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

"Healthy babies get life's best breaks," say experts

THE first few years of the child's life—those are the important formative years, when his physique (as well as his habits) gets "set."

Those are the years when you want to protect his health in every way. Have a doctor look after him regularly. And in between times, no matter how healthy he appears, be prepared for little emergencies. "Vaseline" Petroleum Jelly will be a big help. It is the approved first aid remedy for chafed skin, sunburn, cuts, scalds, burns and bruises.

A separate tube should be kept for the baby, ready for instant application. It is so pure and safe it can be used both for internal and external use. A little snuffed up the nostrils is an excellent cold preventive, and relieves head congestion. If the baby is very small, massage the bridge of his nose with "Vaseline" Jelly. Apply it to the nostrils too, with cotton swabs (on the end of toothpicks).

These few simple measures take care of many casual childish hurts. Get some "Vaseline" Jelly today and use it. No household can afford to be without it. Sold everywhere in tubes and bottles.

And remember, when you buy, that the trademark Vaseline on the package is your assurance you are getting the genuine product of the Chesebrough Mfg. Co., Cons'd, 5520 Chabot Ave., Montreal, Canada.

Helpful Hints

CHILDREN'S FURNITURE

The children of the family deserve small chairs that they can sit in without dangling their feet. Inexpensive ones can be bought, or Daddy can make one out of boxes which the children themselves can paint.

If you paint the inside of your book shelves a bright color, one that contrasts pleasantly with your room, it is a nice note of beauty.

SPRING OILINGS

After the furnace has gone all winter, the oil on most doors has dried out. Go over the whole house with the oil can and you will never hear those annoying squeaks.

PRESSING CLOTHES

Never wait to press anything with pleats in it until the pleats are badly out. It is really a time-saver to press each time the frock is worn, for then it takes so little effort.

SACHET PERFUME

The old fashioned idea of scattering lavender or other sachets through lingerie is an excellent way to get that delicate freshness in one's things without the pungent effect an overdose of perfumery gives.

ALARM CLOCKS

The kitchen alarm clock can be a little helper in the home. Set it for starting meals, or taking medicine, for taking in laundry, going to market and other things you need to do at a certain time of day.

IRON SAUCEPANS

Clean iron sauce pans with hot soda water and a stiff brush. If you wipe them out first with newspaper they are not such a chore to wash.

VINEGAR RINSE

Silk stockings should be rinsed thoroughly in clear water and then given a final rinsing in water to which a little vinegar has been added. This prevents soap stains.

TAR STAINS

If you get tar stains on your rugs or your auto upholstery, you can remove them by applying a mixture of equal parts of methylated spirits and ammonia.

A Morning Smile

The notice "Boy wanted" was displayed in the window, and Jimmy Jones, after gazing at it thoughtfully for a minute or two, stepped into the shop.

"What kind of boy is it you want?" he asked the owner.

"Oh, a decent sort of lad—one who is quick and willing, one who won't laze about with a cigarette between his lips, and whistles, one who knows his manners, one—"

Jimmy Jones thrust his hands into his pockets and eyed the shopkeeper contemptuously.

Garn!" he cried. "You don't want a boy at all. You want a girl!"

DEMAND FOR HADDOCK GROWS

ST. ANDREW'S N. B., March 16—The North American continent is calling for haddock and yet more haddock. Two hundred million pounds a year are not enough to satisfy the demand, and every year the fishing becomes more intense. Whence will the large supplies come.

Under the auspices of the Biological Board of Canada A. W. H. Needler of the University of Toronto has been investigating the haddock population, which inhabits the submarine continental shelf from New York to Newfoundland. We find three different countries occupied by three fairly distinct races of Haddock.

The "New England Country," of which Georges bank forms a large part is very thoroughly fished," being nearest to the largest markets, and its haddock grew quite rapidly. They live near the bottom, but not as deep as one hundred fathoms, so that none of the tagged fish have been found to cross the deep Fundian channel that separates them from the Nova Scotia country. The latter extends offshore from Browns bank to Quereau and inshore along the whole coast of Nova Scotia and the southern part of the Gulf of St. Lawrence, and supports a haddock population that is less intensively fished. Those Nova Scotian haddock do not grow so rapidly and wander widely throughout their own country, but do not transgress its borders.

Health Services of Canadian Medical Association

FOOD LIKES AND DISLIKES

One of the questions most commonly asked by parents is as to how their child may be taught to like the food which they know he should eat.

We all like foods to which we are accustomed. It is for this reason that it is essential to begin in infancy to accustom the child to the taste of desirable foods which he will then like throughout life because he is accustomed to them. Cereals are introduced into the diet of the infant before the sixth month; vegetable juices shortly after. Other foods, in small amounts at first, are gradually added. If this is done, by the time the child is two years of age, a good start will have been made.

Our likes and dislikes are largely a matter of imitation. We begin to eat olives because we see that others eat them with pleasure, that indeed, they regard them as a luxury. The attitude their children will have. If to different foods is largely the attitude their children will have. If parents cannot train themselves to eat and enjoy desirable foods, and so parents cannot train themselves to eat and enjoy desirable foods, and so set a good example, they cannot expect to train their children to do so.

Children want to drink tea or coffee because they see their parents drink them with some relish. The same desire can be cultivated in the child for any foods, through the example shown by the parents.

It should be a fixed rule to talk about the food dislikes of a child when he is present. Refer to his likes, if something about food must be discussed, but never to his dislikes. Such discussions, or the display of feelings even without words, fix the dislikes permanently in the mind of the child.

When a new food is given, there should be no fuss about it. Serve a small amount and act as if the child would eat it, as if he were now old enough to have this adult food.

Food should be served in an attractive manner. Meals should be at regular hours and time taken to enjoy each meal. Give small servings and repeat, rather than one very large helping.

A dislike for bland foods, such as milk, frequently means that the child is having too much of some sweet and highly flavored foods should be withdrawn for a few days.

Children are not to be scolded or blamed for their food dislikes. The parents are wholly responsible. The child's likes and dislikes are the result of the training which he has received from his parents, whom, after all, he did not select. By proper training, it is possible to have children who like simple, wholesome foods.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

BRADALBANE SCHOOL

Report of Bradalbane School for the month of February.

Grade IX.—1. Christene MacPherson.

Grade VIII.—1. Lorne Cousins; 2. Marjorie Thacker; 3. Welthy Cousins.

Grade VII.—1. Hazel Woodside; 2. Helen Cousins; 3. Joan Thacker.

Grade VI.—1. Margaret MacDonald; 2. Jimmie Palethorpe; 3. Alexander MacDonald.

Grade V.—1. Mamie Snowie; 2. Isabel Cummings; 3. Lillian MacLeod.

Grade IV.—1. Margaret MacKay; 2. Vernon MacLure; 3. Lillian Cousins.

Grade III.—1. Archie Thacker; 2. Henry MacDonald; 3. Annie MacDonald.

Grade II.—1. Bobby Todd; 2. Elmer Cousins; 3. Georgie Cummings.

Grade I.—1. Verna Matheson; 2. Johnny Gamester; 3. Lloyd MacLean.

Evelyn Mayne, teacher.

American motion pictures are the favorites in Shanghai, China, this season.

Tin mines of Bolivia are being modernized to increase production.

The very deep Laurentian channel that comes out from the Gulf of St. Lawrence through Cabot Strait, is like a mountain barrier on land in isolating a northern Newfoundland country, whose population of haddock has scarcely been touched by man. Those fish constitute the part of which least is known, but it has been found that they grew more slowly than either their Nova Scotian or their New England cousins.

Doings Of Maritime Women

After 40 years of separation two sisters who were former residents of Saint John, N. B., were united recently at Tarrytown, N. H. The sisters are Mrs. William Reaves and Mrs. Joseph Willette. Mrs. Reaves left Saint John and made her home in San Francisco. Letters were exchanged for a time but nothing was heard from Mrs. Reaves following the great San Francisco earthquake in 1906. A brother of Mrs. Reaves living in Boston repeatedly attempted to get in touch with her without success.

The reunion of the sisters was brought about by a letter which Mrs. Reaves sent to her brother in Boston. The brother was dead and his widow forewarded the letter to Mrs. Willette.

Mrs. Reaves at present resides in Tarrytown, N. H. and Mrs. Willette in Nashua, N. H.

Mrs. Tabetha Newell, of Clarke's Harbor, N. S., recently celebrated her 98th birthday. Mrs. Newell states the adage early to bed and early to rise has kept her in good health throughout her life. She still arises every morning at 6 and helps with the work around the house.

Speaking before the teachers of Halifax, N. S. recently Mrs. Beatrice Ensor, chairman of the New Educational Fellowship Society of Halifax, contended that the entire educational Fellowship Society of Halifax, contended that the entire educational system of the world was too mechanical and the danger of standardizing our education presented grave difficulties. Dr. H. F. Munro, superintendent of Education in Nova Scotia, agreed with Mrs. Ensor's statement and said he would be pleased to abolish the whole system of examination in preference of a better system.

Miss Louisa May has been secured by the Women's Missionary Society of the United Church of Saint John, N. B. as port worker. Miss May will assist Rev. D. L. Gordon, of Port Chaplin, until he leaves for Quebec on the opening of navigation. Miss May will assist Rev. D. L. Gordon, of Port Chaplain, until he leaves for Quebec on the opening of navigation. Miss May speaks fluently seven languages and her service will be of immense value to hundreds of foreingers entering Canada through Saint John.

Dorothy McKee, aged 6, formerly of Fredericton, N. B., but who is now living in Brooklyn with her parents was one of 30 children of the Isaac Newton School, Brooklyn, who were injured when a still exploded across the street from the schoolhouse. Dorothy suffered a badly cut leg from flying glass. Dorothy being treated in her home by her mother.

Mrs. M. C. MacDonald, city school nurse of Sydney, N. S., is now superintendent of the Marine Hospital in Sydney. Her appointment was authorized by the Department of National Health at Ottawa recently.

Mrs. Ross H. Putanam, of Liverpool, N. S., recently won a beautiful ring, a large diamond set with four smaller diamonds in white gold mounting, while attending the annual Jewellers convention in Toronto. One of the jewellers gave a ring to an unknown guest. To win the ring it was necessary to ask the single question "Have you the Walsh Bluebird Diamond Ring," Mrs. Putnam while dancing, jestingly asked her partner the question and was amazed when he said "yes". The ring was hers.

MILBURN SCHOOL

Honor roll of Milburn School for the month of February

Grade IX—1. Mary Mullin, 2. Ethel Cobb, 3. Pearle Moore.

Grade VIII—1. Mary Flynn.

Grade VII—1 Genevieve Mullin, 2. Jean Cobb, 3. Ruth Moore, 4. Elsie Pyke.

Grade VI—1. Ruby Moore, 2. Muriel Cobb, 3. Jennie Rapson, 4. Alfred Pyke and John Mullin (equal).

Grade IV.—1. Dorothy Cobb, 2. Annie Mae Robbins, 3. Alvin Robbins, 4. Vernon Pyke, 5. Alton Rapson, 6. Patrick Mullin.

Grade III—1. Margaret Flynn.

Grade II—1. Reagh Moor, 2. Eileen Mullin.

Grade I—1. Isobel Pyke, 2. Alec Cobb.

Perfect attendance: Pearle Moore, Mary Mullin, Ethel Cobb, Ruth Moore, Jean Cobb, Genevieve Mullin, Elsie Pyke, Muriel Cobb, Jennie Papson, Ruby Morre, Dorothy Cobb, Annie Mae Robbins, Alvin Robbins, Vernon Pyke, Patrick Mullin, Isobel Pyke, Alec Cobb. Teacher Hazel Carver.

The same thing is wrong with you that bothers the ninety and nine other women. It is a constipated state of the bowels. Your system is clogged and poisoned—consequently life seems hardly worth living.

What you need is Dr. Hamilton's Pills. Use them and you'll feel better at once. They establish daily movement of the bowels, flush out all effete matter, give tone to the liver and kidneys, and start you on the road to health.

Dr. Hamilton's Pills are very suitable for women because they are mild in action. You will be free from headache—dizziness will be unknown, stomach troubles will disappear. Vim and cheerful spirits will at once be yours.

Can you afford to miss the enormous benefits of this grand medicine? Certainly not. Get Dr. Hamilton's Pills from your druggist at once.

DR. HAMILTON'S PILLS FOR WOMEN'S ILLS

Dear Friend

Perhaps you are one of the many friends who have asked me how I keep my recipes. In answer to your request I am glad to be able to offer you now an exact duplicate of

Anna Lee Scott
DOMESTIC SCIENCE AUTHORITY
AUTHOR OF "COOKERY ARTS & KITCHEN MANAGEMENT"

MY OWN RECIPE FILING CABINET
at far below actual cost **ONLY 25¢**
together with over 100 of my choicest recipes

In addition to the recipes, here are a few of the Cookery Secrets Anna Lee Scott gives you in her Filing Cabinet:

How to extract the nutriment and flavour from meat for soup stock.
How to select fresh tender meat when marketing.
How to prepare meat for roasting, boiling, frying, etc.
How to tell when a fish is fresh.
How to substitute egg and cheese dishes for meat, fish and fowl.
How to cook vegetables so they retain their nutriment.
How to get a variety in salads by interchanging dressings.
How to test bread when baking.
How to make muffins by a quick method.
How to give variety to plain icings and fillings.
How to achieve a well-balanced diet.

THIS personal message from Anna Lee Scott, the famous domestic science authority, brings you an opportunity of obtaining, for only 25c. (less than it costs to make) an exact duplicate of the Recipe Filing Cabinet she uses herself.

It contains, classified under carefully indexed cards, over 100 of Miss Scott's newest and choicest recipes—printed in either English or French as you desire...covering all subjects. Blank cards are included for pasting up additional recipes. This will be a real time saver in your kitchen...no more thumbing through cook-books or vainly hunting a recipe you've "written down somewhere"...but just the recipe you want, when you want it, right at your finger tips—easy to lift out and keep before you when baking.

Your grocer will sell you one, or if he is sold out, just mail us 25c. direct and we will send your cabinet post-paid. You need buy no flour, clip no coupons.

This unusual offer is our contribution toward lightening the housework and making cooking easier, handier and more pleasant for Canadian Housewives who have made possible the success of Maple Leaf Flour.

Uniform quality is the answer to the success of Maple Leaf Flour. Every bag contains the highest grade of flour, made from carefully selected Canadian Hard Wheat, milled by the most modern of methods, and checked by expert chemists at every stage of the milling process.

Each bag of Maple Leaf Flour contains a new "Anna Lee Scott" recipe on a card to fit the cabinet, printed in both French and English. Ask for your Recipe Filing Cabinet today—before the limited supply is exhausted.

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MAPLE LEAF FLOUR
"CREAM OF THE WEST"

TOURIST TREND TO CANADA LAID TO CURIOSITY AND LIQUOR LAWS

NEW YORK, March 16—The "foreign" touch to travel and Mr. Volstead bear an equal share in popularizing travel of tourists from the United States to Canada, according to a recent editorial in the New York Times.

"Counterpart of the famous Irish bridge which separated one river bank from another would be the American-Canadian frontier which connects two great peoples," the Times says.

"Last year, according to the statisticians at Ottawa, the Dominion was visited by no less than 4,508,-803 automobiles of foreign registration, which means, of course, the United States. The calculators at Ottawa assume three passengers to a car, and so arrive at more than 13,-000,000 American visitors to Canada.

"The figures are stupendous, and remain so even when allowance is made for repeaters and for American professionals drawn across the border by considerations other than the color of French Canadian civilization, the trout fishing or the mountain scenery west of Banff. Something like one-tenth of the American people visited Canada in 1929. This would easily be several times the number of American visitors to any one section of the United States.

The cynic who hastens to say it is all liquor is wrong. Were we now as free and independent as we were before 1919, it is still certain that the spread of the automobile would have sent millions of American tourists into Canada for that "foreign" touch, which is part of the joy of travel. But unquestionably Mr. Volstead has helped."

ST. MARY'S ACADEMY

The following is the honor roll for the month of February;

Grade X.—1. Margaret Lambe.

Grade IX.—1. Georgie Perry.

Grade VII.—1. Frances Gaudet.

Grade VII.—1. Bella Blaquiere; 2. Bertha Pope; 3. Lena Arsenault.

Grade V.—1. Katherine Driscoll; 2. Margaret Clow; 3. Yvonne Arsenault.

Grade IV (A).—1. Nellie Wedge; 2. Inez Linkletter; 3. Dena Des Roches.

Grade IV (B).—1. Rose Gaudet; 2. Doris LeBlanc; 3. Alma Arsenault.

Grade III.—1. Doris Clow; 2. Lucy Paterson; 3. Mary Silliphant and Clarisse Blanchard, (equal).

Honor roll for Progressive Series Music.

Senior Class:—Frances Gaudet, 100%.

The following have over 80%:—Mary Hogan, Bertha Pope, Clara McNeil, Dorothy Harris, Keith Jelly, Sibil Gordon, Eileen McIver, Glen Watt, Isabel McNeil and Dorothy Gaudet.

Junior Class:—The following have 100%—Mary Silliphant, Virginia MacNeil, Pearl McNeil. Over 90%—Mary MacPhee.

SOVIET FEAR OF WAR SHOWN IN BUILDING OF NEW HOMES

MOSCOW, March 16—Subterranean shelters against gas attacks, are included in new model communist dwellings now building in Moscow.

Soviet authorities are taking no stock in the peaceful aims of foreign powers, expressed by disarmament conferences and peace campaigns, and they intend to equip the population against all forms of chemical warfare.

The first of these model communal houses will cost $1,000,000 and house 1,200 workers. It will contain a clubroom, library, restaurant, kindergarten, stage, nursery, mechanical laundry, grocery, dry goods and other stores.

A model communal dwelling on an even more pretentious scale to cost $1,500,000 will be built especially for 2,000 students in Moscow. Here as in other dwellings there will be no private living rooms, and all necessities of life will be communal. Personal property will be limited to clothing and small articles.

France's extensive construction program is being carried out throughout the country.

A new phonograph factory, the first in Dublin, Ireland, is producing 5,000 records a day.

Recent estimates place Manchuria's forest wealth at 145,000,000,000 cubic feet of timber covering 45,000,000 acres.