

Rose Marie Beauty Shoppe

Our Annual Permanent Wave Sale is now on.

We have a style and price to suit YOU.

With each Shampoo and Finger Wave we are giving free a Soapless Oil, or Nu-Gloss Color Rinse.

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BOOKS/ART/MUSIC

(By F. R. H.)

Continued from page 8.

MacKenzie, "The Joyful Delaney's" by Hugh Walpole, "The Doomsday Men" by J. B. Priestley, "Insanity Fair" by Douglas Reed, "Science for the Citizen" by Lancelotti Hogben, "Crippled Splendour" by Ewan John Hughes, "Harris Oscar Wilde" edited by George Jernard Shaw.

AMATEUR PAINTING CONTEST

With the publication of "Painting for Pleasure" by Morris Davidson, the publishers Hale, Cushman and Flint announce an interesting experiment they are to make in connection with promotion of the book, concerning amateurs seriously interested in creative art. Students of Mr. Davidson's method have held several collective exhibitions of their work during the past few years, and the publishers plan a similar exhibition of works produced by amateur painters with the help of "Painting for Pleasure." This exhibition is to be held sometime next year in a prominent New York gallery. Amateurs from the United States and Canada will be invited to submit canvases, from which a selection will be made for the exhibition.

October's new books about music and musicians are "The Padriewski Memoirs," "Richard Strauss: The Man and His Music" by Thomas Archer, music editor of the Montreal Gazette; "What to Listen For in Music" by Aaron Copland well known American composer; "My Husband Gabrielowitch" by Clara Clemens, daughter of Mark Twain.

Dorothy Dix's Letter Box

(Continued from page 8.)

Certainly the man and the woman who belong to the same social circle, who have the same tastes and habits, who know the same people and who have about the same amount of education are far more likely to be congenial than are people who were reared in a different environment, who have different traditions and different customs and ideas and are accustomed to a different school of cookery.

So one can give no better advice to a man or woman than to urge them to marry in their own class. Old Hiawatha said it when he told the youth, "Like a fire upon the hearthstone is a neighbour's lonely daughter, like the starlight, like the moonlight is the handsomest of strangers."

But in a case where either the husband or wife has more intelligence and has had better social and educational advantages it is far better for the couple to themselves for the more intelligent one to have a superior mother than it is to have a superior father.

In a recent survey that was made in domestic relations it was found that in the cases where the husband was superior the marriage was generally a success, whereas when the gray mare was the better horse the marriage was almost invariably a failure.

The reason for this is easily seen. A man's vanity cannot stand for him to look up to his wife, whereas a woman really likes to look up to her husband. A woman glories in her husband's achievements, but a man seems to think that his wife's achievements are a reflection on him in some way. When a woman wins fame in any line she nearly always lays it off by losing her husband to some little caddy moon who sits at his feet and tells him how great and wonderful he is. Also, men do not appear to be bored by stupid women as women are by stupid men. A wife is ashamed of a husband who is dumb, but a man doesn't appear mortified by a wife who hasn't two ideas to rub together in her head.

But when there are children, if either parent is superior it is vital to their interests that the mother should be the better one. For it is the mother, who is with the children all the time, who forms their manners and their ideas and who shapes their characters and who sees that they are educated and get their chance in life.

Dear Dorothy Dix—I am very much in love with a girl to whom I was engaged, but she broke it off because she was not ready to settle down. I told her that if we married we would not really be settling down, but enjoying life together and having just as good times as we were before but she couldn't see it that way. Since then I have been trying to do my best to win her back, but it seems impossible. What would you advise me to do in a case like this? GEORGE.

Answer: Let her alone for a while. Don't go near her or hold any communication with her. Let her think that you have accepted her ultimatum and that she has lost you. If you can make her think that you have become interested in some other girl it will help a lot to make the situation clear.

For you see she is trying to have her cake and eat it, too. She wants to have your love and attention and to keep you as a steady standby that she can fall back upon in any emergency, and yet to keep her freedom and to have the fun of running around with other dates. But if she finds out that she has either got to take you or leave you, it will at least help her make up her mind.

But I feel that I should warn you, George, that a girl who is foolish to marry isn't very much in love. She has only a mild case of affection and is not the woman of your grand passion. If she was as much in love with you as you are with her she wouldn't dread the altar. She wouldn't think of getting married as being sold down the river into slavery. She wouldn't think that spending her evenings at home with you would be a dull and dreary process.

On the contrary, a girl who is really in love looks forward to her wedding as the great moment in her life. She is eager, to belong to the man she loves, and she looks upon the little home that she is going to make for her husband as the realization of her castle of dreams in which they will spend blissful evenings shut away from the world.

But never try to persuade a girl to marry you until she is ready to settle down. If you do, you will have only a restless, dissatisfied, peevish wife on your hands who is always wanting to go to places and do things, and who pines for flirtations with other men. No man or woman should get married until domesticity looks better to them than the night club.

Dear Miss Dix—I have been married nine years to a man I love dearly. I have worked in an office virtually all the time I have been married, to help pay for our little home. Now I find that ever since we have been married he has been having affairs with women, and right now he is in love with a young girl. He says he never did love me and never can, but he is just bubbling over with love for this other girl. What is the best thing for me to do—stick or get out of the way and let her have him? We have one child, 8 years old. UNHAPPY WIFE.

Answer: Make him give you the home you have helped pay for and an allowance for the support of the child. I do not see why you should stick to that kind of a man, particularly when he tells you that he has never had any affection for you. Fortunately, you have your trade and are able to support yourself. DOROTHY DIX.

Balanced Meals On A Limited Income

The following interesting paper was given by Miss Marjorie White, dietitian at the P. E. I. Hospital, at the Refresher Course for nurses held during the week:

The problem of providing adequate meals when the income is reduced to a minimum is not in any sense a new one. Periodic depressions, famines, disasters and prolonged war conditions have invariably resulted in making the struggle for simple maintenance more acute. Even under normal conditions malnutrition and the common deficiency diseases have always been prevalent, particularly among the lower income groups. Early colonization in this country was made more difficult because it was practically impossible to obtain fresh food during the cold months and every winter took its toll from scurvy, rickets and the generally lowered resistance of the people.

In modern times, however, the problem has developed some new aspects which it might be well to consider. For the majority of us it is no longer necessary to go out and actually hunt for food and on this continent at least there is no real scarcity of food itself. For those who cannot afford to pay for it the government attempts to provide food for the minimum to maintain the general health and prevent starvation of those on relief. For these people and in fact for almost everyone the question has become one of choice. The lower the income the more difficult and the more important this choice becomes.

For the outdoor worker the matter is generally easier. Provided he can obtain enough to cover his higher energy needs there is not the same danger of mineral and vitamin deficiency. Since the appetite is better there is a much greater quantity of food consumed, and the body is in better condition to utilize it. For example, in a meal of potato and slice of white bread may not be particularly high in protective qualities, if a working man eats six or eight potatoes at a meal with innumerable slices of bread, not to mention great helpings of stew or a wedge of cheese, the total is bound to be fairly good since his requirements for minerals and vitamins does not depend on the amount of muscular activity.

For the indoor and sedentary worker in the city and particularly for the child, the matter is more serious. Here the quantity of food eaten is less while the mineral and vitamin requirement is as high or higher. In addition the food must be bought either at restaurants or prepared in the home often from partially prepared or canned foods.

Pity the poor mother faced with the problem of feeding a growing family with insufficient means, or in fact even with sufficient means. In the first place foods which she believes to be generally good may be of a quality so refined as to have lost much of their original value. In pioneer times a bowl of porridge contained almost everything from the grain that was raised. Now, refined flour has become so refined as to have lost much of their mineral and vitamin content, though in the last few years there has been a movement to get them back again. Secondly she is offered such an endless variety of food that it is no wonder that she becomes bewildered. With the best intention she tries to choose those that will give her family the best value for her money. And what happens? On every hand she is bombarded with food and food facts and pseudo-scientific advice till she doesn't know which way to turn. It is a case of all she knows about food is what she reads in the papers. The radio adds to the general confusion by forming clubs of children who can produce so many labels from favorite foods they believe vital to their health and happiness. Please do not mistake me. These advertisers are not deliberately trying to fool an ignorant public. The products they praise may be wholesome, desirable and attractive in every way but they do tend to exaggerate their importance to those who may not have the intelligence or the information to sort out the facts in their proper perspective.

Non-commercial efforts of food education have also in many cases had similar harmful results. For example, a few years ago, in their zeal to stress the value of the less commonly used vegetables in the diet, dietitians everywhere talked, wrote and said what was worse forced others to eat spinach till the whole country was green with disgust. Even now the word dietitian simply means spinach to the general public. The many fact that it was only one of many food protective foods was lost sight of in their frenzied over-enthusiasm.

The varied food needs of a family containing a baby in the cod-liver-oil, orange juice stage, an adolescent boy whose passion for violent exercise together with a constant marvel, a stenographer who insists on reducing and a father who works all day at hard manual labor is ample reason for any mother to get grey. It is also a problem for relief agencies and public health departments to ponder.

(To Be Continued)

SHAMPOO BOARD

Mothers with large families can ease the hair-washing hour with the simple device of a shampoo board such as is used in many navies, together with a high chair.

The Young Mother Has her health problems

Happy and fortunate is the bride who enters married life in full health and vigor. The woman of the home more difficult and more nerve racking. Dr. Chase's Nerve Food can be of very great benefit to you both before and after baby's coming. By restoring health of body and mind it will save you from the irritabilities which tend to destroy the happiness of the home. It will restore hope and confidence at a time when ill health lets you see only the dark side of things.

Cardigan School Fair

- CLASS I — GRAINS**
- Sec. 1 — White Oats
1. Kathryn MacEachern, Iona School; 2. Merlin Quinn; Iona School; 3. Roymand Rice, Glenfanning School; 4. Lea MacGillivray, Glenfanning School.
- Sec. 4 — Corn
1. Peter McLeod, Lorne Valley; 2. Barbara McLeod, Lorne Valley; 3. Rita Murphy, Cardigan; 4. Dunstan Murphy, Cardigan.
- CLASS 2 — ROOTS**
- Sec. 1 — Peck Green Mountain Potatoes
1. Helen Ryan, Cardigan; 2. Georgie Webster, Cardigan Head; 3. Lee Flynn, Iona; 4. Lowell McInnis, Lorne Valley.
- Sec. 2 — Peck Cobblers
1. Peter MacAulay, Cardigan; 2. Eugene Sullivan, Cardigan; 3. Merlin Quinn, Iona.
- Sec. 3 a — Table Turnips
1. Fred MacLeod, Lorne Valley; 2. Barbara MacLeod, Lorne Valley; 3. Grant MacCannell, Lorne Valley; 4. Peter Sullivan, Cardigan Head.
- Sec. 4 — Mangels
1. Annie McEachern, Cardigan; 2. Mamie Sullivan, Cardigan Head; 3. Peter Sullivan, A. Vernon Roach, Glenfanning.
- Sec. 5 — Carrots
1. Phillip McEachern, Iona School; 2. Annie McEachern, Cardigan School; 3. Harriet MacEachern, Iona; 4. Arthur Brothers, Cardigan.
- Sec. 6 — Parsnips
1. Stanley Webster, Cardigan Head; 2. George Webster, Cardigan Head; 3. Raymond Shaw, Lorne Valley; 4. Billy Agnew, Cardigan.
- Sec. 1 — Six Green Tomatoes
1. Claire Macdonald, Cardigan; 2. Marie Ryan, Cardigan; 3. Kent Macdonald, Cardigan; 4. John Shaw, Martinvale.
- Sec. 2 — Three Green Cucumbers
1. Francis Murphy, Cardigan; 2. Lorne McLeod, Lorne Valley; 3. Stanley Webster, Cardigan Head; 4. Jimmy Ryan, Cardigan.
- Sec. 3 — Six Beets
1. George Webster, Cardigan Head; 2. Peter McAulay, Cardigan Head; 3. Evelyn MacIntyre, Cardigan; 4. Stanley Webster, Cardigan Head.
- Sec. 4 — Cabbage
1. Harriet MacEachern, Iona School; 2. Inez Redmond, Cardigan; 3. Kent Macdonald, Cardigan; 4. Eric Macdonald, Cardigan.
- Sec. 5 — Pumpkin
1. Dunstan Murphy, Cardigan; 2. Frances Murphy, Cardigan; 3. Rita Murphy, Cardigan; 4. Jim MacCannell, Lorne Valley.
- Sec. 6 — Squash
1. Jim MacCannell, Lorne Valley; 2. Grant MacCannell, Lorne Valley; 3. Flora Martin, Martinvale; 4. Mary Tait, Cardigan Head.

- CLASS 3 — MITTENS**
1. Margaret Lowery, Cardigan Head; 2. Frances Murphy, Cardigan; 3. Rita Murphy, Cardigan; 4. Marjorie Shepard, Cardigan Head.
- Sec. 4 B — Darned Sock
1. Rita Murphy, Cardigan; 2. Sadie Sullivan, Cardigan Head; 3. Margaret Lowery, Cardigan Head.
- Sec. 5 — L-B Hemstitching
1. Margaret Lowery, Cardigan Head; 2. Sadie Sullivan, Cardigan Head.
- CLASS 7 — MANUAL TRAINING**
- Sec. 1 A — Painter
1. James Tait, Cardigan Head; 2. Elmer McGillivray, Glenfanning; 3. Jackie Macdonald, Cardigan; 4. Lemuel Shepard, Cardigan.
- Sec. 2 — A-Window Stick
1. Jackie Webster, Cardigan Head; 2. Elmer McInnis, Lorne Valley; 3. Peter McLeod, Lorne Valley; 4. Alton McLeod, Lorne Valley.
- Sec. 3 — A Coat Hanger
1. Elmer McGillivray.
- Sec. 1 — Rope Halter
1. Erven Roche, Glenfanning; 2. Kent Macdonald, Cardigan.
- Sec. 2 — Bake Board
1. Norbert Macdonald, Cardigan; 2. Arthur Brothers, Cardigan.

- CLASS 8 — LIVESTOCK**
- Sec. 1 — Heifer Calf
1. Donald Macdonald, Cardigan; 2. Billy Agnew, Cardigan; 3. Johnny McIntyre, Cardigan; 3. Joe MacAulay, Cardigan.
- Sec. 2 — Barred Rocks
1. Peter MacLeod, Lorne Valley; 2. Palmer MacLeod, Lorne Valley; 3. Annie McEachern, Cardigan; 4. Marion McEachern, Cardigan.
- Sec. 1 (f) — Writing
1. Sadie Sullivan, Cardigan Head; 2. Sandra Ferguson, Cardigan Head.

- CLASS 9 — COLLECTION**
- Sec. 1 — Injurious Weeds
1. Cardigan Intermediate.
- Sec. 2 — Deciduous Forest Leaves
1. Glenfanning.
- Sec. 3 — Insects
1. Glenfanning School; 2. Cardigan Head School.
- CLASS 10 — SCHOOL WORK**
- Sec. 1 — (a) — Single Line Writing
1. Rhoda Gordon, Cardigan; 2. Eugene Sullivan, Cardigan; 3. Marguerite Campbell, Martinvale; 4. Francis Campbell, Martinvale.
- Sec. 1 (b) — Writing
1. Marie Saunders, Cardigan Head; 2. Marie Sullivan, Cardigan Head; 3. Charles McGrath, Lorne Valley; 4. Geraldine Macdonald, Cardigan.
- Sec. 1 (c) — Writing
1. Eileen Robins, Martinvale; 2. Stanley Webster, Cardigan Head; 3. Phyllis Shepard, Cardigan Head; 4. James Tait, Cardigan Head.
- Sec. 1 (d)
1. Helen Ryan, Cardigan; 2. Beatrice Gallant, Cardigan; 3. Annie McEachern, Cardigan; 4. George Webster, Cardigan Head.
- Sec. 1 (e) — Writing
1. Helen Ryan, Cardigan; 2. Inez Redmond, Cardigan; 3. Margaret Gallant, Cardigan; 4. Heath McGrath, Lorne Valley.

- CLASS 4 — FLOWERS**
- Sec. 1 — Zinnias
1. Geraldine Macdonald, Cardigan; 2. Jean Macdonald, Cardigan; 3. Joan Macdonald, Cardigan; 4. Ernie Macdonald, Cardigan.
- Sec. 2 — Mixed Flowers
1. Ernie Macdonald, Cardigan; 2. Clare Macdonald, Cardigan; 3. Billy Agnew, Cardigan; 4. Donald Macdonald, Cardigan.
- Sec. 3 — Gladiolus
1. Jackie Macdonald, Cardigan; 2. Rita Murphy, Cardigan; 3. Marie Ryan, Cardigan.
- Sec. 4 — Pansies
1. Mary Tait, Cardigan Head; 2. Helen Ryan, Cardigan.

- CLASS 5**
- Sec. 1 — Single Loaf of White Bread
1. Rita Murphy, Cardigan; 2. Leah Brothers, Cardigan; 3. Beatrice Gallant, Cardigan; 4. Peggy Gallant, Cardigan.
- Sec. 2 — Biscuits
1. Jean Macdonald, Cardigan; 2. Marjorie Shepard, Cardigan Head; 3. Ruth Landrigan, Glenfanning; 4. Rita Murphy, Cardigan.
- Sec. — Ginger Snaps
1. Anna Gallant, Cardigan; 2. Peggy Gallant, Cardigan; 3. Marjorie Shepard, Cardigan; 4. Beatrice Gallant, Cardigan.
- Sec. 4 — Ginger Bread
1. Rita Murphy, Cardigan; 2. Leah Brothers, Cardigan; 3. Evelyn Quinn, Iona; 4. Jean Macdonald, Cardigan.

Going Out of Business Sale

D. J. McLEAN, MONTAGUE, RETIRING FROM BUSINESS AND CLOSING OUT THE ENTIRE STOCK OF DRY GOODS, GROCERIES, LADIES', MEN'S AND BOY'S WEAR, CROCKERY, ETC. ALL STANDARD LINES, FIRST QUALITY.

All Goods Selling At Cost and Less

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SALE STARTS OCT. 24th. NO REFUNDS, NO EXCHANGE

— IMPORTANT NOTICE —

All outstanding accounts owing to D. J. MacLean must be settled before Nov. 26th. They will be collected through other channels after that date.

D. J. McLEAN, MONTAGUE

PHONE 40-3

- gan Head 3. Margaret Lowery, Cardigan Head; 4. Leah Brothers, Cardigan.
- Sec. 2 (a) — Map Drawing New Brunswick
1. Vernon McLeod, Lorne Valley; 2. Lorne McLeod, Lorne Valley; 3. George Webster, Cardigan Head; 4. George Webster, Cardigan Head; 4. Mary Tait, Cardigan Head.
- Sec. 2 (b) — Map Drawing, Canada
1. Marie Ryan, Cardigan; 2. Margaret Gallant, Cardigan; 3. Alfred Lowry, Cardigan; 4. Raymond Macdonald, Cardigan.
- Sec. 2 — Map Drawing, Asia
1. Gordon McLeod, Lorne Valley; 2. Rita Murphy, Cardigan; 3. Margaret Lowry, Cardigan Head; 4. Sadie Sullivan, Cardigan Head.
- Sec. 3 (a) — A Cat or Other Pet Art Work
1. Eugene Sullivan, Cardigan; 2. Margaret Farrell, Cardigan; 3. Desmond Rice, Glenfanning; 4. Jackie Webster, Cardigan Head.
- Sec. 3 (b) — Potato Digging or Plowing
1. Mary Rice, Glenfanning; 2. Ursula Rice, Glenfanning; 3. Donald Macdonald, Cardigan; 4. Teresa Campbell, Cardigan.
- Sec. 3 (c) — Carter's Landing
1. James Tait, Cardigan Head; 2. Stanley Webster, Cardigan Head; 3. Laura Roche, Glenfanning; 4. Phillip McEachern, Iona.
- Sec. 3 (d) — Our School Fair
1. Helen Ryan, Cardigan; 2. Teresa Gallant, Cardigan; 3. Beatrice Gallant, Cardigan; 4. George Webster, Cardigan Head.
- Sec. 3 (e) — Birch Trees and Evergreens
1. Olive McGillivray, Glenfanning; 2. Inez Redmond, Cardigan; 3. Marie Ryan, Cardigan; 4. Raymond Macdonald, Cardigan.
- Sec. 3 (f) — Doorway
1. Kent Macdonald, Cardigan; 2. Leah Brothers, Cardigan; 3. Helen Landrigan, Glenfanning; 4. Raymond Rice, Glenfanning.
- Sec. 4 — (a) — Portfolio on Nature
1. Martinvale School; 2. Original Poster, Health; 3. Hughie McPhee, Cardigan; 2.



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The Young Mother Has her health problems

Happy and fortunate is the bride who enters married life in full health and vigor. The woman of the home more difficult and more nerve racking. Dr. Chase's Nerve Food can be of very great benefit to you both before and after baby's coming. By restoring health of body and mind it will save you from the irritabilities which tend to destroy the happiness of the home. It will restore hope and confidence at a time when ill health lets you see only the dark side of things.

abundance of rich, red blood and a healthy, buoyant nervous system. Modern life and present financial stringencies tend to make the life of the woman in the home more difficult and more nerve racking. Dr. Chase's Nerve Food can be of very great benefit to you both before and after baby's coming. By restoring health of body and mind it will save you from the irritabilities which tend to destroy the happiness of the home. It will restore hope and confidence at a time when ill health lets you see only the dark side of things.