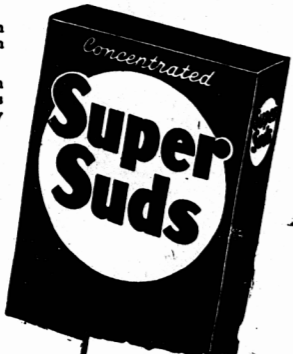


Woman's Realm Social and Personal Fashions Literature

NO OTHER SOAP IN THE WORLD CAN WASH CLOTHES WHITER!

YOU NEED NO BLEACH! Super Suds extra suds wash clothes cleaner, whiter! And colors stay bright!

No other soap in the world can wash clothes cleaner, whiter than Super Suds. Everywhere in Canada, women are raving about those "Hoods o' suds for whiter duds." Try Super Suds to-day. Remember: You Need No Bleach!



PROVED! Super Suds gives up to 98% MORE SUDS! In 342 separate tests in all types of water we found that Super Suds gives up to 98% more suds than other soaps tested.

EXTRA SUDS for EXTRA WHITENESS!

The Stars Say--

For Thursday, August 4

THE auguries are quite propitious for the engineering of ventures and projects of long-term interest, in which not only quick grasp and manipulation may have scope in putting assets, credit, possessions and security on sound foundations. Good work, perseverance and acumen could combine to attract cooperation from influential sources and in this a judicious use of charm, personality or other subtle lures could prove effective. Home, social or professional popularity should be utilized.

For the Birthday

Those whose birthday it is, may prepare for a year in which affairs of broad scope and influence could be advanced by diligence.

Oh look..Cereal and fruit!

It's tops for economy!

Oh-I love it!

Nabisco Shredded Wheat

So, you want a breakfast that's cool, crisp, delicious... and nourishing? Then you want sunny, golden-good Nabisco Shredded Wheat—with fruit! For Nabisco Shredded Wheat is wholesome whole wheat... containing food elements which help maintain health. Serve tempting Nabisco Shredded Wheat with luscious berries or fresh fruits in season — and enjoy a hot weather treat!

FW-48



You will never tire of that Natural Flavor

Baked by the CANADIAN SHREDED WHEAT COMPANY, LTD. NIAGARA FALLS, CANADA

That Body Of Yours

By James W. Barton, M. D.

NORMAL TEMPERATURE

Physicians sometimes wonder if it is wise to have a clinical thermometer in the home of their patients.

It is true that having a thermometer in the home saves the physician from having to make a needless call at any hour of the day or night. On the other hand, the fact that the body or another member of the household has a temperature from one-half to a whole degree above the "average" temperature causes parents and others to worry needlessly for perhaps hours and then in desperation to call in the family physician.

What is the average normal temperature?

The normal temperature taken by mouth at noon or 4 p. m. is 98.6 F., and the normal temperature taken by rectum is one degree higher—that is, 99.6 F. However, recently research workers are reporting that the rectal temperature is slightly less than one degree above the temperature taken by mouth.

Another point recently proved is that although thermometers are marked 30 seconds and 60 seconds and certified ones register correctly, experience shows that they should be left longer in the mouth and in the rectum in order to get the correct temperature.

In "Medical Bulletin Permanent Foundation," Dr. Charles M. Grossman gives figures showing that a mouth temperature of 99 to 99.6 F. in adults does not necessarily mean fever, which might cause the patient and physician to suspect an infection.

In a series of 184 pairs of observations on 141 patients, the temperature was taken by mouth and by rectum on adult patients. Mouth temperatures were between 98.6 F. and 99.6 F. Of the 103 mouth temperatures between 99.0 and 99.6 F., there were 67 with corresponding rectal temperatures of 99.3 F. or less. Of the 20 mouth temperatures of 98.8 F., there were 6 with corresponding rectal temperatures of 99 F. or over. Thus, the rectal temperature was found uniformly higher than mouth temperature.

Dr. Grossman states that while temperature was taken by mouth and rectum, a mouth temperature of 99.8 or above shows fever present after thermometer has been in the mouth five minutes. Below 98.6 shows that no fever is present.

shrewd and persistent efforts, in which the personal element of charm and gracious manners might prove important. Popularity and prestige could attract solid and generous support from superiors, employers or those in high station. Skillful and far-seeing tactics might assist in long-term future development with enhanced pleasure and security. A child born on this day is bounteously equipped for creating a substantial career and fortune for itself with much personal pleasure.

Morning Smile

Doctor: "I don't like your heart action." (Applying the stethoscope again. "You have had some trouble with angina pectoris, haven't you?") Young Man: "You're right in a way, doctor." (Sheepishly): "Only that isn't her name."

Modern Etiquette

By Roberta Lee

Q. If one has received an invitation to a party, should the reply be addressed to the member of the family who is best known to the recipient?

A. Not unless that person sent the invitation. The reply should always be addressed to the one who issued the invitation.

Q. Is it permissible to use office or business stationery for social correspondence?

A. No; the person of good taste will not do so.

Q. Is it ever permissible to eat either food or coffee by blowing upon it?

A. Never; this is the height of ill-breeding.

Cook's Corner

BAKED STUFFED HALIBUT

- 1 cup cooked rice
1 cup soft bread crumbs
2 cups drained canned tomatoes
1 small onion, minced
1/2 teaspoon paprika
1/4 teaspoon salt
1/4 teaspoon sage
1/4 teaspoon pepper
2 large halibut steaks

METHOD: Combine the rice, bread crumbs, the well drained canned tomatoes, onion and seasoning. Spread this dressing on one of the steaks and cover with the other steak. Place in a buttered baking dish and pour the juice drained from the tomatoes around the fish.

Bake in a hot oven (450 deg. F.) until the fish is tender, allowing about 10 minutes for each inch thickness of fish.

MIXED GREEN SALAD

- 1 head lettuce
2 cups shredded cabbage
1/2 cup finely chopped celery
2 teaspoons lemon juice
1 cup thick, sour cream
Salt and pepper

METHOD: Shred the lettuce and then place in a bowl, along with the cabbage. Add the celery and lemon juice to the sour cream and season this with salt and pepper. Pour this over the vegetable mixture in the bowl and toss together lightly for serving.

GRUESOME MAIDEN

An early form of gullion, last used 1710. Was then called the "Maiden." Its ax moved in grooves in a frame 10 feet high.

DOROTHY DIX SAYS—

Needy In-Laws

Husband Refuses To Part With Money To Aid Wife's Poorer Sister

DEAR DOROTHY DIX: I am married to a good man who gives me every luxury, but no cash. I have a sister who is married, but whose husband barely makes a living, and I would like so much to be able to help them out once in a while. However, my husband feels no responsibility for my sister and her family and he will do nothing for them, and as I have no money of my own my hands are tied.

My parents are down on me and think I am utterly selfish and heartless, but what can I do? Don't you think it is my husband's duty to help my sister a little?



Nothing is easier to acquire than the habit of dependence and nothing is more demoralizing. Probably poverty and the desire for things they want and haven't got will turn your sister's husband and children into go-getters.

I don't think any situation in the world is more complicated, or has more angles than the one in which you find yourself. You would like to help your sister and would be willing to make many sacrifices to do so. You would be willing to live in a simpler way in order to give her a little money every month, but as long as your husband keeps a Yale lock on his pocketbook there is nothing you can do about it.

The question of how much a brother-in-law should do for a sister-in-law becomes solely one of generosity when they are not in dire need, but when the wolf howls at the door it is his duty then to feed them.

DEAR MISS DIX: My son is about to be married to a very nice girl. I have never told him that the man he thinks is his Dad is not his real father. Do you think that I should tell him now as the arrangements for the wedding are going on, or should I continue to keep the secret that I have kept for thirty years? I am a nervous wreck trying to decide what to do.

ANSWER: I think you would do a very wrong thing and one that would make a great deal of unhappiness for several innocent people if you told your story. You have been a good mother to this boy. You have reared him to be a fine man and no worthy purpose could be served by revelations that would only harm.

Let bygones be bygones. That is not only the wise thing, but the kind thing to do.

DEAR DOROTHY DIX: I have two darling girls and a fine husband. He is everything a wife could want, kind, considerate, and wonderful to the children and me, but at times I am very unhappy. Before I met my husband I was engaged to a young man. He still comes between my thoughts of home, husband and children. I can't get him off of my mind and I am always thinking of how much I would like to see him just once more. Then I think of my husband and children and I know it isn't right to give this fellow even a thought.

What can I do to make myself true in thought to my husband, as well as deed?

ANSWER: There is one remedy that I can recommend that will straighten out your thinking if you will apply it, and that is to use some common sense. You were not in love with the former boy friend, nor apparently was he in love with you, so why do you keep yourself worked up all the time trying to conjure up a romance that never really existed. You may not realize it, but you are making a lot of trouble for yourself, for any woman who will get busy on the job can imagine herself in love to such an extent that it will kill her affection for her good husband.

As for you pining to see your former sweetheart, my earnest advice to you is to hunt him up and take a good, long, lingering look at him. There is nothing more disillusioning than an old sweetheart seen after an interval of years.

Better English

D. C. Williams

- 1. What is wrong with this sentence: "I shall be through the work by five o'clock."
2. What is the correct pronunciation of "laureate"?
3. Which one of these words is misspelled? Misappropriate, mislayment, misusage.
4. What does the word "inconceivable" mean?
5. What is a word beginning with "ca" that means "slender"?

ANSWERS
1. Say, "I shall have finished the work." 2. Pronounce lo-re-ah, the o as in orb, e as in create, a as in ate, accent first syllable. 3. Misstatement. 4. Indisputable. "His speech contained incontrovertible points, which not even the most skeptical could doubt." 5. Calumny.

HAS FAMOUS LIBRARY

The Library of the Vatican at Rome, oldest in Italy, has one of the most extensive collections of rare manuscripts in the world.

FESTIVAL SHOWS DEFICIT

KENTVILLE, N.S. — (CP) — The 16th Annapolis Valley Apple Blossom Festival had an \$8.0 deficit. F.J. Burns reported to the festival committee. Rain storms washed out ball games and cut down attendances at dances.

How Can I!!!

By Anne Ashley

Q. How can I make a remedy for freckles?
A. A remedy for freckles is one dram of ammonium chloride to four ounces of distilled water. Apply to the face at night and morning. (Caution: Consult your physician or druggist before using any home-made remedy.)

Q. How can I remove heat spots from the table?
A. Sprinkle some good roach powder over the crack that is their entrance and they will soon disappear.

Q. How can I remove heat spots from the table?
A. The white heat stains on a highly polished table can often be removed by rubbing with essence of peppermint.

Household Scrapbook

By Roberta Lee

Wicker Furniture
Painted wicker furniture can be preserved and given a gloss with ordinary furniture polish. Wax or oil type. A more permanent gloss can be imparted if you paint it with orange shellac, thinned out with denatured alcohol.

Pie Crust
Add just a bit of sugar to each cup of flour used in making pie crust. It will improve both the flavor and texture of the crust.

Preserving Cut Flowers
To preserve cut flowers in the house, cover them with damp stiff paper and set in a cool room at night.

Ellen's Diary

By an Island Farmer's Wife

"Listen!" Jamie said his eyes on the branch of a slim tree nearby, from whence a friend the squirrel was regarding us in a friendly manner "now what do you think she's saying?" "Oh, it's not difficult to make out what she's telling us if you listen closely," I replied. "hush!" We had come for the mail to lane's end. Jamie and grand-daughter and I, having seized upon an opportunity afforded by the dinner meat and pot-roast which could almost take care of itself though at the time the potatoes in their jackets were near the end of their spell of cooking. Ordinarily the trip can be done in a matter of a few minutes. But not with such company as were mine this morning.

Young eyes catch sight of many dazzling interests along the way. Jamie must pause before we had scarcely started to remark on odd flowers that straying as seeds from the border, now are in blossom by the laneside. "And if as you say 'we could almost take care of itself' would these poppies be — flowers or weeds?" he asked indicating crimson ones that have a way of springing up here or there unexpectedly to remind one, I think of those we knew, who rest across the sea in soldiers' graves — to keep the memory of all such laddies evergreen. Jamie is one who like his grandfather is not to be put off with any vague answers. Replies must be clear-cut and definite to be satisfying and consequent many of his queries to me are posers. We must stop too to reach woodlands reddenng now, though not hanging in any abundance this year and there were frequent excursions into the hay nearby for the two "to see if it's past your head or mine."

There were also exciting phases to try to capture a wide-winged butterfly and a brown woolly caterpillar was fair game gathered to the squirrel. We must enter the woods and across the road to see her at closer range. (According to James our friend is of the feminine persuasion on account of being so chatty "gossipy" he calls it) I was that presently we found ourselves perched on the broad stump of the old hemlock that Pat had felled last Spring. The bare-footed small ones and I. Her bonnet had fallen back from her forehead and her face held evidence of sundry snacks since breakfast but her eyes, as blue as the summer sky we could see through the trees, were eager and she was alert to look up at the small creature sitting so brightly on a branch beyond us. "There!" Jamie said, pointing to "what's she saying?" and she echoed his words in a whisper: "What's she saying — that little squirrel up there?" "Well first of all, I believe she said: 'Good-morning!' Or perhaps it was: 'How do you do?'" Jamie laughed. "And"

(Continued on Page 3)

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ButterNut Bread advertisement featuring an image of the bread and text: "In more homes across the Maritimes than any other bread... ENJOY Eastern Bakeries' BUTTERNUT BREAD"

Living & Leisure THE WOMAN'S REALM

SEASON'S END
Put away the yellow candles. And the cups with double handles. Put away the shallow saucers. For the carrots and the peas. Put away the bunting, splendid. Now the banquet season's ended. Put away the long head-table. It is time to be at ease. We are done with chicken winging. Done with song sheets and the singing. Done with picture-taking fellows. On their ladders lowering high. Done with women, young and older. Leading soup across your shoulder. And the one who wants your tie-knot.

BEAZIL NUT GARNISH
To dice Brazil nuts cover nuts with cold water and bring slowly up to a boil. Simmer 2 to 3 minutes. Drain. Slice nuts lengthwise into slivers to use as garnish, etc.

DYED FOR FUR TONES
NEW YORK — Marabou dyed to fur tones is an innovation for evening wear. A chinchilla-hued marabou hat and muff is worn with an evening dress of black lace over copper-toned metallic cloth.

LOT OF CUDDLING URGED FOR BABY
MILWAUKEE — A baby specialist recommended here that infants be given plenty of cuddling and "baby talk." It makes them happier, and healthier, he said. Dr. Benjamin Spock, member of the Mayo clinic and author of a

Aylmer Tomato Soup advertisement featuring an image of the soup can and text: "Aylmer Tomato Soup is delicious... Yes-and thrifty too! YOUR FAMILY DESERVES AYLMER QUALITY"

Needlecraft FOR THE HOME

TRIO FOR TANNING
This timely three-in-one pattern makes trim shorts and a cool childruff waist for beauty on the beach plus a sun-kissed skirt to button into for the boardwalk!
No. 2609 is cut in sizes 10, 12, 14, 16, 18 and 20. Size 16 skirt requires 2 1/2 yards 35-inch waist, 1 1/2 yards 35-inch; shorts 1 1/2 yards 36-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 Charlottetown Guardian.
Pattern No. 2609
Name
Address
City Province
2609