

### CUDMORE BROS.

- TEA (the best 29c tea in town) .. per lb 29c
- TEA (choice India and Ceylon) ... per lb 35c
- SWEET MUSTARD PICKLES .. 40 oz bottle 39c
- MARMALADE ..... 40 oz bottle 29c
- CORN ..... 3 tins 25c
- TOMATOES ..... 3 tins 25c
- SURPRISE SOAP ..... 10 bars 49c
- LETTUCE (leaf) ..... 2 bunches 25c
- DATES (Jaffa) ..... 2 lb pkg. 19c
- GARDEN SEEDS ..... per pkg 5c & 10c

### Women Require Less Food Than Adult Males Do

Women need less food than men. The question is no longer in doubt. That eight women need the same amount and quality of food as rather more than five and a half men is one of the discoveries made by the Advisory Committee on Nutrition to the Ministry of Health, England.

They arrive at this conclusion as a handy method of determining man-value for rationing purposes. At least one member of the committee is a woman.

The report in which this discovery is announced—a discovery which will have repercussions at every breakfast table in the land—is a memorandum for the use of medical officers who are asked to criticize and suggest improvements in dieting.

Its findings involve calculations of the relative values of various foods in terms of proteins, calories, mineral and vitamin content.

In the matter of calories it is computed that a woman requires .83 of an adult male's needs.

### THE EDITOR'S SONG

If you have a tale to tell,  
Boil it down!  
Write it out and write it well,  
Being careful how you spell;  
Send the kernel, keep the shell;  
Boil it down! Boil it down!

Then, when all the job is done,  
Boil it down!  
If you want to share our fun,  
Know just how a paper's run  
Day by day from sun to sun,  
Boil it down! Boil it down!

When there's not a word to spare,  
Boil it down! Boil it down!  
Heave a sigh and lift a prayer  
Stamp your foot and tear your hair,  
Then begin again with care—  
Boil it down! Boil it down!

When all done, you send it in,  
We'll boil it down.  
Where you end, there we begin:  
This is our besetting sin;  
With a scowl or with a grin,  
Boil it down! Boil it down!

—(Exchange)

What men thought of women as thinkers is well illustrated by the saying of Lessing one hundred years ago that "the woman who thinks is, like the man who puts on rouge, ridiculous."

### A Too Perfect Upbringing

I know a little fellow who is supposed to be having the perfect upbringing. He has an imported nurse and what this girl, or woman rather, doesn't know about children isn't supposed to be known by anybody.

He gets up on the dot every morning at six o'clock sharp, not one minute to nor one minute after, but six. At a certain minute he has his bath, his morning exercises, and his breakfast. His breakfast is at 6.30, not one minute before nor one minute after, and woe betide the cook who hasn't his oatmeal ready on the dot.

No one is allowed to speak to him or enter the nursery when he is eating any of his three meals, all set out meticulously on the dotted minute. His walks are in airy secluded spots, he is always immaculately clean, he is never allowed to pat a dog or speak to ordinary children or have a lollipop or handle a toy that has not first been scrubbed.

His room is clean, bright and sterilized.

He has perfect manners and is as handsome as can be. Older people love to fuss over him but he is soon withdrawn from any excitement by his zealous (or jealous) nurse who is a silent person herself and always speaks to her young charge in a foreign tongue. Everyone thinks it is wonderful the way Marcus can rattle off these phrases so glibly, but he seldom gets a chance to say anything to anybody. His nurse who is a born clock watcher always seems to be saying it is time for something.

He goes to bed at six o'clock sharp and his parents come up to see him off. But his nurse is there as watchful as ever and alert that nothing goes on which she does not approve. His mother and father feel when they leave, I am sure that they have broken some rule or other from the disapproving glances that follow them through the door.

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But they submit "because Marcus is having such wonderful wonderful care. Anna is a real jewel."

Now I will tell you what I think of young Marcus, and the rarified air he lives in.

I wrote a day or so ago about four little children I saw recently sitting in the middle of a field their father was plowing with one old mule. They were dirty, fat, happy, and healthy. All of them were under five.

If I had my choice of leaving my child to be brought up like Marcus or to have him a happy healthy young animal herded with those jolly kids rolling around down there on the bosom of Mother Earth, I should choose the latter place for him.

It is necessary, if you have a nurse, to have a good one and a careful one, but do pick one who is human. Marcus is being robbed of almost every contact necessary to make him a happy, normal child. Little children need other children, they need freedom and an opportunity to get away from a stifling supervision. A machine of love. Hothouse plants and hothouse children may be beautiful to others, but have they the toughness and vitality to survive?

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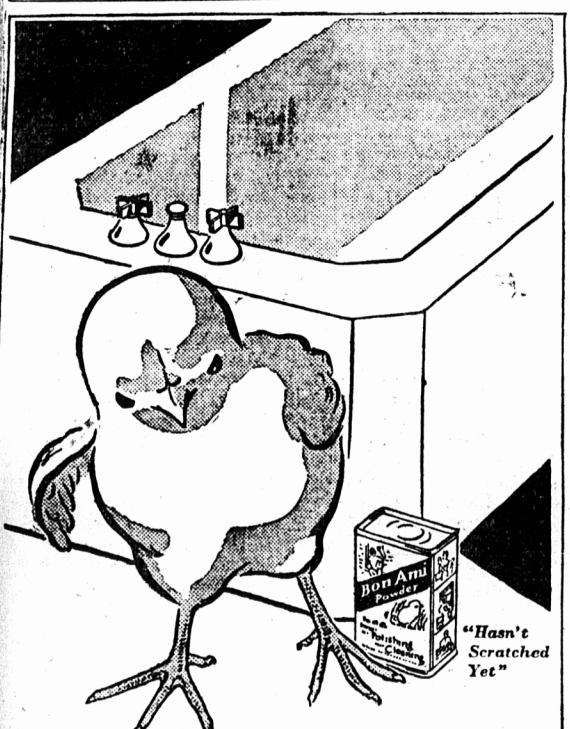
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### A BATHING BEAUTY sponsored by BON AMI

Beauty fit for a bathing beauty to bathe in! That's the glistening, clean bathtub cleaned with Bon Ami! For Bon Ami cleans without ever scratching or marring the surface. Such scratches, made by harsh, gritty cleansers, catch and hold dirt—make your tub dull and dingy... and harder to keep clean.

Bon Ami is speedy and easy to use, too... for cleaning sinks, tile, mirrors, windows, kitchen utensils, white woodwork—just scores of things in every home.

Bon Ami has no unpleasant odor. It washes away quickly, hence never clogs drain pipes. And Bon Ami is such a pure, snowy-white, sanitary cleanser that not merely is it harmless to your hands—it actually keeps them soft and clear-complexioned.

**BON AMI**  
Powder and Cake  
(Made in Canada)

### Some Pick-Me-Ups

**PRAIRIE OYSTER**  
Put into a wine glass half a teaspoonful of vinegar, and on this place carefully the yolk of an egg, add a pinch of salt and a shake of pepper.

**APPLE CUP**  
This is a nice clean refreshing drink. Pour a quart of boiling water over four sliced apples, and the thin rind of one lemon; add sugar to taste. Cover over with muslin and let it stand until cold. Strain and add a squeeze of lemon juice.

Have you tried a lemon flip? This is good.

Beat an egg into a tumbler and sweeten it with a tablespoonful of icing sugar. Pour on to it boiling water and add a few drops of essence of lemon as flavoring. Then pour it from one glass to another until well mixed.

One of the finest pick-me-ups is a cup of really good soup with some snippets of toast.

### WOMEN OF SPAIN READY TO VOTE

MADRID, April 28—A barrage of feminist activities is being laid in Spain in an attempt to prepare women for their first voting in the coming elections. Electoral registrars, making up the votation census, are bearing a double burden. They must add an additional 5,000,000 names of women which is a number roughly equaling the male voting strength under the monarchy.

Flushed with success under the republic by securing national as-

### Wool Fabrics Favored for Sports Clothes

Wool is the fabric largely used in sports outfits, flannel, jersey and loose nubby weaves being the favorites. A three piece suit with a bright blouse and scarf topped by a long or seven-eighths length coat fastened with gold or silver buttons is a smart ensemble.

One of the new costumes made of light gray flannel is designed with a straight skirt and short jacket and a bright orange tuck-in blouse.

Another ensemble has a deep blue wool double-breasted top coat trimmed with gold buttons which is worn with a blue lavender wool frock finished with a striped scarf of blue and yellow.

Teacher: "Can you tell me what we get from the sun but not from the moon?"  
Betty: "Freckles."

### Department of Public Works And Highways

PROVINCE OF PRINCE EDWARD ISLAND

TENDERS FOR CLEARING RUINS AT PRINCE OF WALES COLLEGE

SEALED TENDERS will be received at this office until noon on Saturday, April 30th, from any person or persons willing to contract for the clearing of the ruins at Prince of Wales College. Specifications may be seen at the office of the Department of Public Works.

The lowest or any tender not necessarily accepted.

L. B. MACMILLAN,  
Deputy Minister of Public Works and Highways.  
Charlottetown, P. E. I.,  
April 20, 1932.

### Women said—

YOU CAN'T USE THE SAME HOUSEHOLD SOAP FOR EVERYTHING... BUT the New Oxydol changed that

It's easy on hands, it's easy on clothes, it's fine for dishes! Does more work because it makes 50% more suds—richer, quicker, longer lasting suds. Never balls up; rinses clean, softens water.

Procter & Gamble, Toronto, Ont.

