupled with a frosty disposition.

Were you bullied or made fun of as a child? You can still build up confidence in your own ability. Your past experiences needn't determine your future.

Do you feel stupid because your mind works slowly? The slow, steady person has just as good a chance in life as the brilliant, energetic one. Recognize your strong points.

Our 32-page booklet tells how to substitute confidence and charm for self-consciousness, jealousy, stubbornness and other inferiority feelings.

Send 20c in coins for your copy of Overcoming Self-Consciousness and Other Inferiority Complexes. The Guardian Home Service, Address. Be sure to write plainly your Name, Address, and the Name of booklet.

Name _____
Street Address _____
Town _____ Province _____

PURITY FLOUR

Best for all your Baking



Household Scrapbook

(By ROBERTA LEE)

A Shoe Horn Trowel

Instead of a trowel when digging in small flower pots, a metal shoe horn can be used to good advantage. It has much the same shape as a trowel and will make less dirt in a small space.

Hanging Towels

It is the wiser plan to hang towels over the line and then pin them. If they are hung by the two corners, they are liable to stretch and will prove difficult to iron.

Serving Ice Cream

When serving ice cream, if the serving spoon is first dipped into cold water, the ice cream will not stick to it.

ment. Through the trees he could just catch a glimpse of the gilded case on the Air Force War Memorial.

"Well, it must depend on the verdict of the court martial, mustn't it?"

Sir George shrugged his shoulders.

"They'll break him all right—bound to," he said. "Question is—what will Larimore do?"

Miss Wright looked up with eyes astonishingly kindly and shrewd.

"You'll have to pick up his hat quick if you want him, Sir George. If I'm not very much mistaken in him, he's the type of man who'll be off to the ends of the earth in quick time."

"Which, my dear Cynthia, is just why my plan should appeal to him. Where is that newspaper?"

There came a knock on the door. A small boy slipped in noiselessly, handed a folded evening paper to Miss Wright, and slipped out again.

"Well?" barked Sir George, as the paper rustled.

"Dismissed the Service—unfit to serve His Majesty in any capacity—the usual headline stuff."

Sir George swung back to the window.

"Get me Larimore to this office at eleven to-morrow morning. And I suppose that means Huert, as well. If he gets here approximately twelve, and I must have a definite delivery date for the plane. You'll ring up the factory. Cancel any other engagements I may have for to-morrow morning—and I'd better keep luncheon free in case Larimore needs buttering up. And warn young Jorlocks, that new publicity man."

"I know, Sir-George."

"You would?" Sir George grinned and tossed the butt of his cigar out of the window. "I'll be here a little after ten."

"I'll be ready for you, Sir George."

The Chairman of Associated Airways Ltd. picked up his hat and stick, and lighted a fresh cigar.

"New plane—flight for archaeological purposes—record over desert—it all looked a bit stodgy, Cynthia. But throw Rupert Larimore in to the omelette, and it'll look quite different and quite a tasty dish!"

(To be Continued)

WHITING AS AID TO THE HOUSEWIFE

Whiting is certainly a friend in a hundred domestic troubles. Its uses in the kitchen are manifold. It is one of the ingredients known the most easily applied, and the safest to use. If any kitchen utensil has been used for cooking such things as fish, onions, or other foods possessing equally strong and clinging odors, a thorough scouring with powdered whiting will at once remove all trace of smell or taste.

For cleaning white paint, be it wood panelling or painted furniture, there is nothing in the world to equal whiting.

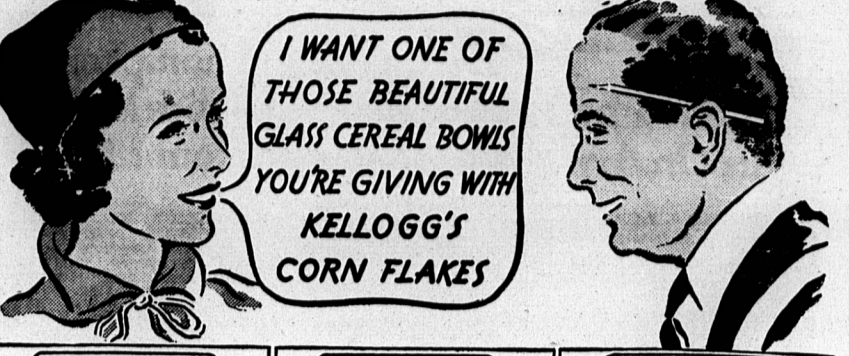
Wash the article thoroughly with a weak solution of lukewarm soapy water and dry with a non-woollen cloth. Mix the whiting with water to the consistency of thin cream, then apply to the furniture with a piece of cotton rag, rubbing gently where discoloration is very marked; wash off all traces of whiting and dry with a non-woollen cloth.

Where a highly polished and not what is technically known as a flat—i.e. non-shining—surface is desired, a light polish with a clear silk duster will give the paint treated in this way the bright, glossy look characteristic of newly painted surfaces.

A mixture of sand, whiting, and soap in equal proportions, boiled together for five minutes, forms an excellent paste for scouring pots and pans and removing rust.

Whiting mixed with a little blue water is admirable for cleaning all kinds of glassware, and satisfactorily solves the difficulties of window cleaning.

As a toilet accessory it has many virtues. Here are a few: To whiten the hands and remove all odor of onions or stains resulting from the peeling of potatoes, artichokes, apples, etc., rub powdered whiting well over the hands and under the finger nails, and, as whiting has rather a drying effect, before giving the final rinse it is well to rub in a few drops of glycerine or some other emollient.



I WANT ONE OF THOSE BEAUTIFUL GLASS CEREAL BOWLS YOU'RE GIVING WITH KELLOGG'S CORN FLAKES

YUM! KELLOGG'S TASTE BETTER THAN EVER IN THIS NICE BOWL!

WHY NOT GET BOWLS FOR EVERYBODY?

RIGHT, SON! KELLOGG'S CORN FLAKES ARE ONE CEREAL I COULD EAT EVERY DAY!

GET THIS LOVELY FREE WITH THREE PACKAGES OF CEREAL BOWL FREE Kellogg's CORN FLAKES

BUY Kellogg's Corn Flakes at your grocer's and get your FREE cereal bowl while the supply lasts!

Everybody loves Kellogg's. They have such matchless crispness and flavor. Crunchy and delicious in milk or cream. Fine for lunch or the children's supper.

Kellogg's Corn Flakes are made better. Packed better. Taste better. The patented package with the heat-sealed WAXTITE inner wrapper keeps them oven-fresh. Ready to serve. One of the biggest values you can buy.

Order plenty of Kellogg's today! Once you've seen this beautiful cereal bowl, you'll want not just one but a whole set for your breakfast table! It's that attractive modern glassware that's so popular now.

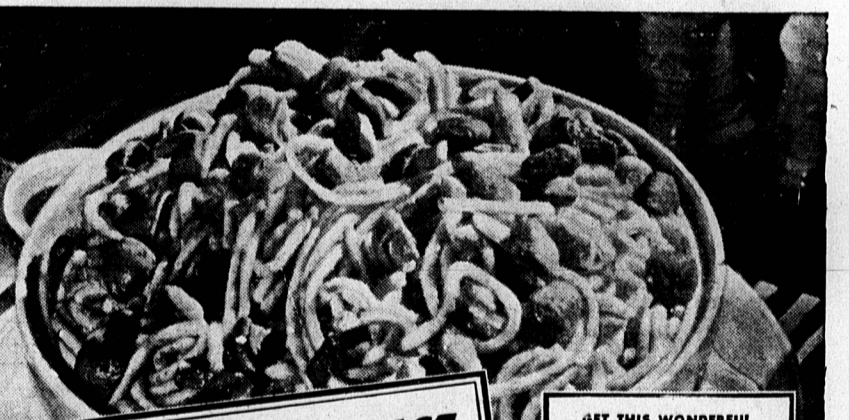
Kellogg's Corn Flakes are sold by all grocers. Made and guaranteed by Kellogg in London, Ontario.

Kellogg's CORN FLAKES made better • packed better • taste better

ASK FOR KELLOGG'S P. J. MacDonald FOR KENT AND PRINCE PHONE 886-889

ASK FOR KELLOGG'S R. T. Holman Ltd. SUMMERSIDE

ASK FOR KELLOGG'S Cudmore Bros. GREAT GEORGE STREET PHONE 234-226



MEALS THAT PLEASE THE WHOLE FAMILY

Thousands welcome dishes made with Heinz Spaghetti

Do you sometimes wonder what in the world to serve next—something everybody will like? A legion of successful home-cooks often find the answer in Heinz Cooked Spaghetti—a dish that is as versatile as the family appetite.

In itself, Heinz Cooked Spaghetti offers convenience, appetizing taste and grand nourishment, all in one. Women combine it with other foods—leftovers or fresh from the store—and plan new, interesting dishes that make every appetite happy. There's a wealth of sustenance in these tender strands—wheat, butter, cheese, milk—all enriched with Heinz' own enticing tomato sauce.

Get a tin or two of Heinz Cooked Spaghetti from your dealer today. And include a few tins of Heinz Cooked Macaroni—appetizing, wholesome food made extra-delicious with a rich, creamy cheese sauce.



HEINZ SPAGHETTI COOKED MACARONI

57

GET THIS WONDERFUL HEINZ RECIPE BOOK

The Heinz Book of Salads and Meat Recipes—over 100 pages of modern, tested recipes for dozens of salads, dressings, sandwiches, scores of meat cookery ideas, casseroles and hot-dishes. Send 10c and labels from any 12 Heinz products. Or, NO MONEY and labels from any 12 Heinz products. H. J. Heinz Co., Dept. N118, Toronto, Ont.

PUMPKIN PIE

1 cup milk
1 1/4 cups cream
3/4 cup white sugar
1/4 teaspoon cinnamon
pumpkin
forced through 1/2 teaspoon ginger
sieve
1/2 teaspoon cloves
2 eggs
Method—1. Mix milk with pumpkin; add beaten eggs. 2. Add sugar; mix into pie plate lined with pastry and bake in hot oven of 450° for 10 minutes, then reduce temperature to 375° degrees and bake until golden brown.