

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



## Spoonful of GOODNESS

"These Shreddies" sure taste good, Mummy! That's what young folks think of these delicious spoon-size morsels. And mothers know that Shreddies help build strong, healthy bodies too. They're made from whole wheat, with the precious wheat germ and all the other good parts of Nature's best food. Be sure to have Shreddies for breakfast tomorrow. They're really spoonfuls of goodness.



After school treat  
Out of school and into the box of Shreddies. Handy to carry in the pocket—crunchy Shreddies are great for afternoon appetites.

\*Shreddies is a registered trade mark owned in Canada by THE CANADIAN SHREDDED WHEAT COMPANY, LTD. NIAGARA FALLS, CANADA

## Modern Etiquette

By Roberta Lee

Q. Should a man walk ahead of a woman when they are walking down the aisle of a train?

A. No; the woman should be allowed to go first, but if leaving the train, he should step off first in order to assist her.

Q. How should an engaged man and girl act in public?

A. As naturally and normally as possible. They should neither monopolize each other nor ignore each other.

Q. At what hour should one give a Sunday morning breakfast?

A. At any hour one wishes up until noon.

## That Body of Yours

By James W. Barton M. D.

### INCREASE IN WEIGHT AT CHANGE OF LIFE

While there are some women who lose weight after the menopause, there are many more who put on excess weight for the first time in their lives. The excess weight that burdens them; yet they think nothing can be done unless they use some form of gland extract.

While it is true that the sex glands—ovaries—stop working, it is also true that other glands also begin to pour less juice or extract into the blood. Among the glands which are active as formerly is the thyroid gland in the neck. This is a factor in allowing excess fat to accumulate over the entire body, giving a "billy" type of overweight. However, before using any thyroid pills or tablets, women who have gained increased weight after the menopause should consult their family physician. He will arrange for a metabolism test which shows whether or not the thyroid gland is overactive. To use thyroid extract to reduce weight when the thyroid gland is normal, will increase the heart rate and weaken or tire the heart to an extent that may be dangerous, particularly at this age. In fact, cases are reported from reliable sources where the thyroid gland was normal, caused goiter and some deaths.

If, then, there is a great increase in weight and lack of gland juice is only partly to blame for this excess weight, what is the cause and what can be done about it?

What most of us do not realize is that when women reach the menopause, they still have their usual healthy appetite but do not have as much physical work to do since the family is raised and should there be as much work to do, there is usually more help to do it. Further, many of the things about the home or away from the home that formerly meant physical activity now have less interest for her, and as she becomes heavier, she has less desire to do things at or away from home.

The thought then for the woman who has put on weight at the menopause is not to become more active but to decrease her daily intake of food, especially starch and fat foods and also liquids.

THE STARS SAY—

By GENEVIEVE KEMBLE

For Saturday, May 24

THERE are most propitious auguries for advancement, progress, growth with substantial support and endorsements from those in high places, who may be friendly and generously inclined as long as affairs move in a harmonious, smooth and agreeable way. Any show of rancor, disagreement, argument or strife might swerve this into antagonism, contention and a sharp reversal of kindness and cooperation, with keen disappointment even to the point of physical danger. Shun accident, violence.

For the Birthday

Those whose birthday it is may have a year of splendid prospects for advancement, progress and practical productive performance, with hearty endorsement and substantial support from superiors, employers or those in authority. However, there is sign of enmity and unhappiness with the past. Port should therefore be indulgence in ill-temper, strife, argument or other show of temperament or rash action. Disappointment and friction may follow with sharp reaction on the nervous or physical well being.

A child born on this day who ambitious and energetic, with prospects of a successful and worthy career, may be predisposed to argument, quarrels and rash acts to its detriment.

## DOROTHY DIX SAYS—

### Matrimonial Bills And Ills

#### People In Love Should Marry Only When They Have Price

DEAR MISS DIX: I have a son 21 years old. He has no permanent job and not a penny saved, yet he is thinking of getting married. Won't you publish a list of the expenses a man must meet, as he has no idea of what it costs to support a family?

A MOTHER.

ANSWER: I should have to monopolize all of the space in this paper if I printed even a partial list of the bills that a married man must meet. I should have to tell of butcher bills, grocery bills, milk bills, light bills, fuel bills, rent bills, bills for clothing, medicine, cosmetics, shoes, stockings, lingerie—oh, what's the use? Nobody can know how many bills and ills there are in matrimony until they try it, and then it is too late.

Boys and girls do not realize what it costs merely to exist in these days, and when they try to figure out a budget on which they can live after they are married, they assume that they are always going to be healthy and have no doctor's visits, whereas they find out that they have unexpected sickness and that everything costs twice as much as they thought it would.

#### WARNINGS IGNORED

However, it is no use in shrieking warnings to the young who are in love. They will go on believing that two can live as cheaply as one, and when they find out that they are just as hungry after marriage as they were before marriage and that it costs much more for a married couple to live on than it does a single person, a certain percentage of them will draw in their hunger belts a little tighter and fight their way through, and the balance will go on the rocks.

But, oh, the misery, it would prevent, the broken hearts and the years of struggle it would save, if only young people would wait to marry until they have the price and could afford it.

DEAR DOROTHY DIX: I am so lonely and am very anxious to adopt a baby boy. Will you please tell me where to go and what to do? If I do, shall I tell the child it is adopted, or bring him up to believe that he is my own?

MRS. H. D.

ANSWER: I think that there is no other thing in the world that is so fine and noble as for the woman who has a mother's heart, but empty arms, to adopt a baby and bring it up as her own. It changes a whole life. It is a miracle that gives back to a child the thing that an unkind fate denied it, a mother and father, a home, a name, a place in the sun, love and tenderness.

#### METHODS VARY

As for the method of getting a baby to adopt, that varies in different cities. Most cities have child-finding societies who give out children for adoption. Some orphan asylums do. Very often physicians find homes for unwanted children. I am sure you will have no trouble getting in touch with the right people.

Tell the child when it is old enough to understand that it is an adopted baby. That will keep him from ever feeling that there is any stigma in it.

DEAR DOROTHY DIX: I am 28 years old and for the last five years I have been going with a man who loves me, as I do him. He does everything he can to make me happy and everyone is under the impression that we are going to be married, but he has never asked me to marry him.

The situation has become unbearable. What would you suggest?

DOT

ANSWER: Evidently he never intends to ask you to marry him. There are men who are born celibates, who like the society of women, but who have no desire whatever to burden themselves with the support of a wife and family. They love their freedom better than they ever do any woman. Your friend seems to be of this type.

Your play is to rouse his vanity by making him think you are tired of him and have ceased to care for him. Go with other men. If he cares for you at all, this will bring him to the point. If he doesn't care for you and you are wasting your time, the sooner you know it, the better.

## NOW... Yours for the asking



### Announcing the Arrival of MISS. SHIRLEY FALLS

Helena Rubinstein, beauty consultant from the Helena Rubinstein Salons, Toronto and New York.

"Here is your opportunity to secure without charge an obligation, an expert analysis of your skin... Its type... Its condition... Its individual needs."

On Thursday and Friday, May 22nd and 23rd, Miss Shirley Falls, beauty expert and consultant, associated with the Helena Rubinstein Salons, New York and Toronto, will be present in person in our Cosmetic Department.

Her arrival is "beauty news" of unusual interest. With-out charge or obligation, Miss Falls will thoroughly analyze the type and condition of your skin and give you a written recommendation as to the individual care which should prove most beneficial.

Visit Miss Falls at your earliest convenience.

Moore & McLeod, Ltd.  
Charlottetown, P. E. Island.

## Household Scrapbook

By Roberta Lee

### Keep Curtains Clean

A spring clothespin on each side of the bedroom curtains does the trick of doubling the curtains up out of reach of the wind and rain when airing the room at night. The curtains can be doubled up entirely free of wrinkles.

### Razor Blades

Use an old baking powder can for discarded razor blades. A slit can be cut in the top with a can opener. Keep the can in the shaving closet or any convenient place.

### Fish

To prevent fish from sticking to the pan while frying, put a teaspoonful of salt in the pan and rub thoroughly with waxed paper.

## first choice of expert cooks



Heinz Vinegars  
A little goes a long way

## Ellen's Diary

By an Island Farmer's Wife

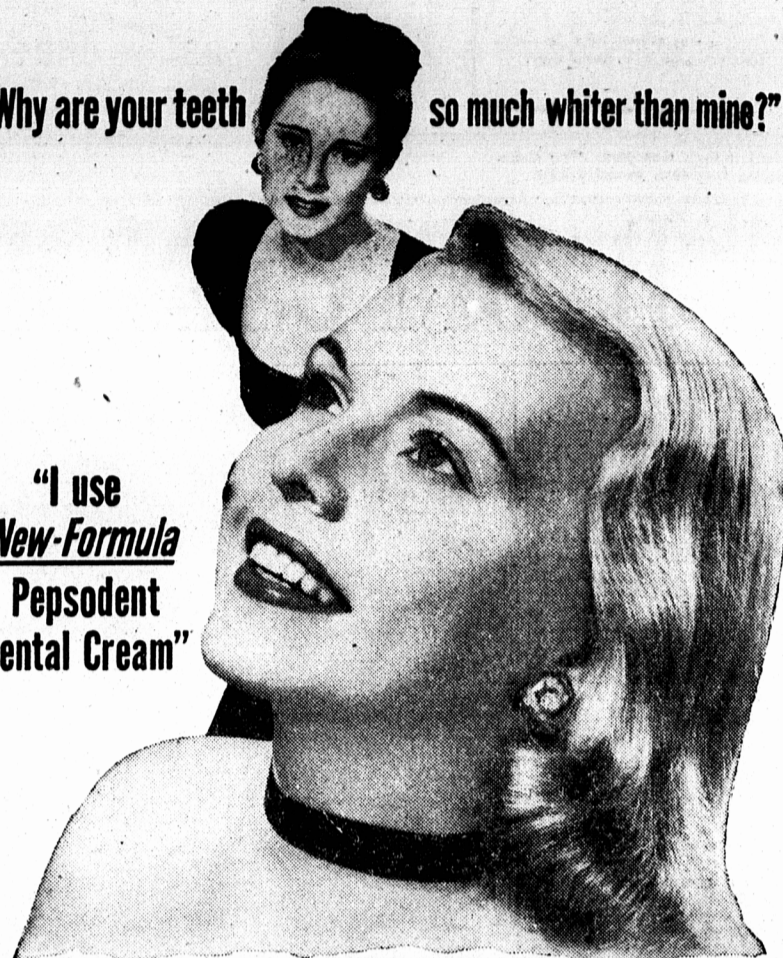
Jamie came with Rob and Mr. A. in the truck, last evening when the sunset lights had almost faded from the sky and a star was set above the darkness of the trees along a hill. Robins hopped about the lawn and the Muscovies had just returned from a prow in the near field, skirting a flower border and stopping now and again to sample the fresh new shoots there. At the time I sat at the new window upstairs, idly admiring the pleasing results of the afternoon's outdoor work. Tidy yards and lawns combine to give one a satisfied feeling, one that makes one recall the old proverb: cleanliness is next to godliness. When housewives are wont to do when they placidly survey the nice effect of their Spring cleaning. This morning, when we stepped off the verandah, I saw James himself cast appreciative eyes about him. I fancy his gaze did not stop with the yards but continued to take in the new meadow beside the lane. "I doubt, Ellen, if there'll be one peck of hay off that this year," James has remarked with apprehension when regarding this field in its exposed state of last Winter and Spring. While at present, I suspect like a goodly number of other Island meadows it is cloverless, it is softly green now and pretty amid the stubbles. I suppose if Jamie had not come to visit us last evening we should have been ignorant of a recurrent state of affairs here. "Yes," he said coming indoors with Jeanie "she's moved them again! We just happened to spy them—in the hay now. By golly, they're, that wild I could hardly catch them—and can they ever spit!" And he laughed merrily at the recollection of his visit to the kitchen, moved now from the higher straw loft to a more convenient nest in a low hay now.

Jamie was with the men at their work in the field this afternoon, and he it was who sent me news of a squirrel, that from a nearby tree displayed much interest.

(Continued on page 16)

"Why are your teeth so much whiter than mine?"

"I use New-Formula Pepsodent Dental Cream"



## FOR THE WHITEST TEETH...USE NEW-FORMULA PEPSODENT DENTAL CREAM WITH IRIUM

IMAGINE a dental cream that removes every kind of film that darkens your teeth—smoothly, safely! Yes, the NEW-FORMULA Pepsodent Dental Cream has the greatest cleansing action ever offered. So no wonder "Pepsodent Teeth" are whitest... they're whitest because they're cleanest. Start today to use bright-tasting NEW-FORMULA Pepsodent Dental Cream for the whitest teeth!



NEW Ingredients!  
NEW Brighter Taste!  
TWICE as much IRIUM!  
GREATEST cleansing action ever offered!

"PEPSODENT TEETH" are WHITEST because they're CLEANEST!  
LAUGH WITH BOB HOPE EVERY TUESDAY NIGHT, DOMINION NETWORK

## Morning Smile

SHE HAD EXPERIENCE

"The street car had been delayed by a truck stalled on the tracks, and the operator was trying to make up time. At a stop an elderly lady ambled slowly from the curb to the car. "Please hurry, madam," urged the operator. "We got to get along." "Oh, you men!" sighed the old lady, as she put her ticket in the box. "You're all the same. Why, I've been waiting for you for nearly fifteen minutes."

## Cook's Corner

### CHOCOLATE ROLL

4 egg whites  
1 cup sugar  
4 egg yolks  
4 tablespoons cold water  
1/2 cup flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
1/2 teaspoon vanilla  
1 cup whipped cream  
2 tablespoons powdered sugar  
Beat egg whites until stiff and add sugar gradually, beating constantly. Beat egg yolks with cold water and blend with first mixture. Sift together the dry ingredients and fold into first mixture with the vanilla. Line shallow pan (10 1/2 x 15 1/2) with waxed paper, allowing edge of paper to extend 2" above sides of pan. Grease pan and paper thoroughly. Pour batter into pan and bake in a hot oven 400 degrees F. for 12-15 minutes. Turn out on damp cloth, trim off edges and roll. Cool. Unroll and spread with whipped cream to which the sugar has been added. Re-roll and slice.

## Better English

D. C. Williams

1. What is wrong with this sentence? "This coin is no good."  
2. What is the correct pronunciation of "accouter"?  
3. Which one of these words is misspelled? Rhythm, ritualistic, rigorous.  
4. What does the word "promontory" mean?  
5. What is a word beginning with "te" that means "tedious"?

### ANSWERS

1. Say, "This coin is worthless."  
2. Pronounce a-koo-ter, a as in at, unstressed, oo as in too, accent second syllable. 3. Rhythm. 4. A high point of land or rock projecting into the sea. (Pronounce first o as in on, second o unstressed, accent first syllable). "A forked mountain, or blue promontory, with trees upon it." — Shakespeare. 5. Wearisome.

## How Can I!!

By Anne Ashley

Q. How can I relieve tired feet?  
A. Add a tablespoonful of soda to a pint of common bran, and put into a basin, dampening with sufficient hot water to make a paste. Immerse the feet in this for 10 or 15 minutes.

Q. How can I sweeten old butter and lard jars?  
A. Fill them with very hot lime water and leave until they are cold. The jars will be as sweet as when new.

Q. How can I remove mud from the clothing?  
A. If brushing does not remove the spots, rub with a raw potato. This method seldom fails.

upon it." — Shakespeare. 5. Wearisome.

BUTTERED-TOASTED-OR IN SANDWICH FORM  
IT'S ALWAYS Delicious



BUTTER-NUT BREAD always fresh

Eastern Bakeries Limited

FOR ALL YOUR BAKING, INSIST ON

## Robin Hood Flour

Milled from Washed Wheat

...choice of 4 out of 5 women who win prizes for home baking

