

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

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For sale at Drug Stores, Cosmetic and Variety Counters.

Household Scrapbook

Coffee

The quality of coffee to be tested by putting a spoonful in a glass of cold water and adding a few drops of lemon juice. If the coffee is pure it will remain on top of the water; if not, the water will become discolored.

Pencil Stains

To remove marks made from an indelible pencil, grease the spots with lard, rubbing thoroughly. Then wash with soap and warm water.

Laces

Laces will look like new if a white paste, such as is used for cleaning white shoes, is rubbed on, and after it has dried, brushed off with a soft brush.

THE STARS SAY—

By GENEVIEVE KEMBLE

For Wednesday, June 18

AN abrupt turn of events, with dramatic and long-range developments should be handled with prudence, rationalizing and a determined effort to keep within bounds and not overplay the mark. Any false moves or reckless decisions might jeopardize hopes for important projects and exceptional prospects. In these it is important to count on assistance and advice of those in influential positions. Stick to the main chance with discretion and moderation.

If It Is Your Birthday

Those whose birthday it is may be prepared for a sudden turn of events, which may have power to upset cherished hopes and wishes, in business, finances and the purely personal life. Under stress and excitement there may be a proclivity to rash, drastic or erratic moves, having a disastrous effect on the final outcome of promising and productive matters of long-term significance. Under strain or rash impulses it might be well to seek and be guided by the advice and

That Body of Yours

By James W. Barton M. D.

OVERWEIGHT IS A DISEASE

Now that overweight (obesity) is considered a disease that requires treatment to prevent complications (diabetes, kidney, heart and blood-vessel disease), physicians everywhere are investigating the cause in each case so that the proper treatment can be given. Gone are the days when the patient was simply told to eat less food and he or she would lose weight, because these overweight people saw friends and acquaintances who ate more than they did and were of normal weight or underweight. As a matter of fact, this simple advice to eat less food, would, if followed faithfully, reduce weight in every case.

However being told to eat less food without examination of the patient, no tests for gland conditions, no inquiry as to the amount of exercise or physical work done daily, gave no satisfaction to the patient, and in the great majority of cases he did not cut down on his food intake.

The body is a machine and will perform work in proportion to the amount of fuel (food) that is given it. In those of normal or average weight, the food or fuel given the body enables it to do the physical work required by the individual and perform all the "inside" work done to keep the body warm, digest food, get rid of wastes, manufacture blood and juices, keep lungs and heart working. If more food or fuel is given, than it needs, it throws it out of the body, as wastes—urine, wastes from bowel, wastes from lungs and wastes from skin perspiration.

The reason that the same amount of food given some individuals causes them to put on excess fat is that they have an "economical" body, a body that does all the work done by the individual of normal weight, and still has some extra fuel or food in the body which it refuses to throw out as wastes. It is this surplus food that gets stored away as fat in and on the body.

It can thus be seen that the old advice to eat less food is all that is needed to prevent a gain in weight and to remove excess fat. However, it is the starch foods—potatoes, sugar, bread—that should first be reduced in amount. Meat, eggs, fish, should not be reduced.

Cook's Corner

LEMON SURPRISE PUDDING

You have met these ready-sauced puddings before, no doubt the average reader will consider this one a good version.

Servings—4 or 5.
1/4 cup corn syrup
1/4 cup plus 2 tablespoons fine granulated sugar
1/2 cup water
2 teaspoons butter
1 teaspoon grated lemon rind
3 tablespoons lemon juice
Salt

1/3 cups once-sifted cake flour
3 teaspoons baking powder
1 tablespoon shortening
1/2 cup milk
1/2 cup vanilla

Combine the corn syrup, 1/4 cup sugar, water, butter, lemon rind, lemon juice and 1/2 teaspoon salt. Heat to boiling, stirring until sugar is dissolved, and boil for 4 minutes. Turn into a greased casserole (about 7-inch top inside measure). Measure and sift together twice, the flour, baking powder and 1/2 teaspoon salt; add the shortening and cut it in finely; mix in the remaining 2 tablespoons sugar.

Combine the milk and vanilla. Make a well in the dry ingredients and add the flavored milk all at once; combine lightly but thoroughly.

Spoon batter over sauce in casserole. Bake in a hot oven, 425 degrees, about 20 minutes.

support of influential persons; wiser heads not disposed to complicate the main chance. Reserved dramatics for private adventures of romances.

A child born on this day may be talented, ingenious and ambitious but disposed to place in jeopardy its highest objectives by overshooting the mark.



"Island Maid"

...rings the dinner bell!
And Your family know
it's time to eat, when
they see this sweet-
tasting, crisp-crust
bread.

"TRY IT"

STEWART BAKERIES LIMITED

CHARLOTTETOWN, P.E.I.

Better English

D. C. Williams

1. What is wrong with this sentence? "Leave him alone."
2. What is the correct pronunciation of "cement"?
3. Which one of these words is misspelled? Grandeur, guarantee, guileless.
4. What does the word "counterpoise" mean?
5. What is a word beginning with "a" that means "a sense of superiority"?

ANSWERS

1. Say, "Let him alone." 2. Pronounce first e as in see-unstressed, and accent last syllable, not the first. 3. Guarantee. 4. An equivalent power or force acting in opposition; a state of balance. "The everyday cares and duties, which men call drudgery, are the weights and counterpoises of the clock of time."—Longfellow. 5. Arrogance.

Morning Smile

PROOF

Grandpa gnashed his toothless fangs indignantly. "There's far too much bad language used by the younger generation," he wheezed. "Now, when I was a boy things were different." "Well," said his grandson: "I think we are much better today than in your time—better than they were thousands of years ago—even the ladies swore in the olden days."

"How do you make that out?" gaped grandpa. "Why," replied the youngster, "it says in the Bible that Job cursed the day he was born."

LOST SECRET

"Why so sad?" asked Robinson. "Said something to my wife and she wouldn't speak to me for a week," said Jobson, dolefully. "That's too bad, old man. When did that happen?" "Bout a month ago." "Well, why so sad now?" "Forgotten what I said."

BEAUTY PARADE ON YOUR BONDS

NEW YORK—In case you woke up this morning wondering why there are pictures of ladies engraved on most stock and bond coupons, this little item will put you straight.

There are pictures of ladies because—(1) most of the vignettes on certificates are allegorical and figures like Peace, Justice, Victory and so forth have usually been women; (2) steel-engraved figures of women are difficult to counterfeit; and (3) ladies are pretty. Furthermore, what would you put on the coupons?

As a matter of fact, there are some pretty strange requests for vignettes. City of Paris bonds are illustrated with Rheims Cathedral; New York Central bonds have an engraving of Grand Central Terminal and French Republic bonds bear a lady flanked by two men. Vive La France.

Since most of the figures are of women, however, stock-printing concerns keep a file of general vignettes of the fair sex. Individually designed engravings are costly and most concerns usually settle for one of the standard settings.

DOROTHY DIX SAYS—

Successful Marriages

A Few Hints On How To Keep Husband Happy And At Home

A group of young girls, who are about to enter the holy estate of wedlock, ask me if I will give them some suggestions about how to make their marriages successes. Well, daughters, there is no infallible rule for pulling off a happy marriage. It is mainly guess work and good luck, for men and women suffer a sea change when they get married and no matter how long and how well they have known each other before the wedding, after marriage they find they are perfect strangers. They have to get acquainted all over again and, believe me, they get some surprises!

Still and all, there is no sense in buying a pig in a poke. There are some precautionary measures that the dumbest girl should take if she expects to be happy though married, and the most important of these is to pick out the kind of husband she wants, to begin with, instead of depending on changing a second-rater into something she will be proud to have around the house. Don't marry a reformer. Take one who doesn't need reforming. No woman is enough of a miracle-worker to turn a drunkard, or a philanderer, or a ne'er-do-well into a good husband.

HAVE OWN HOME

Set up your own home when you get married, even if it is just a cubby-hole with an electric plate and a coffee pot, and be sure that there is not a mother nor a mother-in-law in it if it is possible to avoid it. You and your Tom, Dick or Harry will have plenty of run-ins while you are adjusting yourselves to each other, and if you are alone when the fight is over, you will kiss and make up and forget it; but if your Mamas are around urging you to stick up for your rights, they will start you on the road to the divorce court.

Learn how to cook before you get married. The quickest and surest way of alienating a husband's affections is by feeding him on food that a hungry dog wouldn't eat. Never forget that the infallible recipe for keeping a husband at home of evenings is to fill him so full of his favorite dishes that all he wants are his easy chair and his slippers. Don't be possessive. Don't think that because a man married you that you own him, body and soul. Don't try to separate him from his own family and his old friends. To prevent scenes your husband may give in to you, but he will hate you for it. And every time he has to slip his mother a little money, or go to see her on the sly, he will have more and more contempt for you. On the contrary, there is nothing on earth that a man appreciates so much as that she endears his wife to him as for her to get along with his people and make his old friends welcome in his home.

Don't have your own people under foot too much. Don't have Mother and the girls and little brother always camping in the guest chamber. When a tired man comes home from work at night he doesn't want to have to listen to Sally's mother's advice, or Papa's reminiscences, or to the squawks of a lot of bobby-soxers. In-laws should always be taken in broken doses.

Don't be stingy with the soft soap. Before he was married the girls flattered your husband by telling him how handsome and fascinating he was. Now it is up to you to pinch hit for them and yourself too, so double the dose. You can't make it too strong. When a wife stops building up her husband's ego and begins tearing it down with her criticisms, she is simply opening the door to the Other Woman.

And finally, daughters, if you forget all the balance, remember this: Keep telling your husband you love him. Make that your theme song and he will never tire of listening to it.

Living & Leisure

THE WOMAN'S REALM

Love thou thy land, with love far-brought
From out the storied Past, and
Within the Present, but transfused
Thro' future time by power of thought.

—Tennyson.

SPRING SALAD

One cup cooked diced meat; one cup cooked diced potatoes; one cup cooked diced beets (if canned, drain well); one-half cup sliced radishes; one teaspoon celery seed; one-quarter cup chopped green onions; one-half teaspoon salt; one-quarter teaspoon pepper; two hard-cooked eggs; coarsely chopped; two-thirds cup cooked salad dressing. Combine all ingredients except one half-cooked egg, which is to be sliced and used as a garnish. Add salad-dressing last and toss ingredients lightly together. Chill thoroughly and serve on crisp lettuce. Six servings.

CONSULT A DOCTOR

Cutting down on foods and indulging in reducing exercises may prove harmful if not suited to one's individual needs. If a person wants to reduce, the procedure should have professional direction and control, say doctors.

New Soapless VEL Is New Modern Cleaner

by Frances Thompson
noted homemaking authority

Soapless VEL has changed my ideas of washing clothes and doing dishes. This modern discovery has shown me for all time that heavy suds, such as soap products produce, are not necessary for cleaning.

The light fluffy suds you get with VEL are somewhat like a frothy drink or an ice-cream soda—the goodness is beneath the froth and bubbles—and lasts long after the suds subside. You don't need rinsing suds with VEL. I've found that the clear solution left after VEL suds dissolve, has all of VEL's original cleaning power. And it acts just as soft as rain water. That's why VEL is so easy on the hands and so beneficial in the bath-tub.

VEL FOR DISHWASHING

A teaspoonful or two of soapless VEL in dishpan or sink (nothing else, please!) is all that is required to speed up dishwashing. No need to add soap or any other means to your VEL solution. Soapless VEL alone cuts grease quickly and leaves no smears on glass or china, nor scarcely any scum around the sink. For hard-to-clean pots and pans and for egg-stained spoons and plates, VEL's cleansing action is really amazing.

VEL FOR DELICATE FABRICS

I have found that soapless VEL dissolves instantly and completely in lukewarm water. This makes it particularly good for washing lingerie, woollens and nylons. Unlike soap, VEL is a neutral product, free from soapy alkalis. It contains nothing to harm colours or delicate fabrics. Use a little less VEL than soap (no need to add more when the suds subside). You'll find one rinsing is sufficient and it eliminates soapy film and scum.

VEL FOR HOUSEHOLD CLEANING

A tablespoonful of soapless VEL in a pail of warm water quickly removes grease and dirt from painted surfaces, walls, windows, mirrors and tiles. No rubbing, rinsing or drying is necessary. Just wring out the cloth and wipe off the dirt.

"VEL" is a registered trademark of the COLGATE-PALMOLIVE-PEET CO. LTD.

Ellen's Diary

By an Island Farmer's Wife

And so young grand-daughter of ours, bright-eyed, and happy is off row into her second year. Not as her mother and I had hoped, stepping away briskly into her new year, but at the same time quite strong and sturdy and not altogether satisfied with her present mode of locomotion. One turns from the interest of the moment to find her standing beside a couch or perhaps tent in searching through the contents of a low cupboard, but so far she has not attempted even one step alone. She is able however to reach most of her objectives in a matter of minutes and an open door is a favoured goal.

Surprisingly, after last night's downpour, the fog that still lingered above the stream this morning was soon lost in the warmth of the sun's rays. Thickly it had shrouded the area there at time of our rising so that we were perplexed as to the brand of weather in store for us in the hours to come. It was with some anxiety that James regarded the pond's ripple and the way of the breath of wind in the lawn trees before even changing from his night attire.

"The month is slipping away, Ellen," he remarked from the window. I knew he was thinking of the grain-sowing and the "seeding down" that still remain to be done at Alderica. "I tell you, Ellen, this weather is getting to be serious," he said. And then as we had hoped, the mist dissolved and farmers were allowed the privilege again of resuming their field work suspended by yesterday's rain. The "seeding" about the stables now makes for a longer day at the cropping. All of the cattle kind except the younger calves, are on pasture, the pair of sows too, to the grass in the orchard. Only three piglets of the Spring litters have been retained, one for the Winter barrel and the others to "pay the rent" or perhaps in time to be added to the number of producing ones in the modest herd. In any event, the morning feeding, that once seemed to be extensive and time consuming has in recent days been considerably lightened. Even the newer calf, the bluish one fetched on a rainy evening from Mr. D.'s down the highway has mastered the art of lowering his head to drink from a pail.

Such a trouble it sometimes is teaching a calf to look down instead of up for his milk! Jock says he has taught him to drink it, I said this morning looking towards this one tied with the others in the now much emptier stable. We had come to the milking then, James and I, come to a nice and equitable arrangement of the chore, if for the time all cash returns appear to have vanished. Indeed the morning milking has of late become a sort of social event for us though often when James is taken up with momentous thoughts, it is a silent affair. But today on our sturdy milking stools we chatted away. "He taught him to drink? Humph!" James replied, and I directed a warm tickling stream of milk to one of the cats, who now stands erect to receive it. It is debatable as to whom credit is due in teaching principles of survival to that youngest calf. Not I think to any one alone but to the family working together as a unit. And all the time there was a washing of vests and a licking of chops among the felines in which even Tabby our bland old cat joined.

And then under clearing skies, the men were off to the field; Jeanie's wash appeared on the line; the mailman went out along the hill; Pard returned to chase the foraging hens from the lawn; bird song flooded the place; swallows on last missions flew between barns and ponds skimming the latter with touching wings; starlings held not unmusical converse in the orchard trees and the old spruces nearby, and a song sparrow, a small and very good friend of mine sang from among the creeper that clings to the verandah, sang to me, as I was about the morning choring, keeping wood to the fire and an eye to the clock—much aware today of James' meal times. So why now the twilight is creeping along the hill tops and seeping into this valley below, bringing day's end and ours home from the field work. It is a nice twilight, though I fancy a bit lone because of a sigh to the wind's passing about the eaves. There is a complaining in it that is not at all promising in respect to fine weather to come. The horses are at the watering trough—came there with a noisy but welcome clanking of harness. Two only. The Nell-mare as is the custom in the cropping has wandered to the house yard to nibble a mouthful of the new grass. James will come presently to take her to join the others. Meanwhile I hear her cropping it busily—and the night is commencing to hide the brightness of the pond water. I must hasten now to light the kitchen lamp. It is indeed a dreary house that sets no welcoming beacon in its windows, for men folk to return to at the end of day!

Until tomorrow — Diary — Good-night.

Salad season soon! Shop now for HEINZ Vinegars

Gold and Green Salad

Fry 4 to 6 strips bacon. Remove from pan and drain. Into 1/4 cup of the bacon fat, blend 2 tablespoons flour, 1 teaspoon paprika, 1 teaspoon salt and 2 teaspoons sugar. Add 1/2 cup water, 1/2 cup Heinz Vinegar and 1/2 cup chopped onion. Cook, stirring constantly, until bubbling. Break drained bacon into pieces. Sprinkle over raw spinach. Add Vinegar sauce. Toss lightly. Chop 2 hard cooked eggs and garnish each serving. If desired, tomato wedges may be placed around edge of spinach. Serves 6.



For salad insurance choose the best vinegar you can buy, just as you choose the best fruits and vegetables. That's the way to protect and enhance flavour.

Modern Etiquette

By Roberta Lee

Q. What are two things to avoid when beginning a social letter?

A. Beginning with the word "I" and a word ending in "ing," such as "Having just returned to town, I am..."

Q. Is it bad form to applaud loudly in a theater?

A. Yes. Applause that is protracted or too loud is in very bad taste. And if you happen to be the only one applauding, it is time to stop.

Q. Is it ever permissible when asked to pass food at the table to help one's self first?

A. Never, unless urged to do so by the person who has asked for the dish.

How Can I!!

By Anne Ashley

Q. How can I keep brass ornaments bright?

A. Scour brass ornaments until they have taken on all the polish that will adhere, then apply a thin coat of varnish and they will keep bright for a long time.

Q. How can I give a flavor to homemade ice cream, a little different from the usual vanilla, chocolate, etc.?

A. Homemade ice cream will be delicious if peppermint sticks are broken up and used as flavoring. It will also have a pretty color.

Q. How can I restore cotton goods that has been badly scorched?

A. Dip it in cold water and hang it in the sun to drip and dry. Repeat this process several times if necessary.

Needlecraft FOR THE HOME

SOCIALLY CONSCIOUS

For your grababout days, a soft as a whisper frock with cape sleeves that will cause ripples of excitement wherever you go! And you'll especially like the easy going body lines that are so lovely, so flattering to the figure.

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Name _____
Address _____
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Frequent rest for the eyes is beneficial to eye health authorities. When doing close work look at a blank wall or some distant object and avoid reading in bed for long periods or in moving vehicles.

2247
SIZES 12-46

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as grand as JELL-O and JELL-O Puddings!



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Deliciously rich-flavored
Quick, easy, sure
Grand as dessert or sauce

EXTRA LIGHT BREAD!

BAKE WITH FLEISCHMANN'S ACTIVE FRESH YEAST

Full-strength yeast acts faster because it's fresh! Fleischmann's fresh active Yeast goes right to work—makes sweeter, tastier bread... insures tender light texture. IF YOU BAKE AT HOME—use Fleischmann's active, fresh Yeast with the familiar yellow label. Dependable—Canada's time-tested favourite for over 70 years.

Always fresh—at your grocer's