

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

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## KISS YOUR TIRED FEELING GOODBYE!

**Popless Many Suffer Low Blood Count—And Don't Know It.**

The baffling thing about low blood count is that you can weigh about as much as you ever did—even look healthy and strong, yet you can feel as if you had lead in your legs, doped, tired and popless.

Low blood count means you haven't got enough red blood corpuscles. It is their vital job to carry life-giving oxygen from your lungs throughout your body. And just as it takes oxygen to explode gasoline in your car and make the power to turn the wheels, so you must have plenty of oxygen to explode the energy in your body and give you going power.

Get Dr. Williams' Pink Pills today. They are world-famous for the help they give in increasing the number and strength of red corpuscles. Then with your blood count up, you'll feel like bounding up the stairs as if you were floating on air. Ask your druggist for Dr. Williams' Pink Pills today.

### WARM ROLLS

Rolls always taste better at a meal if they are heated beforehand. Try rinsing an ordinary paper bag with water before putting the rolls inside. Then place in a hot oven for five or ten minutes, or until thoroughly warmed. The moisture from the bag will prevent the heat from drying out the rolls and they will come out as if newly baked.

### BOTH ARE FIERCE

The Arctic wolf weighs as much as 175 pounds; the Texas wolf as little as 30.

## DOROTHY DIX SAYS—

### No Wife Like First Wife

#### Husband-Snatcher Makes Poor Wife And Man Regrets Change

DEAR MISS DIX: I am a man in my middle 30's, supposed to be educated, intelligent and influential; yet I was gullible enough to let a woman, who is a home-wrecker and without principle, break up my home and separate me from one of the finest wives a man could have.



Almost from the very first day of my marriage to this Other Woman, I had an inner conviction that I would some day pay for my folly. My first wife's face kept haunting me, and things have grown worse all the time until now living with this second one is a nightmare. I put on a big front, but inwardly I am dead. I think I have suffered a stab of pain in my heart for every scalding tear my first wife shed over me when she so desperately tried to hold me. My one desire now is to go to her on bended knees and humbly beg her forgiveness.

So I would like to urge all men to think a long time before they decide to chuck the old wife for the new. A woman who will deliberately wreck another woman's home is worst of the criminals and sooner or later the man she takes from his wife will lose all respect for her. I know whereof I speak.

#### A REPENTANT MAN.

#### DESERVE NO SYMPATHY

ANSWER: When a middle-aged man falls for the wiles of a husband-snatcher, and lets her separate him from the fine woman who has been his faithful companion for 20 years, it doesn't say much for his judgment, nor call for any vote of sympathy. But it is a matter of common occurrence. All of us know plenty of old men who have deserted their faithful old wives for bobby-soxers, and who have paid the bitter price of their folly.

For such marriages are almost invariably failures. Young girls do not marry men old enough to be their grandfathers for love. It is only money or social position that counts with them. And old men soon find out that they have nothing in common with child wives.

A man who had swapped the wife of his youth, who had worked beside him and helped him make his fortune, and who had all memories in common with him, once said to me that he never saw an elderly couple going out so happily together, or sitting in a companionship that needed no speech, that he did not feel like bursting into tears, he was so lonely and bored with the frivolous girl he had married.

DEAR DOROTHY DIX: I have been a widow for several years, but have recently married. I have three children, a boy of 9, another of 13, and a daughter of 20. My present husband has adopted the two boys and given them his name, but the girl, being of age and not to their stepfather who is very good to them and who wants to adopt the girl, too, if it can be done.

What I want to know is: Is it proper for the girl to call her stepfather "Dad" as the boys do? Kindly give us your advice.

MRS. J. H. R.

(Continued on Page 3)

## How Can I!!

By Anne Ashley

Q. How can I prevent the cake from sticking to the tins?

A. Grease the cake tins with lard, as butter will cause the cakes to stick, and scorches easily. Use fresh lard and the cakes will not pick up any taste from the lard.

Q. How can I make an enameled bathtub look like new?

A. Rub it with a clean cloth dipped in turpentine and salt. Rinse with clear water and rub dry.

Q. How can I prevent mice?

A. Cayenne pepper sprinkled around places where mice frequent will keep them away.

and fertile foundation, should yield to able, and scorches easily. Use rich results, probably far beyond the keenest expectations. Radical change, abandonment of all old and outworn techniques, for novel or drastic reforms, maneuvers or revolutionary performances might swerve from the pathway of annihilation and defeat into high levels of accomplishment. To attain this, it might be necessary to dare to be original or audacious.

#### On the Birthday

Those whose birthday it is may find themselves in a time in which their own originality, genius, spectacular ideas or talents may be the means of breath-taking achievement, against all sorts of deep-rooted and destructive foundations. A strange or baffling state of affairs might be easily switched into high gear and brilliant performance, by tactics of originality, daring and bold adventure or experimentation. Uranian impulses may be touched off by atomic techniques.

A child born on this day will be bold, brave, original with exceptional skills, ingenuity and daring, greatly to its benefit and probable public recognition.

## THE STARS SAY—

By GENEVIEVE KEMBLE

For Saturday, May 17

SOME sort of brilliant idea or spectacular coup, putting lagging or erratic situations upon a fresh

## HUNGRY AT BEDTIME?

Enjoy the flavour 4 out of 5 choose!

It's not good to go to bed hungry... but you need something light, tasty and easy to digest. Which is just another way of saying Kellogg's Corn Flakes with milk and sugar! Sure, you have them in the house, so try them as a late night snack next time! Be sure they're Kellogg's Corn Flakes... voted first for flavour in surveys year after year, and always fresh as a daisy! Get Kellogg's Corn Flakes tomorrow. They're in two convenient sizes.

## Modern Etiquette

By Roberta Lee

Q. If a man meets a woman friend getting into a streetcar or bus, should he pay fare?

A. No. The proper kind of woman does not like this, and if he happens to meet one who does, he'd better avoid her in the future.

Q. When invited to an outdoor party, and the weather is very rainy, should one go anyway?

A. Yes, unless the hostess has notified you of a postponement.

Q. Is it necessary that a business man rise when a woman employee enters his office?

A. Certainly not; but he must always rise to receive a woman visitor.

## Cook's Corner

### DUBLIN POTATO SALAD

Marinate in French dressing 2 cups of boiled potatoes cut in small pieces, 1 finely chopped onion, 1/2 cup cucumber or green peas and 2 tablespoons chopped parsley. Season with salt and pepper. When ready to serve, drain off the dressing, and arrange in moulds on lettuce, and mask with mayonnaise. For decorations, boil three eggs until hard, put the yolks through a sieve and cut the whites lengthwise in narrow strips. Mark off each mould into quarters with strips of the egg white. Sprinkle 2 sections with egg yolk and 2 with chopped green sweet pickles. Place an olive on top of each mould as a garnish.

### BOSTON BROWN BREAD

1/2 cup pastry flour  
1 cup Graham flour  
1 cup cornmeal  
1 teaspoon salt  
1 teaspoon soda  
2 cups thick sour cream  
1/2 cup molasses  
Mix and sift dry ingredients. Mix sour milk and molasses, pour into a well in the dry ingredients and stir to blend well. Turn into greased mould, cover tightly and steam for 3 hours over boiling water; if divided into individual containers, steam 1 1/2 hours. When cooked, turn out of moulds, place in cake pan and put for a few

## That Body of Yours

By James W. Barton M. D.

### DIZZINESS, BUZZING EARS, NAUSEA AND VOMITING

I write often about Meniere's disease because there are many suffering with it who could be made free of the symptoms by one of another of the various methods of treatment. The outstanding symptoms of Meniere's disease are (a) ringing or buzzing ears, (b) nausea and vomiting.

That some relief can be obtained in every case by cutting down on table salt in and on foods has been shown by many ear specialists. They point out that it is excess water in the tissues pressing on the tissues of the ear—particularly the balancing canals—that causes the symptoms. Salt holds water in the tissue.

I have mentioned before that, in addition to cutting down on table salt and all fluids, by avoiding foods rich in various salts and eating food poor in these salts, many patients become free without any further or additional treatment.

In a former article, I spoke about the great value of ammonium chloride in driving water out of all the tissues of the body, including tissues adjoining the balancing canals of the ears. That another chloride, potassium chloride, may be used is now stated by Dr. J. Lindzey, University of Chicago, in the "Indiana State Medical Journal." His suggestions are similar to those previously stated: Cutting down on table salt in and on food, even distribution of intake of fluids and foods during the waking hours, and potassium chloride—25 per cent solution—two teaspoons twice daily in a small amount of tomato juice at the beginning of the meal. The object of the treatment is to promote removal of body fluids. The potassium chloride may act as a mild laxative, but should be continued unless a persistent diarrhoea occurs.

Among other drugs used in Meniere's disease are nicotinic acid and histamine. It is the type of dizziness which goes round and round not up and down, that is found in Meniere's disease; the up-and-down type of dizziness is usually found in sluggishness of liver and gall bladder.

The foods rich in salt which should be avoided or reduced in amount are: Bread, salted butter, crackers, eggs, milk, spinach, carrots, beets, oatmeal, and all corned, pickled, smoked or salted foods. minutes into a hot oven to dry outer surfaces.

Raisins are much liked as an addition to Boston Brown Bread.

## Ellen's Diary

By an Island Farmer's Wife

It had been all on account of the robin's courting high amid the bare network of branches of the old birch tree on the lawn, as well as "the Spring time of this year that had retarded the very beginning of a promising romance out of the long gone years to memory yesterday morning. To women-kind often the gown one has worn at a certain time or on an occasion if one remembers it, is an unfeeling aid to other recollections, and fortunate I am to find that in this respect I too bear the indelible stamp of nature. Indeed I can easily recall the acres and boots I wore on that important day, when I received if not actually my first proposal what in later years, with the assistance of a coy smile or a whispered word, might have led quickly to the same. I believe now, I remember best the way my hair was dressed, and involuntarily my hands fly to my head to ease the fancied tension. Dark and luxuriant (well meaning relatives said: Ellen continues to look peaked. Her strength must be going to her hair!) and always braided so tightly, it was fairly lifted from the roots. "Quaint" hair-stylists of the moment describe the mode which in the cycle of the years is now returning to favor. I'm afraid I can see little beauty in it to commend the fashion. I am recalling the actual pain of seeing small friends' tresses done fetch-

## Better English

D. C. Williams

1. What is wrong with this sentence? "Where's our hats and coats?"

2. What is the correct pronunciation of "Marconi"?

3. Which one of these words is misspelled? Equidistant, equilibrium, equivalent.

4. What does the word "vivacity" mean?

5. What is a word beginning with fr that means "to prevent from attaining a purpose"?

### ANSWERS

1. Where's is a contraction of where is. Say, "Where are our hats and coats?" 2. Pronounce mar-koni, as in ah, o as in no, i as in it, accent second syllable. 3. Equivalent. 4. Animation; liveliness; sprightliness. Pronounce first i as in vile, a as in at, accent second syllable. 5. She accepted the invitation with youthful vivacity. 5. Frustrate.



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Eastern Bakeries Limited

## Living & Leisure / THE WOMAN'S REALM

### GARDEN LORE

I used to think a garden with every smiling flower was made for pleasure seekers. To spend a happy hour; But when I came to till one, To dig and weed and hoe, To plant a little seedling And watch it sprout and grow, I learned so many secrets From nature's friendly god— But best of all encountered The healing hand of God. —Alice Ann Dorey.

Sweet peas, lupins and garden peas usually grow better if the seed are treated with one of the inoculants available for the purpose. Treatment stimulates the ability of the plants to obtain nitrogen from the air, where other plants must get it from the soil.

Annual poppies should be sown where they are to grow, and their seed may be broadcast whenever the soil can be loosened an inch or so deep with a rake. They stand freezing weather without injury.

Lettuce seed germinates best in a soil temperature of 60 to 65 degrees. If necessary to sow when temperatures are higher, place the seed between moist cloths and store for several days on ice. Dry the surface of the seed before sowing.

The use of coal for iron smelting was long delayed by the tendency of carbon from the coal to

## Morning Smile

### SHOP TALK

The following conversation took place recently in a country store, between two smart-looking girls from the city who were spending their vacation in that neighborhood, and the proprietor of the store:

The Girls: "Have you any shorts?" The Store: "Do you want them for cows or pigs?"

### ATROCIOUS

A guide was showing a party of tourists through the Corcoran Art Gallery at Washington. Pausing before a beautiful statuette, the guide said: "This is Venus at the Bath—executed in terra cotta." One of the tourists exclaimed in horror: "What a pity. How barbarous those Asiatic countries are."

## Needlecraft / FOR THE HOME

### READY TO GO

There's nothing like the two-piece to give that well-turned out air. Here's one cut with careful attention to fashion details—it has the new longer jacket, and pleated fullness in the skirt. Perfect to use for stanting summer cottons, rayons, or even light-weight wool. No. 2229 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46 and 48. Size 36 requires 4 yards 39-inch, 4 1/2 yards ric rac.

Send 20 cents for PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state the size you wish. Include postal unit or zone number in your address.

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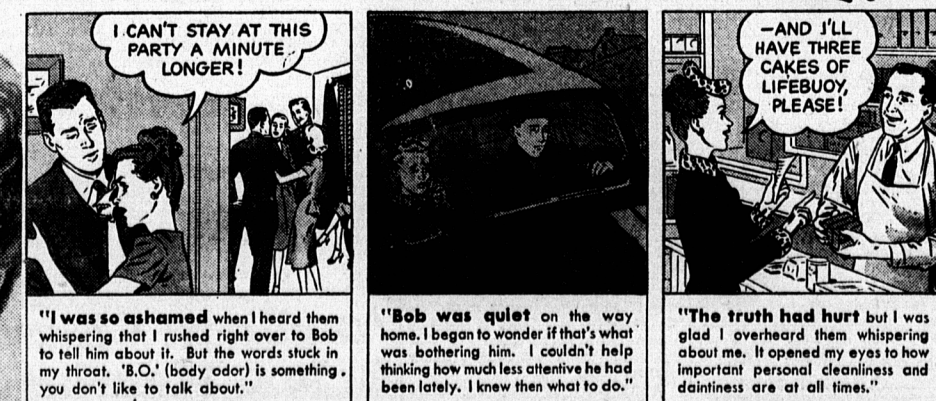
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2229 SIZES 12-48

"...but darling, they were whispering about me!"



I CAN'T STAY AT THIS PARTY A MINUTE LONGER!


—AND I'LL HAVE THREE CAKES OF LIFEBOUY, PLEASE!

"I was so ashamed when I heard them whispering that I rushed right over to Bob to tell him about it. But the words stuck in my throat. 'B.O.' (body odor) is something you don't like to talk about."

"Bob was quiet on the way home. I began to wonder if that's what was bothering him. I couldn't help thinking how much less attentive he had been lately. I knew then what to do."

"The truth had hurt but I was glad I overheard them whispering about me. It opened my eyes to how important personal cleanliness and daintiness are at all times."

**WHAT LIFEBOUY DOES —AND WHY!** Tests prove not only that Lifebuoy stops "B.O." but that you can build up a defense against recurring "B.O." by always using Lifebuoy in your bath or shower. Try this yourself. Bathe with Lifebuoy for just seven days. Notice the results. See how fresh and clean your skin feels. And when you know that a bath with Lifebuoy stops "B.O." faster, gives you longer-lasting protection, you'll never want to miss "YOUR BATH A DAY THE LIFEBOUY WAY!"



LEVER PRODUCTS



"Now I never miss a single day bathing with Lifebuoy. I've come to depend on it to keep me fresh and dainty for sure. And a Lifebuoy bath gives me all-over protection!"

"What a difference Lifebuoy has made! Bob's more attentive than ever and I have more friends. What's more, Bob has become an enthusiastic Lifebuoy fan, too!"