

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



AWAY WITH MESSY POULTICES AND PLASTERS

Thermogene is as soft as down. Pin or bind it over that part that pains...

Thermogene induces a penetrating warmth that lasts. It reaches the congestion that's causing the pain.

Ready for instant use and easy to apply. Cleanly. Stays in place. Can be worn in most cases unnoticed...

Thermogene is the modern treatment to bring relief to all pains caused by colds and chills.

Your druggist has it.

Sales Representatives for North America Harold F. Ritchie & Co. Limited

The word "Thermogene" is the registered trade mark of The Thermogene Co. Ltd., Hayward Heath, Sussex, England

TO RELIEVE CHILL-CAUSED PAIN

THERMOGENE Put it where the Pain is

LIVESTOCK MARKETS

(Canadian Press)

MONTREAL, Feb. 25.—There were 218 cattle, 538 calves, 331 hogs and 32 sheep and lambs, for sale on the two Montreal livestock markets today.

The Queen of Denmark has become an amateur motion picture enthusiast.

Failure of several Indian money lenders in rural districts of Burma has further complicated the agricultural situation of the country.



Needless Pain!

Nowadays, people take Aspirin for many little aches and pains, and as often as they encounter any pain.

Why not? It is a proven antidote for pain. It works!

And Aspirin tablets are absolutely harmless. You have the medical profession's word for that; they do not depress the heart.

So, don't let a cold "run its course." Don't wait for a headache to "wear off." Or regard neuralgia, neuritis, or even rheumatism as something you must endure. Only a physician can cope with the cause of such pain, but you can always turn to an Aspirin tablet for relief.

Aspirin is always available, and it never fails to help. Familiarize yourself with its many uses, and avoid a lot of needless suffering.

ASPIRIN TRADE MARK

Would Substitute "Friend" for "Parent" Dorothy Dix Get Acquainted With Your Children

Why Can't Parents Realize That it is Their Own Fault When Their Children Don't Confide in Them? Why Can't They be Friends, Instead of Conscientious Objectors to Everything Their Children Want to Do?

Are you on speaking terms with your children? Most people aren't. Of course you say plenty to your children, but isn't what you say to them a lecture or a reproof or an order or advice?



When you come to think of it, aren't you on about as chatty terms with the Prince of Wales or Mussolini as you are with your own Johnny and Mamie, and when you are thrown on each other's society for about an hour or two don't you find that you are both embarrassed and tongue-tied and that you have as little to say to each other as if you were strangers who were meeting for the first time?

Not long ago a middle-aged man said to me that he had missed so much in never having got acquainted with his father.

"All my life," he said, "people have been telling me what a brilliant man my father was and what a fascinating conversationalist, and what a scintillating wit he had, and what charm of manner he possessed, and what a delightful companion he was, but I was never privileged to glimpse this side of his character, though I should have sat at the feet of that kind of man and worshipped him.

"But the father I knew was a stern, autocratic man, who never spoke to his children except to correct them or find fault with them, and of whom we stood in such deadly fear and awe that our one fixed idea was to keep quiet in his presence and call his attention to ourselves as little as possible. I do not remember ever having addressed a remark to him except when it was absolutely necessary to ask him for something or to try to defend myself when I had done something of which he disapproved.

"And when I was grown and no longer afraid of him, the habit of constraint between us was too strong to be broken. I still felt ill at ease in his presence, and I couldn't have opened up my heart to him and told him what I was really thinking and feeling and hoping and planning to save my life. He lived and died without our ever having a real conversation, and I have often wondered if he would have liked to know me as much as I would have liked to know him."

Millions of other men and women have had the same experience. Millions of children are going through it right now, and I often think what a wonderful thing it would be if parents could cease being parents to their youngsters about the time they are 3 or 4 years old, and thereafter be Friend Father and Friend Mother.

For both parents and children miss so much, not only in happiness, but in effectiveness and helpfulness, when they can't talk things over together like good pals, and get at each other's point of view. But this is an impossibility if not mutual ground of understanding on which they can meet has never been established between them.

The exceeding bitter wall that goes up continually from parents is that their children do not confide in them, and that Johnny and Mary never tell them where they are going, or what they are going to do or ask their advice or discuss their plans and ambitions with them. And parents never realize that the fault is their own and that they themselves have made it impossible to talk freely to them.

For in Johnny and Mary's consciousness father and mother are simply incarnate don'ts. Father and mother have always been conscientious objectors who had a good reason for their children not doing anything they wanted to do, who were blanketed every aspiration and threw cold water on every scheme. They can hardly remember either father or mother addressing a remark to them that didn't begin: "Don't do this," "Don't do that," "Or," "Do so and so," and that wasn't surcharged with reproof and admonition.

Of course this ceaseless correcting and advice on the parents' part is the result of their desire to guide their children along the straight and narrow road. They are doing it for their children's good, but it defeats its own object, for children, no less than grown people, do not cultivate the society of those who keep them reminded of their shortcomings. Nor do any of us voluntarily confide our plans to those who, we know beforehand, will veto them.

Nobody will deny that parenthood is a hard job and generally a thankless one, but it need not be this if fathers and mothers would only establish a comradeship with their children while they are still in the cradle.

But this can't be done by continual nagging and fault-finding.

To make friends of little Johnny and Mary you have to handle them as diplomatically, and be as suave, and make yourself as interesting a companion as you would with any other stranger with whom you desired to ingratiate yourself. In commercial phrase you have to "sell" yourself to your children, but if you do you have established the most beautiful and satisfactory relationship on earth.

So I say: Parents, get acquainted with your children. Believe me, they are well worth knowing. DOROTHY DIX.

For The Cook

SALMON LOAF

One can salmon, half cup dry breadcrumbs, half cup sweet milk, half teaspoon salt, a pinch of paprika, one teaspoon melted butter, one egg. Mix breadcrumbs with milk and egg. Add salmon with seasoning. Pack in buttered mould and steam half hour. Set in oven to brown top.

Sauce: Save liquor from salmon and add to a white sauce. This, with baked potato, a cabbage salad and a light dessert, makes a nice dinner.

DE SABLE NOTES

Her friends are glad to welcome Miss Irene Bell home again, after spending a couple of months in Charlottetown.

Messrs Gordon Holm and Russell MacLean spent the week end in Conno Cove.

Among recent visitors to the city were Messrs. Nicholas Gillis, George Inman and Walter MacFarlane.

Mr. and Mrs. Clark Fall were recent visitors to De Sable.

Mr. and Mrs. D. A. MacLean visited New Argyle recently, where they were the guests of Mr. and Mrs. J. M. Inman.

Scotland has a shortage of teachers.

Children Cry for Fletcher's CASTORIA A BABY REMEDY APPROVED BY DOCTORS FOR COLIC, CONSTIPATION, SPASMS

Milady Beautiful By Lois Leeds



COIFFURE FOR GROWING HAIR

Dear Miss Leeds—(1) I am letting my hair grow and it is almost shoulder length. Will you please suggest a way to dress it? I can wear it parted in the middle, but it is so long now to let it hang.

ELSIE T.

Answer—A pretty coiffure for hair like yours is to part it in the center and draw it back. Comb each section of hair smooth and flat. Fasten with a metal clip or narrow colored barrette, then fold the left-hand section over to the right side of the head and turn the ends of hair under and pin with invisible hairpins. If your hair is not long enough to turn under, just fasten it with two pretty, narrow barrettes at the nape of your neck and curl the ends.

If you have a fairly low forehead and small eyes you may want following coiffure for a day. Brush your hair straight back to your face. Drive the ends of your hair into ringlets and fasten them with three combs, one on each side of the head just below the crown, and one across the top at the back. Each small strand of hair curl in from the sides and make few small, flat curls in the center of your forehead. This will give you a dainty coiffure for parties or evening wear. The hair is smooth over the crown of the head and sides and a mass of small curls at the back. Be sure to brush your hair every night and morning and massage your scalp at least once a day.

LOIS LEEDS.

Renewing Lost Curliness and Hair Health

Dear Miss Leeds—(1) My hair used to be glossy and naturally wavy, but since I have been having poor health for twelve months there is scarcely a wave left in my hair, and it is very dull and lifeless-looking. Will it improve as I gain my health and former physical condition? Would the warm oil treatment help any? (2) I have medium brown hair with red and bronze tints in it, hazel eyes and a light complexion. What colors are becoming? (3) I am 23 years old, 5 feet 3 inches tall and weigh 100 pounds. How much under weight am I?

ANXIOUS

Answer—Poor general health is responsible for the dull lifeless condition, and for the lost curliness of your hair. First you must build up your health and gain your normal weight. If you have not had a physical examination I advise you to do so. Your physician will help you. The first thing to do is to find out the cause of your poor physical condition and remove it before you can expect to build up your vibrant health again. Make sure that you are eating a sufficient amount of nourishing foods and drink at least one quart of milk daily. Ask your doctor if codliver oil will help you. I think that it will. Take it regularly for several months. Spend an hour or two in the fresh air every day. Be sure that you have sufficient sleep and rest. Relax nervous tension by lying down several times a day. Do not eat when tired or nervous, but rest a few minutes both before and after meals. Eat slowly and masticate your food thoroughly. Avoid constipation by a wise diet and drink water between meals. Avoid strenuous exercise but take a moderate amount of exercise every day. Relaxing exercises in evening before retiring and simple setting-up exercises in the morning will be helpful, together with a daily walk out of doors.

For local treatments you may give your hair the warm-oil treatment before each shampoo. Massage your scalp every day for at least ten minutes. Brush your hair thoroughly every night and morning. This will stimulate the circulation of blood through the scalp and nourish the new hairs that are growing. When your physical health improves the quality of blood will be improved and it will give to the blood the necessary elements for the health of the hair. A stimulating tonic may be used several times a week to help along with the local treatment.

The following will be found useful: Two drams boric acid, 1 dram salicylic acid; 1 dram tincture of cantharides; 10 drops tincture of capsicum; 2 drams castor oil; 10 ounces bay rum. Shake well. Apply three times a week and massage the scalp as directed above.

I would like you to have my leaflet and how to apply tonic, and the different treatments for unhealthy hair. Please send me a self-addressed stamped envelope and ask for it.

(2) You may wear creamy flesh, peach, medium raspberry, plum, garnet and Burgundy, mustard, amber, deep yellow, ottilie green, dark blue peacock, wedgwood and turquoise, warm browns and tan, orchid, dove gray, pale pinks and mauve, light and dark violet. black if relieved with bright trimming. (3) You need to gain about twenty-four pounds. Please ask for my leaflet on how to gain weight when you write me again. It contains menu suggestions and simple exercises that will help you. Do not forget to inclose your self-addressed stamped envelope so that I may mail it.

The Surprise of the Week

Is the Smashing Reduction in the Price of Red Rose Tea—now 60c lb., 30c 1-2 lb. (Red Label)

Everyone can afford to buy this superior tea now that it is so near the price of cheap bulk teas.

T. H. Estabrooks Co., Limited Established 1895 SAINT JOHN, N. B.

Character Close-Ups

HIS TYPE OF EYE IS FOUND ON FOLKS WHO HAVE PRIDE TO SPARE

GLENWOOD AND VICINITY

Mr. and Mrs. Stephen Stewart, West Point, are receiving the congratulations of friends upon the arrival of a new baby boy on Saturday, Feb. 22nd.

Mr. Angus Clements of Hebron, was in Charlottetown recently taking the civil service examinations.

Mr. and Mrs. E. L. McDougall spent Sunday evening in Dunblane, the guests of Mr. and Mrs. D. A. McPherson.

Mr. Herbert McWilliams, Dunblane, was a recent visitor to Eimisdale, where he was the guest of Mrs. Margaret Forsythe.

Mr. James Livingstone and Miss Margaret McDonald were visitors to

Haliburton on Sunday, the guests of the latter's mother, Mrs. Minnie McDonald.

The sympathy of friends is extended to Mrs. Theo. Hart who had the misfortune to fall thus giving her wrist a severe sprain on Feb. 20th.

Mr. Willis Bulger and Mr. Nelson Smith were visitors to Glenwood on Saturday, Feb. 22nd.

A meeting was held in Milo Hall on Saturday, Feb. 22nd, to discuss matters in connection with the Bras and West Point Telephone line. We understand that the matters under consideration were satisfactorily arranged.—O.

Takes Off Corns In Hot Foot-Bath

The sting comes right out, all the pain goes away, the corn lets out by the roots. This is the actual result that comes from using Putnam's Corn Extractor. There is a hot foot bath treatment described in each package. You won't be disappointed. Putnam's is a sure thing for removing corns, callouses, foot lumps, etc. Accept no substitute; 35c at all dealers.

EYES TESTED AND GLASSES FITTED E. W. TAYLOR J. S. TAYLOR Optometrists 142 Richmond Street



ALL THE KITCHEN UTENSILS

As well as other items in our hardware line are of first quality and made to withstand more than the normal abuse. We have all the things you need, from nails to saucepans, from hammers to curtain rods. Think of us when you think of hardware.

The Rogers Hardware Co., Limited

Because of declining prices for sugar and tea in Java many natives have had to give up their annual pilgrimage to Mecca.

The Irish Free State has a thrift drive.

Workers of Paris are complaining that their living expenses are mounting.

Cigar makers of the Netherlands are so greatly attracted by the making of radio equipment that cigar factories are having a labor shortage.

England has a gliding craze.

FIGHT RICKETS! Give Your Children SCOTT'S EMULSION COD LIVER OIL MADE TASTY

WOMEN'S AND GIRL'S TALL OVERSHOES

Black Jersey cloth, and Cashmerette, some have four buckles, others two buckles and two straps.

May be they are not considered quite so up-to-date, but they are much more comfortable and serviceable than this years models.

\$1.00 A PAIR For sizes 2 1/2, 3, 3 1/2.

\$1.48 A PAIR For sizes 4 to 7 1/2.

Coloured Overshoes, \$1.75 a pair. (Sent by mail free of postage.)

ALLEY & CO LIMITED FASHIONABLE FOOTWEAR