

Woman's Realm Social and Personal Fashions Literature

BE IPANA BRIGHT!

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Firm, healthy gums are important to sound teeth and sparkling smiles. So switch to Ipana—for Ipana is specially made not just to keep teeth clean, but to stimulate gum circulation. Try it. Brush your teeth with Ipana. Gently massage a little extra Ipana onto your gums. Your mouth tingles with new freshness... gums wake up... your smile gains new charm. Be bright about your teeth and gums—Ipana bright.

Change to Ipana and Massage Today

* Firm, healthy gums are so important that 7 out of 10 Canadian dentists recommend gum massage.

Product of Bristol-Myers—Made in Canada

That Body Of Yours

By James W. Barton, M. D.

ULCERATIVE COLITIS OFTEN STARTS WITH EMOTIONAL DISTURBANCE

It has been known for many years that much of the diarrhoea with which many individuals suffer is caused by emotional disturbances. It may seem strange that this is so as it would be more natural that emotional disturbances would have the opposite effect. This condition is called mucous colitis and is treated by the use of "soft" foods, and having the patient try to acquire calmness of spirit.

However, what is called ulcerative colitis is a serious condition, in which there is blood, mucus and pus mixed with the waste matter as it comes away from the colon or large intestine. Although harmful organisms of the streptococcus family are found in the pus, specialists in the diseases of the stomach and intestine state that many of these cases of ulcerative colitis get their start from emotional disturbances in nervous and emotional individuals.

As in mucous or simple colitis, the patient's treatment consists of his eating soft foods, getting plenty of rest, and acquiring calmness of spirit.

In regard to the personality, or makeup of patients with ulcerative colitis, Dr. W. D. Ross, Montreal, in the "Canadian Medical Association Journal," states that they have many characteristics in common. "They are usually proud, aloof, and perfectionistic. They are very concerned with neatness and cleanliness. They are very sensitive and easily hurt by criticism. They are fearful, usually intelligent, and like to associate with educated people, but they are often not very ambitious or successful because of their lack of drive."

These persons often bestow all their affection on one person, usually a parent or older brother or sister. Any break in this affection may cause the ulcerative colitis. They are concerned much with their bowels, and believe their health will suffer if the bowels do not move every day.

Dr. Ross suggests that these cases, while difficult, can be successfully treated without operation by teamwork by the family physician and consultants in psychiatry and surgery.

The psychiatrist often can find the cause of the underlying emotional upset, bring it to light, and help the patient combat it. The physician prescribes the diet, rest, and cleansing enemas. In extreme cases, surgery may be necessary.

CLUE IS FALSE

MIAMI, Fla., July 25—Another clue to the disappearance of fugitive Al Snider, formerly of Calgary, was declared false Saturday. The United States Coast Guard studied five notes in a bottle signed "Al S" and said they probably were the work of a prankster. Coast Guardsmen said the position was in the Dry Tortugas, an island group thoroughly searched for Snider and two companions who disappeared March 5.

DOROTHY DIX SAYS—

Indifferent Husbands

Average Man Loses Interest in Home When Wife Usurps Prerogatives

One of the chief gripes of women is that their husbands take so little interest in their homes. Wherever a group of women are gathered together for a talkfest to discuss the shortcomings of husbands, you can hear the bitter wail of wives over being married to men who won't dry the dinner dishes, or walk the baby, or mow the grass, or paint the porch, or hang pictures, unless they are badgered into doing it.

Yet the explanation is simple enough. The average man is domestic-minded. He, too, marries to get a home. From the time he is a hobbledehoy school boy he dreams of the kind of a house he is going to build; how he is going to furnish it; the food he is going to cook, and of the old friends he is going to have stay with him.

But the dream is seldom realized. Practically all women are monopolists who believe that their homes belong exclusively to them. It is the bride, or the bride's mother, who decides on the house and the furniture, and it is rare that a husband would take more interest in their homes if they could make a few suggestions about them.

Then consider how little men get out of the homes they pay so much for. Three hooks in a closet and a couple of drawers in a chiffonier are about all a husband rates, and if there are girls in the family Papa doesn't even get that much.

SHARE PERSONAL BELONGINGS

I once heard a man say that the ungratified desire of his life was to have a comb and brush that belonged exclusively to him and that didn't have women's hair in it. But he never got it, poor soul. And even when his wife was buying him his Christmas present with his own money, she never picked anything out for his personal benefit. It was always something that she and the girls could use.

Another reason why men are not more enthusiastic over their homes is because they have so little, if any, authority in them. The first move that almost every young wife makes is to separate her husband from his old friends and acquaintances. Cold shoulder is the standard dish she serves to her husband's old chums when they come to dinner. And one helping is enough. If you will notice when Mrs. Jones entertains, the guests are nearly always her friends, rarely her husband's.

And it is only members of the wife's family who have the run of the house and who are welcome to pay interminable visits. After he has tried it once and seen the result, the bravest man hesitates to show even his own mother any attention.

All of which may go to show why so many married men take so little interest in their homes.

Cook's Corner

HAM LOAF

If this loaf is being served hot, I would suggest simple rice or plain baked potatoes and a green or yellow vegetable.

If it is served cold, I would like a tossed salad and crisp potato chips as accompaniment.

Yield—12 to 14 slices.

1 tablespoon bacon or pork dripping

¾ cup brown sugar, firmly packed

1 large orange

1 pound lean pork

2 cups minced cooked ham

1 cup coarse soft bread crumbs

½ teaspoon salt

¼ teaspoon pepper

2 eggs

1 cup milk

Melt the dripping and mix in the brown sugar; spread in the bottom of a greased loaf pan 4½ by 8½ inches, top inside measure.

Peel the orange with a sharp knife, removing all outer membrane; cut into ¼-inch thick slices and arrange over sugar mixture in the loaf pan.

Put the pork through the food

chopper (or better still, have your butcher mince it for you) and combine it with the minced cooked ham and bread crumbs in a rather large mixing bowl; sprinkle with salt and pepper. Mix lightly.

Beat the eggs slightly and stir in the milk. Add liquids to the ingredients already in the bowl and mix lightly but thoroughly.

Carefully spread the meat mixture over the sliced orange arranged in the bottom of the loaf pan and press down lightly.

Bake the loaf in a moderate oven, 350 degrees, about 2 hours, carefully pouring off dripping as it accumulates.

Morning Smile

"Well," said the insurance agent to the newly-wed Angus, "now that you're married I'm sure you'll want to insure your life."

"Ama' mi'ye," said Angus. "She's no' that dangerous."

FROM ARABIC WORD

The word syrup is derived from the Arabic word sharab, which means to drink.

Ellen's Diary

By an Island Farmer's Wife

James and I have had a delightful—an unforgettable trip on which we might profitably have spent a much longer time. Everywhere we met with only kindness; our companions were most congenial; the weather was all that one could desire and our minds are filled with the many beautiful and breath-taking vistas of lake and ocean, of mountain and glen we viewed. For Cape Breton is marvellous for her magnificent scenery; her winding and often wooded trails; her lakes and valleys where flocks and herds pasture her wild deep glens. Her mountains symbols of endurance; the nesting picturesque villages; the church spires pointing out the infinite who ordered and spread her lovely and rugged designs. Yes, Cape Breton is beautiful and we shall like to see it again.

Very different indeed for us was our Island. It seemed as though the Maker in contemplation had said: "Over here I shall design differently, though it too shall be beautiful. This shall be a gentle land, of pleasantly rolling hills, of cloverly, daisied meadows, of small tinkling brooks and pools for spring, frog-song, of orderly woodlands, of blue-green rivers and quiet bays, of contented villages at cross-roads of farmhouses and cottages around which children shall play, of broad acres and fruitful where farm folk may sow and plant and harvest to their hearts' content."

Such a land this one over here shall be and those knowing the enchantment of her ways though they may perhaps choose to wander to the far ends of the earth shall remember her and be drawn back eventually to her pleasant shores. And maybe not they themselves but their children's children unto the third and fourth generation who must come to learn of this land of their forebears at first hand. Such a place indeed is this Island. James most practical and always discerning spoke of this fact

(Continued on Page 3)

Modern Etiquette

By Roberta Lee

Q. When a girl is leaving after being entertained in a girl's home, isn't it sufficient to thank the girl, or is it necessary also to thank the girl's mother?

A. Never forget to thank the girl's mother, as she is usually the one who has labored to make the visit a pleasant one.

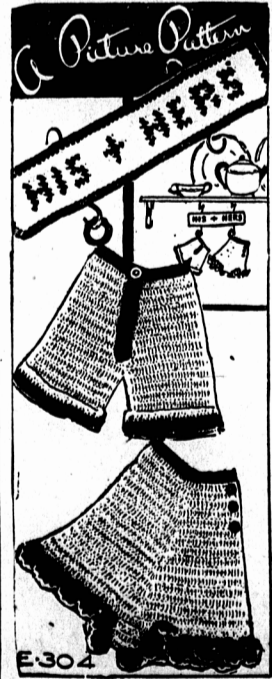
Q. Is a knife ever used to remove baked potato from its skin?

A. No; the fork must be used. Even the butter is conveyed to the potato with the fork.

Q. Is it good manners for one to lean across the table in order to shake hands when being introduced?

A. No; it is ill-bred to do so. In this case, a sincere "How do you do" is all that is necessary.

NOVELTY POTHOLDERS



DESIGN NO. E-304

Cute potholders and a bar on which they hang are quickly crocheted. Inexpensive to make for your church bazaar or as a gift or prize. Pattern No. E-304 contains instructions. Needlework Book 20 cents.

To order: Send 20 cents in coin to Needlework Bureau, Charlotte town Guardian.

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The Key to.....



Successful Entertaining

KING COLE TEA COFFEE

Living & Leisure

THE WOMAN'S REALM

AGRICULTURIST IN TOW

The farmer, in retirement, seemed unhappy and distraught. And sat around as if he deemed that life was less than naught. He wouldn't talk, he wouldn't smile. He wouldn't even bowl. It seemed that nothing could be his weary, homesick soul.

Then Mary Ann, his happy spouse. Made protest. "Jimmie, dear. I ain't too fond of makin' rows. But I'm makin' one right here. Unless you stop a-moonin' round as if all friends were dead. You haven't made a cheerful sound since you got out of bed."

"I guess you're right. I'm sorry, wife."

He answered, sigh to tears. "I get so lonesome for the life I lived for fifty years. I seen a tractor with a plow go by; the best of rigs. And I'd like to see our old black sow with fourteen little pigs."

Iron the rest of the straight section. Iron the ruffle last. 4. Ruffles: Save time by ironing a 6 to 12 inch length of the ruffle edge, depending on width of ruffle. Then, with the point of the iron, gently iron straight into the fullness at the seam.

5. Don't try to iron small inner ruffle on ruffled curtains; just smooth it by working it gently between the fingers after the curtain has been ironed. This is easier and saves time.

REMOVES GUMMINESS Nail polish remover or cleaning fluid will readily remove the gummy residue left by adhesive tape on your skin or any other surface.

Bias fold tape originally was known as convent tape. This name was given to it because it was widely by nuns.

Household Scrapbook

By Roberta Lee

Prickly Heat

A good remedy for prickly heat is to bathe the body in a strong solution of bicarbonate of soda and water. Use about one-third box to two quarts water. Allow the solution to dry on the skin.

Jelly and Preserves

When filling the jelly and preserve jars, try using the gravy boat. The long nose will fit into any size fruit jar and can be held by the handle.

Removing Scorch

When a garment has been scorched, dampen a cloth with hydrogen peroxide and then steam press the scorched place. This seldom fails to remove it.

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? Is your nervous, high-strung, tired? This is not Lydia E. Pinkham's Vegetable Compound to relieve such symptoms! Pinkham's Compound also has what Doctors call stomachic tonic effect!

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

ANSWERS

1. Say, "I have drunk three cups of coffee." 2. Pronounce dakh-hont, a as in arm, oo as in foot, accent first syllable. 3. Accommodation. 4. Keen; piercingly effective. (Pronounce pain-yant.) "Her poignant grief was apparent." 5. Latent.

Needlecraft FOR THE HOME

THREE-IN-ONE The ensemble theme, translated to little sister's sizes in this pretty princess dress that wears shoulder straps for sunning... covers up in its own bolero when breezes turn chilly. Pattern also makes panties to match.

No. 2516 is cut in sizes 2, 4, 6, and 8. Size 4 dress requires 1½ yards 35-inch; bolero, ¾ yard 35-inch; panties, ¾ yrd 35-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 some number in your address.

Address: Pattern Department, The Charlotte town Guardian.

Pattern No. 2516

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MATES FOR LIFE

The Canada goose mates for life and of all birds it is the most faithful to its mate.



IMAGINE! NOW I HAVE 3 TIMES AS MANY UNDIES AT NO EXTRA COST!

Lux keeps undies new looking-3 times longer!

It's a fact! With Lux my undies stay lovely 3 times as long! So instead of spending money replacing frayed, shabby things I buy extra ones—have 3 times as many! Washing with strong soap, rubbing with cake soap ruins lovely lingerie. But washing tests prove Lux care keeps undies lovely 3 times as long! For a long life Lux the things you love. Lux undies after every wearing.



Be a Lux Daily Dipper!

LEVER POWDER