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

Helpful Hints For The Women Folk

ME, TOO!

I have seen flowers come in stony places,
And kindness done by men with ugly faces,
And the Gold Cup won by the worst horse in the race,
So, I trust, too.
—John Masefield.

Some folks' idea of feathering their nest is to yank the feathering out of the tail of the goose that lays the golden eggs.

Many folk experience love at first sight whenever they look in a mirror.

Natives of Northern Brazil use a solution of water and ground coffee beans as an eye lotion and antiseptic for wounds.

Differences in temperature noted above oil salt domes may offer a new guide in oil prospecting.

A little vinegar in the final rinse water when washing dark clothes will take away that cloudy white film which so often appears on them when they are dry.

During its life radium gives off 1,000,000 times as much energy as burning coal. A gram of radium equals 3,000 pounds of coal.

STARTING THE PLANTS

If you have not already bought your garden seeds, do so right away. There are several reasons that early buying is the best, such as that certain kinds need to be started early if they are to have a long blooming season, and that you will have a better choice of seeds, particularly so if you intend buying some of the novelties or newer varieties. It started early, the seeds will germinate in time to give blooming plants in early summer. Tomato plants should be started in flats or in a hot bed in early spring. Starting plants in flats in the house is simple when a sunny window with a broad ledge or with plant shelves is available. Any box with sides about two inches high will serve, so will large flower pots or good-sized pans. Whatever is used, should not be too large to be handled easily and yet large enough for a reasonable number of plants.

Seeds can be started in almost any kind of soil if the young plants are moved to containers having good soil when their roots start to grow. A good soil in the first place is best however and not only gives the seedlings a better start but delays the necessity of transplanting them. Another aid to early flowers is a cold frame where the young plants may be hardened off.

Cold frames may also be used for starting many annual flower seeds which are difficult to handle when sown in the open ground. Such seeds can be kept free from grass and weeds and can be transplanted much more readily than when outside. It is a pretty good rule that seeds should be sown in a cold frame about three weeks earlier than they could safely be planted in the open ground.

FASHION FLASHES

While spring fashions do not stress the military, patriotic colors are exceedingly popular in early collections. If navy is selected for a basic color, white and red will be smart accents. If one is of the vivid, dark-haired type, and red is the basic color, accent with blue and white.

Cotton blouses, sheer and crisp look fresh and trim with the new spring suits. Frills, embroidery or lace details, insertions and beadings run through with narrow black ribbon, are all important notes in spring blouses.

"Like Bacchus, the newest hats are fruit-bearing." Red and green, white and black straws are laden with a bixture of bright fruits of all descriptions finished with veils. "Snowy white" hats top your little silk suits.

Pretty prints for afternoon wear are designed in distinctive handscreened color combinations for both are gay and cool-looking.

HUMBLE SCRUBBING BRUSH IS ONE OF YOUR MOST IMPORTANT BEAUTY AIDS

Elbows need attention these days. At any moment now you'll have to give up the spring suit which hides them so completely and get into short-sleeved silk and cotton dresses which won't hide them at all.

Begin to eliminate the rough, or worse yet, downright scaly look, which your elbows somehow acquired during the cold winter months, by resolving to scrub them at least once a day.

The simplest way to carry out this resolution is to use a bath brush as well as a rough washcloth in your tub. One smart woman we know places nail, bath, and complexion brushes in a little tray which fits across the tub and uses each during her bath.

First, she scrubs her face. Then, leaning forward, she turns on the faucet and gets some clear water for rinsing. She dries her face carefully, covers it with night cream and leaves the cream on while she finishes her bath.

She uses the long-handled bath brush to scrub her back, shoulders, elbow, knees and feet; the nail brush to remove the day's grime from hands and under fingernails. Once a week she puts a piece of pumice in the tray with the brushes and uses it to discourage callouses on heels and soles of feet.

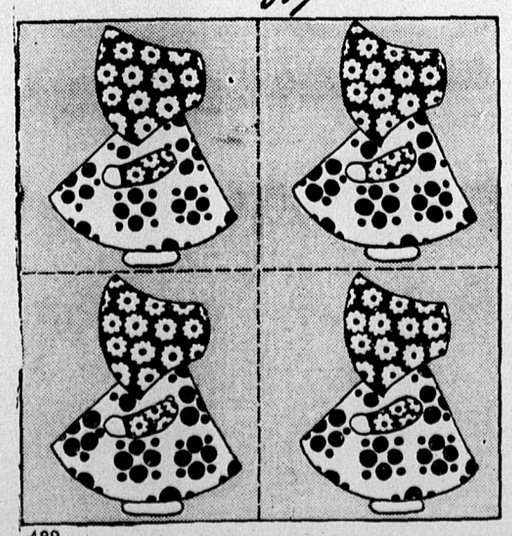
In addition to a daily scrubbing with a brush and plenty of soap suds, elbows need to be creamed regularly during the late spring months. Use a special hand or elbow cream for the purpose. Or, if they are in particularly rough condition, massage some of your regular softening cream into them several nights a week.

Remember that plain lemon juice is an excellent bleach for elbows. And that they'll be more attractive during daytime hours if you use foundation film and face powder on them.

WIDOWED BY NAZI BOMB

Mrs. Kay Banta Losey, of Hollywood, was informed that her husband, Capt. Robert M. Losey, had been killed by a German bomb at Dombos, Norway. An assistant U.S. military attache at Stockholm, he was assisting the removal of American citizens from the war zone.

SUNBONNET BABY Applique Quilt by Mayfair



489

MAYFAIR NO. 489

Toddling Susie is quaint and demure and a grand motif for applique quilt blocks, you will have no end of fun making. Equally effective worked out in either print or plain materials. Yellow background, pale blue dress, pink bonnet and tan shoes and hand are a pretty combination.

The pattern includes pieces for applique with directions which show you the easiest method of assembling, diagrams for placing the applique, and directions for making and finishing the quilt.

To order this design, write your name and address on a piece of paper and send with 15 cents in coin or stamps to Needlework Department Charlottetown Guardian
To Charlottetown Guardian
Needlework Department.

Design No. 489

NAME -

STREET -

PROVINCE -

Commodore Norah

By ANGUS MacVICAR

MARK THE CIRCLE

"I see a length of days and the high sun of summer, and in the heart of each of you there is a secret that you will not utter. And the bitterness of anger and pride surrounds the secret like the flesh of a sour apple about its core. And there is a slim, fair man of a jealous heart who is lying with blood upon his mouth. And a tempest comes, and the snouts of angry men arise, and a little boat is thundering against the teeth of the Black Rock, where my beloved lies low beneath the cruel water. And there is no one to aid the little boat, except a woman and a sick man. The woman is yourself, Miss Norah, and you are going to the aid of the black-haired man in the little boat, who has the mark of the circle on his left wrist. And in the morning all things are calm, and peace is with you all. And the man that will take you, Miss Norah, and make you his bride, he has the mark of the circle on his left wrist."

She stopped, the thin, weak voice fading into nothing. Her hands moved away from Norah and David, and with their going some current of warmth left the two young people. The fire was dying and its red was changing to a cold grey.

Norah got up slowly.

"I must be going now."

"David McGregor," said the old woman, "will see you home. I am tired and ready for sleep, but I thank you both for coming. I hope that the things we saw shall bring you courage and comfort."

Outside, it seemed to be cold and raw, thought it was summer and a bright moon was shining. Both Norah and David, after the strange spiritual adventure they had undergone, were assailed by a gloomy reaction. They walked quickly through the deserted streets, for the hour was much later than they had realized, Norah's neat court shoes clicking twice for every beat of David's brogues.

"Queer old lady," said David once. "Something magic about her. At any rate, that's the impression she gives one."

"I—I don't like things I can't understand," returned Norah.

"Some people believe in the second sight. People from the outer islands—"

"Oh, I think it's silly, actually . . ." But Norah's tone lacked conviction.

They reached David's house, which was on the direct route to Norah's.

"I shall wish you good-night now," she said stiffly.

"No," he replied. "I must see you home, as Granny Thomson said."

"But there is no necessity. I'm not—"

"You're not a child, I know. But I'm going home with you all the same. Not that I want to, of course. Just my plain duty."

"I see."

She stepped out more briskly.

Down on the pier, a fisherman was singing at a late task, his rich tenor voice mingling with the hush of the sea and the rap of his hammer. The words and air were Celtic, and the song was that of a Highland lover to his maid.

Tell her beauty, but hide her name:
Two red cheeks like the rasps in flame.

Guileless she as morning sunlight—
Oh—ho-ree, my true maiden she.

They reached the gate which led up to the Grant home. They stopped. David looked down at her. The young fisherman was still singing far away, and the song seemed to recapture for them both something of the atmosphere of Granny Thomson's cottage.

"Norah!" he said hoarsely.

She looked up, her red lips parted. She saw him, motionless, dark, inscrutable. He was hatless, and the light wind flurried his black hair. He looked pale, his face craggy with hidden emotion.

She trembled and her cheeks flushed.

"What—what is it?" she asked. For one of her educational background and experience she seemed very innocent, unsophisticated and eager. Her hand touched the sleeve of his rough tweed jacket.

"I—Norah—" he began; but then the singer ceased his tune and a chilly air blew in from the harbour.

"Jerking round, he held the gate open for her.

"Good night," he said, gruffly.

She turned. Passing into the short avenue, she glimpsed the sturdy wrist of his left hand, as he held the top spar of the gate. On it was a tattoo mark, one similar to that which almost every fisherman acquires sooner or later. It was the mark of a circle.

She stopped for a split second, holding her breath. Then she ran along the avenue towards the house, without uttering a word. When she reached the front door she was, for some reason, sobbing bitterly.

* * * *

She lay in bed, thinking. Her mind was becoming blurred by the odd sequence of events which were now taking place.

She ought to have been happy and content. Hector was with her every day—Hector, who, at the sports, had proved himself to be a better man than anyone had suspected. Her business, too, was going well, and her efforts to gain a monopoly of the fishing interests in Invercon were succeeding.

She ought to have been happy and content, but she was not. Her visit to Granny Thomson had made her even more unsettled. She remembered the quiet, warm intimacy of the peat fire. She remembered the strange prophecy made by the old lady—"and the man that will take you and make you his bride, he has the mark of the circle on his left wrist." She remembered the song in the dark and David's eyes on her face, his hoarse, desperate whispering of her name. She remembered the tattoo mark on his left wrist. The thought of it thrilled her strangely. She turned restlessly.

Of course, Granny Thomson's words were not to be taken seriously. Everyone knew that her mind was on the borderline of madness. She spoke without reason, without sequence. But Norah, a sob in her throat, remembered, too, that things that had been foretold by her had often come true. . .

NORAH IS TROUBLED

Apart altogether from the prophecy, Norah was troubled.

For weeks now, with Hector's aid, she had been persuading herself that she hated David McGregor and that she would stick at nothing to bring about his downfall. With the determination of her race she had not, for a moment, slackened in her effort to show her detestation and to accomplish her purpose of hurting and humiliating him; and yet now, with the moon glinting in at the window and making peculiar patterns on the coverlet of her bed, she could not, though she tried hard to do so, summon up that feeling of enmity which had once sustained her in moments of doubt.

She could only picture David as a big man sorely beset by misfortune, his blue eyes dull with unexpressed anxiety, his very attitude a symptom of his desire for womanly comfort in the struggle he had to face. He was plucky. He could shake Hector's hand warmly, on two occasions, at the sports. He could smile sardonically and defy her, when confronted by financial disaster engineered by herself.

Then her thoughts switched to consider her future as Hector Menteith's wife.

(To be Continued)

Dorothy Dix's Letter Box

DOROTHY DIX SAYS—

HUSBANDS SHOULD NOT LET DOWN ON ENTERTAINING WIVES

Women Crave Companionship and Good Times As Much After As They Did Before Marriage

One of the curious things about husbands is that the great majority of them seem to think that just being married to them is all the fun that any woman could possibly desire. They consider that they have done their full duty in providing their wives with food and clothes and that they are under no obligation whatever to entertain and amuse them. This attitude on the husband's part is the more inexplicable because showing a girl a good time is part of the technique of courtship, and every lad woos his lassie by taking her around among the bright spots where there is music and gayety and dancing, and when he spends an evening with her in her own parlor he exerts himself to be an interesting and diverting companion. But marriage appears to take all of the gimp out of many men and reduce them to a state of dumbness, for while before marriage they were never so exhausted by their day's work that they couldn't dance half the night, after marriage they are so tired they can't be induced even to step around to the neighborhood movies; and, while before marriage they were spellbinders, after marriage they are about as conversational as a clam on ice.

Now, with the exception of a few feminine butterflies who are not numerous enough to matter, wives do not expect their hard-working husbands to trot them around to night clubs and balls except on anniversary occasions, but they do resent having to spend their evenings with thrillingly exciting that she needs men who are just about as talkative as store dummies, and one of them has been telling me her woes. She says:

"I am married to a splendid man who is a model of all the domestic virtues. He is devoted to his home and his family. He does everything to make me happy except to be a companion to me. At home he passes into the silence. We eat our meals in silence. He spends the evening in silence, reading his newspaper or listening to the radio. When I ask him a question he grunts by way of answer. When I tell him a bit of news he says "uh huh."

"Yet he is a man who is highly intelligent, who leads an interesting life and who sets other peoples' dinner tables in a roar. It is just at home that he is dumb. And he gives as his excuse for it that he is just too tired to talk.

"Which leaves me as lonely as if I were stranded on a desert island, and bored to extinction. For I have spent my day doing housework and taking care of two small children and I would like a little adult conversation that would be a trifle more stimulating than listening to the baby say ga-ga.

"Why is it that men think that a girl needs amusement and entertainment and companionship, but that a wife doesn't?

Probably because every man labors under the delusion that women are different from men and all that any woman needs to make her perfectly happy is just to have a wedding ring. He knows that he couldn't stand being shut up, day after day, in the four walls of his home doing a monotonous round of duties that only required his brain to hit on one cylinder, with nobody to talk to but the children, but he thinks that his wife finds sweeping floors and fixing baby formulas and cooking and scrubbing and washing so

Wife Entitled To An Allowance

Dear Miss Dix—When I was a business girl I had money of my own to spend as I thought best, but now I have none. When I need anything I have to ask my husband for the money and explain just what it is for, and if he thinks I need it he gives me the money, but if he considers that my old dress is good enough or that I should make my last year's hat do I get nothing. Naturally I resent this greatly and to get a little money of my own I have been holding out on the allowance he makes for food, but my conscience troubles me about this. Please tell me how we can solve the money question to the satisfaction of both. NANA.

Answer:

No woman who has ever earned her own living and been financially independent can ever willingly suffer the humiliation of going as a mendicant to even her husband and having him dole out pennies to her. Every wife who makes her husband a comfortable home, who bears him children and rears them does the work of at least three or four servants, and it seems that any man with even an elementary sense of justice would feel that she was entitled to the wages of one, anyway, and give it to her freely as her right.

For a man to give his wife an allowance for running the house and also an allowance for her own private use is the only way in which the money question can be settled satisfactorily.

DOROTHY DIX.

PROPERLY-FITTED GIRDLE OR CORSET MAKE CLOTHES HANG BETTER

Unless the muscles of her stomach, indeed in the entire area between waistline and knees, are exceptionally firm and hard, even the quite thin woman will discover that her figure is more attractive when she wears some kind of foundation garment.

She may have no lumps on her thighs, no so-called "office workers' spread," caused by sitting too many hours a day for too many years, and no bulge below her waistline in front. She'll find that one is able to maintain better posture and that her clothes will fit better if she wears a light foundation garment.

For heavier figures, or for those who are lumpy only in spots, a girdle or an all-in-one is an absolute necessity. If you doubt that the uncorseted, heavy figure is invariably unattractive, stand on a street corner and watch the women parade past. Observe carefully the well-corseted figures, those which are not corseted at all, those which are obviously haphazardly corseted.

There is, of course, the right type of foundation garment for every figure. And it is a well known fact that the corset stores or departments have at least one, and usually more than one, really expert fitter.

No good corset saleswoman wants a customer to ask for a girdle across the counter and take it then and there without a proper fitting. She prefers the customer who insists upon being measured and upon trying on the garment she likes.

Remember that it is your right to insist that any foundation you buy must meet three requirements—absolute comfort, enabling you to bend, stretch, sit or stand with equal ease; it must mold your figure, not squeeze it in certain spots, thereby making it bulge in others, and it must be easy to wash.

A Morning Smile

AND THEN HARD.

"Ah, dear me; things aren't what they used to be," sighed grandmother, discussing the younger generation. "Why, about the only time a modern mother puts her foot down is when the traffic light turns green."

SOMETHING NEW

"This collar stud is my own invention," said the cheap Jack, "and the name I have given it is 'Fault'."

"Because everybody has faults?" said the red-nosed man in the crowd.

"No, my dear sir; simply because it's so easy to find."

THE COOK'S CORNER

SCALLOPED SHRIMP

3 cups canned shrimp flaked
1 cup mayonnaise
4 tablespoons chili sauce
1 teaspoon prepared mustard
1 tablespoon lemon juice
1 or 2 drops Tabasco sauce
1-2 cup buttered crumbs
Shells

Method: Clean the black membrane from the shrimp and flake it. Mix with all the other ingredients except the bread crumbs. It should be the consistency of a well-moistened salad. Pile lightly into shells.

Sprinkle with the buttered crumbs and broil until the crumbs are delicately browned. Serve with a garnish of parsley or watercress and an accompanying salad or buttered hot vegetables. This makes sufficient to serve 8.

Tuna fish is another favorite in luncheon dishes and here is one that is particularly well-flavored and a little different. It may be baked in a large casserole or in individual cups, if desired.

TUNA CASSEROLE

4 tablespoons butter
4 tablespoons flour
2 cups milk
1 teaspoon salt
1-8 teaspoon pepper
3-4 cup grated cheese
1-2 cup stuffed olives, sliced
3 tbs. chopped green pepper
1 can tuna fish
Cubes of soft bread

Method: Melt the butter and blend in the flour. Add the milk very gradually, stirring constantly, and then cook until the sauce is thickened, stirring occasionally. Add the grated cheese and heat until this melts in the sauce. Season with salt and pepper and then add the sliced olives, green pepper, and the fish which has been broken into pieces.

Arrange a layer of bread cubes in the bottom of a greased casserole and cover with a layer of the tuna mixture. Add another layer of bread cubes and cover with the remaining tuna mixture. Cover with buttered crumbs and sprinkle with a little grated cheese and bake in a moderate oven (350 deg. F.) until the cheese on top has melted and the crumbs are lightly browned.

This may be served on toast triangles, in patty shells, or in puff shells.

The next is an easily prepared luncheon dish that is excellent to serve for more informal entertaining.

JERSEY GARRISON

JERSEY, Channel Islands —(CP)—Defending Brechou, smallest of the Islands, are 70-year-old John Francis Perlo and his donkey Clarabelle. Daily John and Clarabelle patrol the island's 74 acres as a "volunteer effort."

You Reap Many Rewards If Active in Club Work

Be Informed on Club Affairs

Club work is full of interest and adventure for those who know how to take an active part. You make pleasant contacts in your group meet stimulating visitors.

And, with information on office-holding, money-raising, committees, you can easily step to the fore.

Perhaps your first post is with a committee and you are asked to write a report on its work. Show your efficiency by making a neat summary of the principal points, using paper which can be conveniently filed in the minute book.

You win the appreciation of fellow-members, too, if you understand budget problems. You may be allotted a fund to spend as social chairman. Stay within that figure!

Is your club trying to raise money? Subscription affairs, such as dances, picnics and bridge parties, will be profitable if you compute the cost for each guest, then charge double. When selling food, the price should be two or even three times its cost.

For other successful money-making plans, see our 32-page booklet. Tells how to organize a club, draw up a constitution; gives duties of officers, members, committees. Includes a sample budget, tips on club etiquette.

Send 20c in coins for your copy of Clubwoman's Guide to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

Name

Street Address

City Province

"I'VE LAIN AWAKE FOR HOURS WITH ACHING MUSCLES —But now I get both sleep and ease by using Sloan's"

Work that we are not accustomed to will often make muscles ache at bedtime. Then long, hard jobs will make muscles overtired; and muscles are often strained. But whatever causes the ache, Sloan's Liniment is the remedy for quick relief. Just pat it on over the part that aches.

Quick Relief for:
STIFFNESS, PAINS FROM BRUISES, BUMPS, ACHES, SORENESS, STRAINS and CHEST COLDS

No Rubbing Required
JUST PAT IT ON

THE LINIMENT THAT HELPS NATURE HEAL FASTER
Sloan's Liniment brings a penetrating warmth to the tissues and starts increased circulation. Relief comes quickly. It's a good policy to keep a bottle of Sloan's handy. Most aches and pains come without warning: You'll be glad to have Sloan's ready. 13

SLOAN'S Family LINIMENT
HELPS NATURE HEAL FASTER!

YOUR INDIVIDUAL HOROSCOPE

(By FRANCES DRAKE)

(Copyright, 1940, King Features Syndicate Inc).
Look in the section your birthday comes in, and find what your outlook is, according to the stars.

For Monday, April 29th

MARCH 21 to APRIL 20 (Aries)—The orders for today should read: Keep plans and activities within reason; avoid hustle and confusion, especially during working hours. Evening star aspects improve greatly and favor pleasant diversions.

APRIL 21 to MAY 20 (Taurus)—Your stars advise moderation in all things. All important business deals will need personal attention and forethought. After 8 p.m. excellent influences favor weighty interests and pleasurable pursuits.

MAY 21 to JUNE 21 (Gemini)—You who work at night are the more favored regarding business and financial gains. Theatres and other lines of endeavor operating between 9 o'clock tonight and early tomorrow morning should run smoothly.

JUNE 22 to JULY 23 (Cancer)—Feel inclined to carelessness and indifference? Fight it off with good - humored aggressiveness. You'll prosper better than you anticipated if you do. Be amenable to sound suggestions.

JULY 24 to AUGUST 22 (Leo)—Plan carefully your routine for the day to facilitate matters in general. Strive after improvement and stabilizing your prospects rather than working feverishly for quick gains.

AUGUST 23 to SEPTEMBER 23 (Virgo) — A.M. requires tact, patience and ingenuity. If you employ all three generously, the afternoon and evening will bring you contentment, mental expansion and benefits of lasting nature. Be cooperative, helpful but don't offer unwanted advice.

SEPTEMBER 24 to OCTOBER 23 (Libra) — Day better for plans, conferences, studying your work with a view to advancing and improving it and correcting errors than for venturing into untried fields or making quick changes.

OCTOBER 24 to NOVEMBER 22 (Scorpio) — Don't worry if it is not an auspicious day for extensive business operations. We need some days for planning and preparation work, checking on old matters. This day is one of those days.

NOVEMBER 23 to DECEMBER 22 (Sagittarius) — Don't let dull or difficult things get on your nerves. Be determined to maintain poise and cheerfulness despite irritating tendencies that might exist today. Give close attention to important matters. Keep appointments promptly.

DECEMBER 23 to JANUARY 21 (Capricorn) — Familiar affairs and sound propositions are first in precedence this rather trying day. Don't force issues or work at feverish speed. Employ patience and tolerance.

JANUARY 22 to FEBRUARY 20 (Aquarius) — Today lends itself more readily to those things of general interest and unselfish nature than to purely personal gains or aggrandizement. Self-restraint essential.

FEBRUARY 21 to MARCH 20 (Pisces) — Today isn't as difficult a proposition as it may at first seem. Go about matters in a sensibly calm and philosophical way and you'll get along nicely. Look for hidden opportunities to better whatever you are doing or planning. Protect the budget.

A CHILD BORN ON THIS DAY will be sensitive, kindly, but may grow up with a tendency to expect the "other person" to take its affection for granted. Will love a peaceful, comfortable home. Physical as well as mental strength. Must curb the appetite and occasional depressed moods. Tremendous vitality.

AFTER SIX YEARS

HUMEWOOD, South Africa—Hep Watermeyer, runner-up in the South African golf championship of 1934, won it this year, defeating an 18-year-old schoolboy, H. Dorrington, five and four in the final

Spring Fashions

In the kitchen....in the garden, a comfortable cotton dress is indispensable. Make this button-back style of a gay cotton print to give you that fresh Spring feeling. The sleeves are cut in one with the bodice for easy sewing, and the smooth, uplifted waistline is becoming. Add large pockets for convenience as well as chic and trim with ric-rac for an economical and appropriate finish. A white collar (also included in the pattern) is pretty on a dark dress.

Style No. 3271 is designed for sizes 14, 16, 36, 38, 40, 42, 44, 46 and 48. Size 36 requires 3 3-4 yards of 35-inch material and 1 3-4 yards of ric-rac.

Send (15c), coin is preferred, for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wish.

Style No. 3271 Size .....

Name

Street Address

City Province

Sheers and semi-sheers for sports look very promising. Here are some of the leaders: Sheer imported linens; the sheer rayon that looks like a crisp porous-weave linen, and features prints or plain pastels; fine lacy and mesh effects in cotton and in rayon; a handpainted rayon sheer (with mottled plaids and stripes); chiffons with frosted floral designs, and matelasse sheer cottons.

Science says ITS PURE

*A recent scientific analysis shows that BEMA *Extra Fancy Table Molasses* is a concentrated cane juice of high purity, containing a sugar content of 69.10%. That is why it is of such value in supplying necessary body heat and energy. It's a pure, nourishing, palatable food for all members of the family.

Use it as a spread . . . on pancakes . . . for your baked goods. It's good all ways!

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BEMA BRAND BARBADOS MOLASSES

"THE ORIGINAL PRODUCT—NOT A BLEND"