

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

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Firm, healthy gums are important to sound teeth and sparkling smiles. So switch to Ipana—for Ipana is specially made not just to keep teeth clean, but to stimulate gum circulation. Try it. Brush your teeth with Ipana. Gently massage a little extra Ipana onto your gums. Your mouth tingles with new freshness . . . gums wake up . . . your smile gains new charm. Be bright about your teeth and gums—Ipana bright.

Change to Ipana and Massage today

*Firm, healthy gums are so important that 7 out of 10 Canadian dentists recommend gum massage.

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DOROTHY DIX SAYS—

Poor Young Couple

Husband-To-Be Shouldn't Object To Fiancee's Working After Marriage

DEAR MISS DIX: I am engaged to a very wonderful girl and we are planning to be married very soon. My fiancee wishes to continue to work after we are married, but I seriously object to it. Of course, at present my salary is very small, but I feel that we can get along if we are willing to make sacrifices.



We wish above all to be truly happy and would appreciate any suggestions you could make about how to make our marriage a success. Both of us are very jealous.

JOHN AND MARY

ANSWER: Inasmuch as you are a poor young couple starting out on a very limited income, I think you are wrong in objecting to your wife keeping on with her job after you are married, as she wishes to do. Let her work until the babies come, which will automatically settle the question. A girl, who has been used to earning her own salary and being financially independent, is very apt to be dissatisfied and disgruntled when she finds herself with nothing to do except to try to stretch her husband's pay envelope farther than it will go, and to wander around the stores and look at the things that she hasn't the money to buy.

NO REFLECTION

Try to see things from your sweetheart's point of view, and don't be old-fashioned enough to think that there is any reflection on you in your wife working after marriage. But if you want your marriage to be a happy one, you must eliminate jealousy. That wrecks more homes than any other one thing, for when suspicion enters the door, peace and happiness fly out of the window. So men sense is a never-failing remedy for it. If, when you feel an attack coming on and perceive that you are getting green-eyed, you will you and your wife must make up your minds to trust each other, and to believe the best of each other, not to always be on the lookout, each expecting the other to play some dirty little trick. There is nothing really so insulting as jealousy.

They say that there is no cure for jealousy, but I think that come take a large dose of good old hard horse sense, you will find that it

(Continued on Page 12)

That Body Of Yours

By James W. Barton, M. D.
NATURAL FOODS ARE BEST FOR NORMAL INDIVIDUALS

Before the discovery of vitamins, food research workers tried to manufacture an "all-round" food that would maintain the strength and also the weight of adults and children. They were not successful and now we know that although the foods or substances they put together contained all the foodstuffs—proteins, starches, fats, minerals and water—what was lacking was the vitamins. It is not surprising, then, that some of our common everyday foods—bread and milk—are being strengthened or reinforced by vitamins.

Today we know that not only is strength of body and maintaining of weight by vitamins helping many apparently normal healthy individuals, but we also are finding that certain diseases of the skin, mouth and joints, and other parts of the body, are caused by lack of vitamins.

It may come as a surprise to many of us to learn that although vitamins are important—and their discovery ranks in importance with insulin for diabetes and liver ex-

Better English

D. C. Williams
1. What is wrong with this sentence? "I gave away all my money."
2. What is the correct pronunciation of "Adonis"?
3. Which one of these words is misspelled? Likelihood, licorice, limousine.
4. What does the word "syllabify" mean?
5. What is a word beginning with st that means "an incentive"?

ANSWERS

1. Say, "I gave away all my money." 2. Pronounce a-do-nis, a as in ah, o as in no, i as in kiss, accent second syllable. 3. Likelihood. 4. To form or divide into syllables. (Pronounce the a as in at, accent second syllable). 5. Stimulus.

How Can I!!!

By Anne Ashley
Q. How can I avoid having spots of paint on metal handles and hinges when painting around them?
A. When painting anything that has handles and hinges of metal, coat the surface of the metal with Vaseline jelly before starting to paint. In this way, all spots of paint that may be splashed on them will

Household Scrapbook

By Roberta Lee
Artificial Flowers

If the artificial flowers in your vase have become soiled, put them into a jar of cleaning fluid, seal, and shake well. All soil will disappear and you will be saved the expense of new flowers.

Candles
It is easy to fit a candle into any candlestick if it is first dipped for a moment into very hot water. This will soften the wax and the candle can then be easily pushed into the holder.

Fresh Eggs
Eggs will keep fresh for a much longer time than ordinarily if butter or glycerine is rubbed thoroughly over them.

Q. How can I add to the flavor of scalloped potatoes?
A. Try using a can of cream of mushroom soup in place of part of the milk when making scalloped potatoes. It adds a delicious flavor to the potatoes.

Q. How can I make a substitute shoe polish?
A. The majority of furniture polishes can be used for cleaning patent leather shoes.

The Stars Say--

By Genevieve Kemble
For Wednesday, March 16

AN entirely unforeseen and unpredictable event may suddenly change a stagnant and hopeless situation on current affairs. It is possible the very root of such happy circumstances may be the birth of a brilliant idea, an entirely new perspective of the static situation, a stroke of genius, or even a turn of a romantic nature. Abrupt change with new adventure may change the vista but not without hazard to funds, position, reputation. It is advisable to take such vital chances, but with discretion and vigilance as to snares and pitfalls, protect integrity, health.

Those whose birthday it is, may find a sudden and spectacular turn to depressed and stagnant affairs, opening a welcome "out" for an almost hopeless and distressing situation. By revolutionary idea, an inventive stroke, an insight into fresh ways is forecast. While this may be the technique for "moving mountains" of static and stubborn resistance, yet over-dynamic push has its hazards. With astute care, "eternal vigilance" keeping balance and logic, even in radical innovations, great advances can be looked for.

A child born on this day may be an inventive genius, but prone to prodigality, excesses and waste.

Living & Leisure THE WOMAN'S REALM

BIRD ON A TREE
A thing of very light and slender bone
May pause to rest, indifferent and alone;
Then suddenly break into ecstasy
At the highest point of a tapering tree.

There, branches scarcely remember to grow,
While far and very safe, are we below,
Who observe the point of the ever-green,
Now for a little—host to the serene.

The slight and frail, the envied of us here,
As knowing true immunity from fear,
As a creature clothed in sky and feather,
And singing of rest and joy together.

—Elizabeth Crawford Yates
In the New York Times

DAILY HOUSEHOLD HINT
If a careless painter has left stains on your bathtub, rub these with very hot vinegar or a solution of oxalic acid crystals and hot water.

EMPIRE STYLE
One of the features of that Empire waistline is the opportunity it gives for a new type of decoration! Newest is the use of scatter pins, many times larger than those you wear on your shoulder, so

Legends Of P. E. Island

(By Uncle Joe)
THE LEGEND OF THE ISLAND

And now I will tell you the legend of the Island. I call it a legend because it is a strange, old tale that takes the reader back many centuries to a time when this land rested at the bottom of the Gulf of St. Lawrence.

Then one day a band of Indian warriors saw, rising from the deep blue waters of the gulf, a crescent-shaped piece of land. Higher and higher it rose till it spread out before their astonished eyes in a gently rolling country almost surrounded by water—but not quite, for attached to the main body was a narrow neck of land reaching like a gigantic bridge to the opposite shore.

When the new land became dry and firm, this same band of warriors crossed the narrow ribbon (for there was no Northumberland Strait then to stop them); and after them came many strange animals, especially the deer, the bear, the fox, and wildcats as large as tigers.

But all returned again, for the

(Continued on Page 3)

Ellen's Diary

By an Island Farmer's Wife

"When will the lambs be here?" grand-daughter asked James this morning. She was peering between the rounds of the gate to their fold, doubtless hoping to spy there, a small one with queer plaintive bleat beside a ewe. James put down a nail he was carrying. "Not for awhile yet, dear," he smiled, "not before Easter anyway." "Not before Easter," she repeated softly, obviously pleased with the word though knowing little if anything of the interval of waiting, except that it would be one day in the future, and she hurried away after him to help feed the grain to the cattle. With her small shovel she is privileged to fill the measures of crushed grain in the bin when she happens there at a convenient time. "Another!" she will say happily, and "another one!" until their chore has been fully completed.

James talks of her now—this grand-daughter of ours, sometimes "very, very good" and again considered in the light of an older generation, quite wayward, but nevertheless exceedingly dear, and always interesting to us, brightening this old place beyond words, with her wide smile—or grieving it with her tragic tears. "There's no need of any place being considered lonely," James comments, smiling, "not when there's a child around!" He has moved his armchair nearer the table, and at peace with his day, is now checking an item in his budget. Or perhaps is hoping to, now that he searches a sheaf of papers looking to find a receipt for some purchase or another, in connection with the farming. To my mind, James does not approach the life in a proper spirit. At the very outset he assumes a dejected—and critical attitude. It begins with a sigh, when he has scarcely commenced his search, and then "I ex-

(Continued on Page 3)

Morning Smile

Mistress: "You place a finger bowl at each corner of the table, Mary. I suppose they used finger bowls at your last place?"
Mary: "Oh, no mum! They always washed before they came to the table."

TIMBER TRAINS
More than 1,200 cars are loaded daily with Canadian pulpwood, and pulp and paper products.

Cook's Corner

PINEAPPLE BARS
1 cup softened enriched flour
1/2 teaspoon soda
1/2 teaspoon salt
1/2 cup brown sugar
1/2 cup shortening
1 cup Quaker oats
2-3 cups crushed pineapple drained
1 tablespoon pineapple juice
Sift together flour, soda and salt into bowl. Add remaining ingredients. Beat until smooth, about 2 minutes. Spread mixture in a greased 7 x 11 pan and bake in moderate oven (350 F) 25 to 30 minutes. Cool. Combine 1/2 cup confectioner's sugar with 1 tablespoon pineapple juice. Spread over Pineapple Bars before cutting. Make 1 1/2 dozen bars.

"Suffered much with constipation"

Famous cereal helps where "remedies" failed

Are you among those who long for constipation relief? Then read this unsolicited letter:



"I tried several remedies but could not end this old trouble. One day I was told by KELLOGG'S ALL-BRAN. I began to eat this cereal regularly. And without exaggeration, it turned out to be perfect for me!" H. Mason, 6727 9th Avenue, Rosemount, Montreal.

If your constipation is due to lack of bulk in the diet, you too may find lasting relief! Eat a daily portion of KELLOGG'S ALL-BRAN and drink plenty of water! ALL-BRAN is not a purgative, but a wholesome regulating cereal. Eat an ounce as a cereal or in muffins for constipation relief. If after using a package you are not entirely satisfied, get double your money back as guaranteed on the package. Buy delicious ALL-BRAN from your grocer today. Made by Kellogg's of London, Ontario.

Modern Etiquette

By Roberta Lee

Q. What is the order of recession at the conclusion of a church wedding ceremony?
A. Just the reverse of the entrance. The bride and bridegroom should lead, followed by the bridesmaids and ushers.

Q. How should guests be seated at a luncheon table when there are no place cards?
A. The hostess may designate their places as they approach the table.

Q. How soon after the announcement of an engagement should a young man's parents call on the bride-to-be?
A. Within a day or two, if possible.

Needlecraft FOR THE HOME

BACK-SWEPT FULLNESS
For front interest this hip-yoked Tropic features the low curved and collared neckline; for back talk, the flip of new fullness! With pattern No. 2851 make a handsome bag to match or complement the dress. (Two separate patterns).

No. 2929 is cut in sizes 10, 12, 14, 16, 18 and 20. Size 16, 4 1/2 yards 38-inch.

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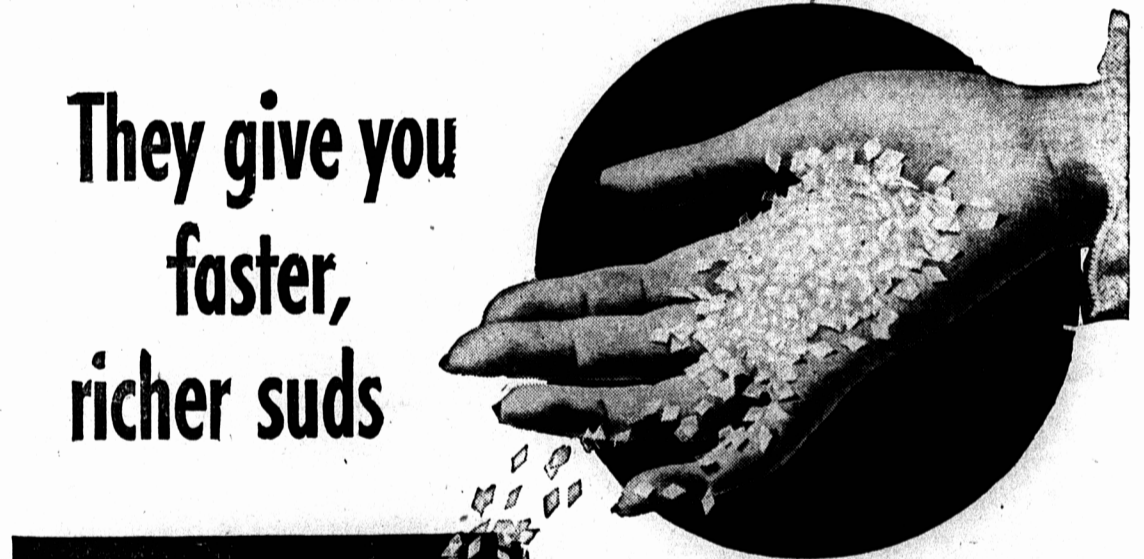
Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address.

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NEW! tiny diamonds of Lux!



They give you faster, richer suds

...make stockings last twice as long

Here they are! Wonderful new diamonds of Lux! They're the result of wartime research but they couldn't be brought to you until new machinery was designed and built. Now they're ready!

There's nothing in the world just like these new diamonds. Look at them . . . so shimmering white, so sheer, so tiny! They look different from any other soap . . . they act different . . . they are different.

They're so much faster! See the little diamonds burst into suds at the touch of water.

What rich suds, too! Thick, abundant suds that last and last. Compare them with any other suds you've ever used. They're richer!

These new diamonds of Lux do more for you. They actually remove soil other types of suds can't. Leave things cleaner, fresher.

And they keep washables lovely so much longer! Your stockings—even sheer nylons—last twice as long. Hundreds of tests prove this. That's like getting an extra pair of nylons every time you buy a pair! So get your new Lux diamonds today. You can be sure that anything safe in water is safe in this new Lux.

Be a Lux Daily Dipper — Lux the things you love