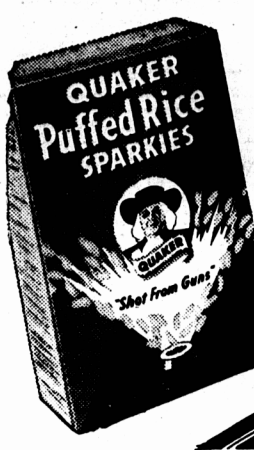


Woman's Realm/Social and Personal/Fashions/Literature



Switch to Brighter Breakfasts!

RICE SHOT FROM GUNS!

That Body Of Yours

By James W. Barton, M. D.

THE COMMON CORN

A few months ago I wrote about the handicap in life of aching feet, that painful feet are both a physical and mental hazard, that generally speaking, most of us make as much money with our feet as we do with our heads.

So important to health and happiness are healthy, normal feet, that universities now are giving courses in the care of the feet, chiropody, and grant a degree as in medicine and dentistry.

In the "Canadian Chiropody Journal," W. A. Waddell, D.S.C., Regina, states that as important as other ailments of the feet may be, there is no single condition which can inflict such exquisite pain as the common corn. More patients consult the chiropodist for painful corns than for any other single foot ailment. The corn can be seen in an infant of one year or less and in a man or woman 100 years old who does no work whatever.

Because so many foot ailments, including corns, are caused by ill fitting shoes, general physicians, orthopedic physicians and chiropodists are able to give relief in many cases by showing the patient the proper shoes to buy. It is pressure on the toe or other part that

first causes symptoms. Pressure causes irritation and inflammation, and as inflammation anywhere causes hard tissue—even scar tissue—this increased amount of hard tissue in the part presses on the tiny nerve endings in the skin, and thus a painful corn is manufactured.

The various corn applications purchased from your druggist undoubtedly, with patience, will remove many painful corns—especially if loose or better-fitting shoes are worn. However, most physicians are agreed that a qualified chiropodist, using the usual antiseptic methods, is equipped with knowledge and with keen instruments to remove the corn whole, not in fragments—though this may be necessary in some cases. Once the corn is removed, pressure on the part should not cause pain; if pain is still present, then the corn has not been removed completely.

The thought, then, is that while home treatment given by usual remedies may be safe if care is taken, the complete removal of the corn by a chiropodist or by an orthopedic surgeon is the safest and surest method of removal.

YOUR FEET AND THEIR AILMENTS

It is amazing how little care we give our feet considering how important they are to us in our daily living. Send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy of the Barton Booklet entitled "Your Feet and Their Ailments."

Hobbies Of Local Citizens

By Uncle Joe

Keeping a perpetual diary is an interesting hobby, with its daily records of eventful happenings that always are taking place in every community. Most of us have short memories and, when it comes to naming the place and date of past events, find ourselves hopelessly at sea.

If you don't believe this you'd better not flaunt your knowledge of past occurrences in the presence of Mrs. K. MacKinnon, our genial postmistress at Cornwall—not unless you are sure of your facts. Otherwise out will come that little book of hers, and nine chances in ten you'll be caught with the wrong answers.

So, you see, there is an advantage in keeping a diary, after all. When in doubt about a certain happening all you have to do is dig in your diary, and there it is, and thumb your way through its thin pages till your eyes light on the item you've been arguing about.

"Ah!" you may well exclaim, "I was wrong after all." John Brown and Mary Smith were married October 3rd, 1915, and not November 3rd, as you had supposed.

Everybody talks about the weather being so much colder this spring than last; but if you had kept diaries of our own we'd be surprised to learn that last spring was colder than this. Folk in general never do remember the weather from one year to another.

Nor does the average person remember this or that local incident, to say nothing of national and international affairs. There is so much happening nowadays that very few of us are able to keep her the half of what went on in our own districts five years ago. But with a well kept diary we can keep our reckoning absolutely on a factual basis.

Only the most important doings of local interest are recorded in Mrs. MacKinnon's diary, which goes back to a decade or so ago. Nevertheless it is a valuable little volume which she greatly treasures and from which she derives much pleasure, plus a heap of facts that otherwise would have "gone with the wind."

Since taking over the local post office last year, Mrs. MacKinnon has picked up a second hobby, collecting old coins, of which she already has a considerable pile. So far she has not picked up any valuable bits; but being in a position where she daily handles a lot of coins, there's no telling when she may be lucky enough to crack the jack pot.

This article is not written to encourage others to save their "pieces of eight" and "pieces of sixpence." The writer fully realizes that it takes a lot of experience and knowledge to be able to glean the drop from the gold. But constant association with coins, stamps, etc., eventually will help the general collector to find the particular specialty or hobby in which he is most interested. When that time arrives it is then possible to dispose of interesting collections and take up whatever specialized branch one has elected to follow.

DOROTHY DIX SAYS—

Sharp Tongue Woman Endowed With Cutting Wit Can Kill Chances For Love

DEAR MISS DIX: Every time I go out with a boy I say some mean, insulting thing to him that makes him cool to me for the rest of the evening and he never takes me out again. I try hard to hold my tongue, but I never can. I have been out with many boys, but only for once, because I can never keep from saying sarcastic things to them. What can I do to be nice to them and attract them?

LONESOME JANE

ANSWER: Put honey on your tongue instead of vinegar. You certainly can't be foolish enough to expect any man to spend his time and his money on you giving you a good time when you reward his efforts by insulting him.

None of us is built that way. We do not yearn to have our faults and weaknesses called to our attention. Nor do we lap up criticism and ask for more. What we have a ven for is to be jolled along. We seek the society of people who tell us how charming and agreeable and good-looking we are. Especially do men like to have their fur rubbed the right way, and only the girls who are adept at doing this ever have many dates.

GREATEST MISFORTUNE

The greatest misfortune that can happen to any woman is to be endowed with the gift of sarcasm and have a talent for saying witty and cutting things, for not one woman in 10,000 has the self-control to refrain from using them. I have known women who, for the sake of getting a laugh, would alienate their best friends and who would stab those who loved them to the heart with an epigram.

Make your tongue your servant instead of your master. Force it to say kindly things instead of mean ones. It will make you happy and men will flock around you instead of running away from you, for there is nothing on earth that men so dread and fear as a wisecracking woman. And the bravest men on earth turn coward in the face of a virago.

DEAR MISS DIX: I am 20 years old. Fourteen years ago my father died, but my mother did not remarry until four years ago. She married a man seven years her junior. She is now 37 and he 30. Recently I returned from school abroad and met my stepfather for the first time. We were immediately attracted to each other and for several months have known that we are really in love. Both of us love my mother and do not wish to hurt her, but we can no longer disregard our love for each other. My mother knows nothing of our feelings. I am so unhappy. What shall I do?

FLAME S.

ANSWER: That a tragedy! Surely Fate can weave no situation more full of dark complications than yours, nor one from which there is no escape save one that is filled with suffering for some one. It is bad enough for a woman when her husband ceases to love her and falls in love with another woman, but it is worse when that other woman is her own daughter. That makes it seem almost as great a crime as a homicide. It is a terrible misfortune when a young girl falls in love with a married man, but when that man is her mother's husband and it is her mother's home and happiness that she is endangering, it is a catastrophe.

And it is no solution of the problem that neither the man nor the woman are really guilty of any disloyalty to the woman they both love. We cannot control our affections and their unfortunate love is just one of the things that happened. Youth calling to youth.

Under the circumstances, my advice to you is to go away from home for a year at least and see if absence will cure your love for your stepfather and his for you. You are young and your mother is middle-aged. Give her the weeks. But if you cannot do this, go to her and tell her the truth and let her decide what to do. You owe her that much at least.

DEAR DOROTHY DIX: I am engaged to marry a banker whose secretary I am. If I marry him he will hire a new secretary in my place and I am afraid he may fall in love with her as he has with me. Shall I keep my position or marry him?

GRETA

ANSWER: I'll say that the riddle of the lady or the tiger was easy to solve compared to whether a secretary shall marry her boss or continue to boss him as his secretary. But perhaps all secretaries are not so fascinating as you are or perhaps your fiancé may not be such an easy mark for the arts and wiles of a secretary as you think he is. At any rate if I were you I would marry him and pick out his next secretary. Something old and sour and crabbed with stringy hair and a snub nose and false teeth.

That, with knowing that you are wise to the ways of employers and secretaries, should keep your husband walking the strait and narrow path.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

Ellen's Diary

By an Island Farmer's Wife

The gallant and cherished old trees in our remnant of orchard, bent and gaunt with battling the winds and snows of years, were suddenly in blossom today and from the wealth of white which crowns a crab-apple tree, Jeanie and granddaughter gathered choice bouquets this morning. Attuned also to the beauty and fragrance of the season, primroses were out in gay attire which matched the colorings of an attractive butterfly that flitted and paused and altogether enjoyed its own pleasuring in the sunshine of the day at hand. And a bumblebee—"we'd better watch out!" grand-daughter said—matched her shades with his own and courted the scented narcissi in the flower border.

The lad of a robin who weaves his song into the warp of our bairns or cleaning or even thrusts it, though only to enhance them, into our meditations, flung his notes rapturously to the light wandering breeze. It, we fancied, carried it direct to the twig this holiday, who angled or just wandered idly it seemed, hand in hand beside the mill-stream.

She was petite and as Aunt Kitty Mahoney would have said "nothing but a slip of a girl" and she tallish and broad-shouldered, and funny thing to Jeanie and me, as we regarded the two, his head inclined "as though" he was rather fearful of missing a word she might utter. Even one with graying hair could appreciate the deep enjoyment of the pair, the rare and rapturous delight of each fleeting minute there.

Recalling the cold and dampness of the Queen's Birthday, we commented to Jeanie: "This is the right time for a holiday!" and found ourself grateful that in the prevailing sunlight and balmy wind, even while taken up with our churning and all, farm-folks like us could indeed have "perpetual holiday."

From a nager waste-gate on the dam, lads angled patiently, while those more ambitious, on occasion rowed the small boat "out into the deep," and if their takings may have been negligible, doubtless their outing to the country was most enjoyable and will be filed away among their lovely recollections in memory's pages to be reviewed kindly in the years to come.

Summer-like the holiday was, made not only for those that holidayed but for the husbandsmen as well. They could accept better the cool wind which marched over the fields in the later day to refresh the plodding teams. Today, Karoline and Jeanie to the stream-side, romance stalling the stream-side and by lane-side white lilacs heading.

Until tomorrow . . . Diary . . . Good-night.

Spend wisely—Save wisely

RED ROSE TEA

more cups per pound

Africa Flight

By Val Gleigud

CHAPTER VI

"YOU DISLIKE ME!"

"And what are you up to, my dear?" asked Sir George. "I thought you'd gone out to a party!"

Carol's eyes shifted slowly, almost reluctantly from Rupert Larrimore to her father.

"I'd meant to," she said slowly, "but somehow I didn't feel up to it."

"But you're all dressed up for it!"

"I know, daddy—do you mind my breaking in on you? Am I interfering in big business again?"

Sir George laughed, got out of his chair, and put an arm affectionately about her shoulders.

"Not a bit," said he. "Business is all done with—and were still friends, eh Larrimore? We were just beginning to discuss the great question of romance."

To her annoyance the girl felt herself flushing.

"Then I'm just in time to help you out," she said lightly.

"I was just going to say that I didn't think that looks had much to do with the question," said her father, winking at Larrimore.

"In which case I'll bet that Mr. Larrimore would reply that they had nothing to do with it at all!" Larrimore made a little bow.

"Exactly, Miss Mansion. An ugly man can't afford any other point of view."

Sir George stared; then glanced at his watch. "I can't compete with that," he said after a little pause. "I'm afraid you'll have to excuse me, Larrimore. I've an appointment with a film-director, and it seems that they're never allowed out till after supper. I must out along."

"Then I'll say good-night," said Larrimore.

"Oh don't hurry away," said Sir George. "Drink a glass of brandy before you go. And Carol will keep you company. She's quite a nice girl, for all that she's my daughter."

"I won't bore Miss Mansion," said Larrimore curtly. "Brandy by itself can be quite a good thing."

He was conscious that Carol was again looking at him, and he took care not to meet her eyes.

"I'll stay with you all the same, if the strain won't be too great," said the girl. "After all, as I'm going in the plane, I think it might be a good thing if Mr. Larrimore and I got acquainted, as they say in the States."

"It might," said Larrimore dryly. But Sir George either failed to appreciate, or consciously ignored the tone in the airman's voice.

"I'll leave you two to fight it out," he said cheerfully; kissed his daughter; and shook hands with

Cook's Corner

MEAT CROQUETTES

Meat croquettes may be made with ground cooked chicken, pork veal or beef.

4 tablespoons fat
4 tablespoons flour
1 cup milk
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon celery salt
1 teaspoon chopped parsley
2 cups minced cooked meat
1 egg
2 tablespoons water
¾ cup cracker crumbs

Melt fat, add flour and blend well. Add milk slowly, stirring constantly until thick. Add salt, pepper, celery salt, parsley and meat. Mix well and shape into croquettes. Beat egg slightly and add water. Roll croquettes in crumbs then in egg, then in crumbs. Let stand hour and fry in deep fat until golden brown. Yield: 12 croquettes.

Better English

D. C. Williams

1. What is wrong with this sentence? "I value your patronage above any other."
2. What is the correct pronunciation of "extensible"?
3. Which one of these words is misspelled? Oscilate, annihilate, ventilate.
4. What does the word "prone" mean?
5. What is a word beginning with "ha" that means "calm, peaceful"?

ANSWERS

1. Seay, "more than any other."
2. Pronounce with accent on first syllable, not the second. 3. Oscilate 4. Inclination of mind, heart or temper. 5. There was a certain proneness to self-gratification. 5. Halcyon.

Larrimore. "Goodnight!"

The door closed behind him. Larrimore crossed to where the brandy stood on a table by the window. As he poured it out, the decanter clinked twice against the rim of the big bell-glass. When he turned round, mentally cursing his unsteady hand, he saw that Carol had curled up comfortably on the sofa in front of the fire.

(Continued on Page 12)

Tune In Aunt Lucy Listen's Remorse Shows from U.S. - Exact wording on the Trans-Canada Network.

Aunt Lucy says:

"GRANDMA MADE A HIT WITH Extra-Soapy Sunlight"



WHITER
YES, ALL-PURE SUNLIGHT GETS WASHES WHITER

BRIGHTER
YES, ALL-PURE SUNLIGHT GETS DIRTIER STAINS AND HANDS BRIGHTER

LIGHTER
YES, ALL-PURE SUNLIGHT MAKES WORK LIGHTER

THE SOAP THAT MAKES ALL WORK EASIER!

Gets out more dirt—FASTER!

Watch those Sunlight suds go to work, Miss Bride-to-Be! They're so fast-acting, they make light work of any washing or cleaning job. All-pure Sunlight's gentle on hands, too. Get a cake of Sunlight today.



Morning Smile

Mrs. Watta — "Bridget, these balusters seem always dusty. I was at Mrs. Johnson's today and her stair rails are clean and as smooth as glass."

Bridget—"Yis mum. She has three small boys."

Electrician—"Here, catch hold of this wire."

Apprentice—"I got it. What now?"

Electrician—"Feel anything?"

Apprentice—"No."

Electrician—"Well, then don't touch the other one. It carries 3,000 volts."

The Stars Say--

By Genevieve Keable

For Tuesday, June 14

RECOLENT auguries dominant on this day encourage the energetic and forceful attack on all desired operations, objectives and ambitions. Vigor and well-organized plans with executive ability, may be sustained by a peculiar advantage from mental grasp of underlying conditions, although there may be strategic and deep-laid factors. Such may encourage change, new fields of action, with fresh renews and contacts. Purely private interests may likewise partake of such subtle, intriguing and happy auspices. Study ways and means with an eye to surprise.

For the Birthday

Those whose birthday it is are assured of a particularly active and energetic year, with new enterprise and initiative on the tapis. Well-organized plans and methods, well thought out, may be supported by clever tactics in a hidden way. Change, new fields of operation, new fields and romance are on this lively and intriguing program, but it may require well-considered strategies to accomplish such benign ends.

A child born on this day should be enterprising, resourceful and with splendid capacity and intellect for success. Its deeper qualities may bring it a romantic career.

Household Scrapbook

By Roberta Lee

Protecting the Yard

Dogs and cats will not bother the evergreens, shrubs, and flowers if the following spray is used about every two weeks. To one gallon of water add 1½ teaspoonful of diluted nicotine sulphate. The commercial preparation usually contains about 40 per cent nicotine sulphate.

Red Ants

To exterminate red ants, try washing all the crevices of the room and cupboards with a strong solution of alum water. The polish of the woodwork will not be injured.

Preserves

Placing a few drops of glycerin

Modern Etiquette

By Roberta Lee

Q. Is it proper to have the ring of the bridegroom engraved with initials, if the marriage is a double-ring ceremony?

A. Yes; the bridegroom's ring is engraved with whatever the bride chooses.

Q. Is it correct when introducing two persons to say, "Mr. Brown, Mr. Smith; Mr. Smith, Mr. Brown?"

A. No; it is not necessary to mention each name but once.

Q. Is it customary to use napkin rings on the dinner table?

A. While not exactly customary, it is not strictly improper if one wishes to use them at home.

Q. How can I remove ink from paper?

A. Put ¼-pound of chloride of lime to 1 quart of soft water. Shake and let stand twenty-four hours, then strain through a cotton cloth. To 1 ounce of this lime water add 1 teaspoonful of acetic acid. Apply to the blot and the ink will disappear. Absorb the moisture with a blotter. The remainder may be bottled, closely corked, and set aside for future use.

Q. How can I make a good freckle solution?

A. Mix four ounces of lactic acid, one ounce of glycerine, and one ounce of rosewater. Or, try putting the juice of one lemon in half a cup of water and applying twice a day.

Q. How can I judge the freshness of an ear of corn when purchasing?

A. See that the husks are dry and green, and that there are no wrinkles in the ears.

DO YOU HAVE PROBLEM HAIR?

If your hair is dry, drab, or limp, then cheer up and pass the good word along. Our new formula method of permanent waving will assure you of pleasing results and at the same time rejuvenate the quality of your hair texture as to strength, elasticity and lustre. Our summer specials are on now, so make it soon, won't you?



MARIE ELENA SALON—Phone 2191

Between the Patriot Office and Reddin Bros.

How Can I!!!

By Anne Ashby

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THE MOST WONDERFUL BABY IN THE WORLD is Yours



Made especially for Canadian Babies . . . Aylmer Baby Foods are chosen by careful Mothers

Choose Aylmer for fine flavor and vitamin-rich nourishment. Aylmer quality is guaranteed by Canada's largest canners of fruits and vegetables.

AYLMER BABY FOODS

AYLMER PEACHES

YOUR BABY DESERVES AYLMEER QUALITY