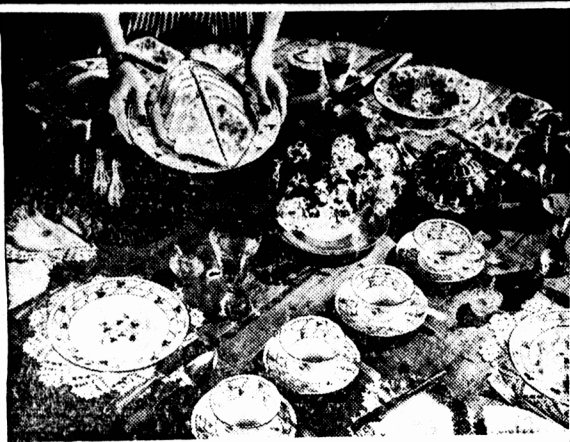


Woman's Realm / Social and Personal / Fashions / Literature



Bread ON THE TABLE THE MEAL IS READY

Golden Crusted .. Delicious .. Wholesome!

"Try It"



STEWART BAKERIES LTD.
CHARLOTTETOWN, P. E. I.

THE STARS SAY—

By GENEVIEVE KEMBLE

For Saturday, July 5

A CONCENTRATED and well-organized and executed course of action should be effective and powerful in breaking up static situations, turning the wheels of enterprise and progress into constructive and lasting operation. Obstacles and staid conditions may be battered down by aggressive, strenuous and practical attack, in which skill and fresh ideas prove worthwhile, especially if fitness, compromise and tact assist.

If It Is Your Birthday

Those whose birthday it is are urged to marshal all their abilities, skills, talents and assets in a constructive and determined effort to break up tenacious obstacles, stagnations or other static or congested state of affairs standing in the way of live programs or projects. Such limitations or blocks may be smashed if powerful and dynamic attack be sustained by tact, conciliatory and subtly, or shrewd techniques rather than over-aggressive battering away in delicate situations. Study undercover or superficial appearances to arrive at real values and sound returns.

A child born on this day is equipped with many forces, faculties and powers for a progressive and productive career, although it may encounter certain intriguing or subtle undercurrents.

Household Scrapbook

By Roberta Lee

A Quiet Bath
To prevent making unnecessary noise when drawing water for a bath, put the rubber shower hose on the faucet and let the water run through this into the tub. There will be no noise of rushing water.

Potatoes and Peaches
Before peeling new potatoes, or peaches, plunge them in boiling water for about a half minute, then drop them in cold water. The peelings will slip off easily.

Towel Economy
Worn bath towels can be used as washcloths if cut into squares, and crocheting put around the edges in any pastel shade.

NEW SILHOUETTE

NEW YORK—The new silhouette is draped, bustled and corseted to the last notch. There's a definite revival of such American museum pieces as the wig waist, the hobble skirt and the peg top hipline.

DOROTHY DIX SAYS—

Men Should Help Wives

In These Days Of Maid Shortage Husbands Should Pinch-Hit For Women

DEAR MISS DIX: I have been married four years to a very sweet fellow. We love each other, but we have one continual argument. We have a small child and, no matter how tired or busy I may be, my husband absolutely refuses to help me with the baby or the house. I very rarely ask his help. Only do it when I feel sick or am just worn out.

Don't you think that once in a while if I need just a little assistance that he should help me?
MRS. A. F.



ANSWER: I certainly do. A father is just as much a father as a mother is a mother and when the sledding gets too hard for the worn-out mother, it is up to Dad to lend a hand, not only with the kid, but with the cooking, washing, ironing, and all the other chores that it takes to keep a home a going concern.

Your husband should realize that in these days, when women hold down jobs and bring in a pay envelope, that there is no division of labor and no work is specifically women's work. It is all just labor to make a home and support a family, and both husbands and wives should work shoulder to shoulder to this end.

MEN SHOULD HELP WIVES

In the past, when there were plenty of good servants to be had at reasonable prices and when wives did not have to bring home the bacon as well as fry it, it was understandable that husbands should think that their wives should run the house independently of their help. But now, when no more maids are to be had, the situation is changed, and certainly a man is a poor excuse for a husband if he refuses to pinch-hit for his wife when she is sick and tired.

All good husbands feel that way about it, and they feel it to be no degradation to their manhood to wash the dishes and cook the dinner and change the baby when necessity demands it.

No marriage is a success in which husbands and wives are not willing to help each other in a pinch.
(Continued on Page 3)

That Body of Yours

By James W. Barton M. D.

TREATING THE PATIENT NOT THE ULCER

I have spoken before of the patient who had undergone operation for peptic ulcer saying to his physician that he was glad he would not have another ulcer. The physician replied that if he did not avoid infection, learn to control his emotions and follow his prescribed diet, he would "grow" another ulcer.

That ulcer often occurs again in from 50 to 80 per cent of cases is pointed out by Dr. Dean Macdonald, St. Catharines in the "Ontario Medical Review." The patient and, sometimes, the physician are more concerned with removing the ulcer and being free of symptoms for the time being than in planning prevention of further ulcers—particularly duodenal ulcers, found usually an inch or two from the opening of the stomach into the duodenum or first part of the small intestine.

The ulcer, itself, is often the minor problem; the person who has the ulcer is the trouble.

Treatment must not, therefore, be directed entirely toward the ulcer, but much of it must concern the patient as an individual, who has personal problems and "feelings." This can only be done if the patient's personality is understood.

World War II taught us the importance of the emotions, the effect of the mind on the body processes. For instance, ulcer of the stomach and duodenum (peptic ulcer) was the commonest ailment in the armed forces from the time the re-

cruit entered until his discharge. In other words, as pointed out by Dr. Macdonald, as it is the personality of the patient that makes the ulcer, this personality requires long-range treatment and the ulcer itself requires short range or immediate treatment.

This does not mean that the conditions which light the match to "start" the ulcer are not important. These conditions or factors must be corrected without delay. Among these factors are infection, gland imbalance or disturbance, tobacco, alcohol, coffee. With the removal of the active or starting causes, the usual ulcer treatment—antacids, quinine, drugs, special diet—is prescribed.

With the removal of the active causes and the beginning of the specific ulcer treatment, the "education" of the patient as to himself and his ulcer gets under way. "Ulcer education" is the cornerstone of the treatment and the most powerful weapon against return of the ulcer and other more serious complications.

TONGUE - TWISTER

The hereditary family in Denmark is the house of Schleswig-Holstein - Sonderburg - Glücksburg.

BABY'S RASHES

are often a sign of upset digestion. See how quickly this type of rash often disappears after the use of Baby's Own Tablets. Pleasant to take, easily crushed to a powder, these little tablets sweeten up baby's stomach and clear out irritating material that also may be causing gas, feverishness and fretfulness. Get Baby's Own Tablets today. They have been the standby of mothers for over 50 years. Only 25c.

Living & Leisure

THE WOMAN'S REALM

Do you fear the force of the wind, the dash of the rain?
Go face them and fight them,
Be savage again.
Go hungry and cold like the wolf,
Go wade like the crane;
The palms of your hands will thicken.
The skin of your cheek will tan,
You'll grow ragged and weary and swarthy,
But you'll walk like a man!
—Hamlin Garland.

Hints on Etiquette

Don't ask how much things cost when you are visiting in the home of newlyweds, or in any one's home for that matter.

Revival of Embroidery in Britain

British women are going back to Grandmother's day for their relaxation these days. . . they have the embroidery craze! . . . What's more, there's keen competition to make their designs more unusual than their neighbour's!

Some 1,400 examples of good modern needlework have been collected by a "Needlework Department Scheme" . . . which started in Scotland. This collection is being sent all round Britain . . . on loan to art schools . . . Women's Institutes . . . and other women's organizations, and it's building up a valuable library on embroidery.

Well-known needlewomen are engaged for two years as a team of experts, visiting schools and embroidery groups to encourage better designs.

Britain's home-makers, when they do find time to sit down, after their shopping, housework and cooking are finished, find needlework restful . . . and yet have the feeling that they are achieving something useful and beautiful while they rest.

HOLIDAY ACTIVITY

Don't be coaxed into violent physical exercise, if you're not used to it—particularly if you've passed the normal "play-time" of life. This warning comes from Nat-

Better English

D. C. Williams

1. What is wrong with this sentence? "I did not see no papers on his desk."
2. What is the correct pronunciation of "orgy"?
3. Which one of these words is misspelled? Constitute, parashute, irrisolute.
4. What does the word "allegory" mean?
5. What is a word beginning with pl that means "to appease"?

ANSWERS

1. Not and no form a double negative. Say, "I did not see any papers."
2. Pronounce or-ji, o as in or, as in it. 3. Parashute. 4. The setting forth of a subject under the guise of some other subject. "Allegory," when well chosen, are like so many tracks of light in a discourse, that make everything about these clear and beautiful."—Addison. 5. Piacate.

sional Health authorities, who point out that people who normally live sedentary lives can't suddenly become "sports" with safety. The warning is particularly appropriate at approach of the holiday season. Experts remind Canadians that there is a form of recreation suited to all ages, conditions and temperaments, as well as to the particular physical requirements of people. The family physician, after an examination, can advise on how far one should go in taking part in the more boisterous sports.

'WHOO' VACCINE TRIAL IN LONDON

Six hundred London babies have taken part in a whooping cough prevention experiment, but results will not be known until September, 1948.

Half of the children have been inoculated with a new whooping cough vaccine, the other half have had ordinary anti-cataract injections.

"No one," said a ministry of health official, "knows which children have had which vaccine. This will be a secret until the 'key' is unsealed in 18 months' time. Two years must elapse before the true preventive value of the new vaccine is known."

MUSCLE MEATS

While not suggesting that Canadians abstain altogether from those juicy steaks and chops which many favour, health authorities issue a reminder on the value of other meats. Such items as liver, kidneys, tongue and heart, are quite as nourishing as the "muscle meats," they say.

The "muscle meats" such as chops and steaks, are definitely second choice among people of many lands, and, in these days of high prices, Canadian housewives have the assurance of experts that "the cheaper, if less popular, meats are to be preferred."

The city of Venice stands on a group of mud banks in the middle of a lagoon. The earth is so soft that buildings can be constructed only by "pile-driving."

KISS YOUR TIRED FEELING GOODBYE!

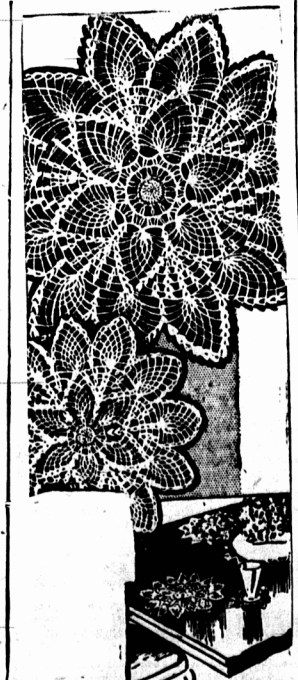
Pepples Many Suffer Low Blood Count—And Don't Know It.

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, dopes, tired and peppy.

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.

PINEAPPLE DOLLY



467

DESIGN NO. 467

For those whose favorite crochet design is the pineapple pattern, this lovely circular dolly is an ideal choice. Pattern No. 467 contains complete instructions. Needlework Book 20 cents.

To order: Send 20 cents in coin to Needlework Bureau, Charlottetown Guardian.

Name _____
Address _____
City _____ Province _____

BUTTER-NUT BREAD "always fresh"
Eastern Bakeries Limited.

Ellen's Diary

By an Island Farmer's Wife

We have just returned from the root field where we have been planting the cabbage and with the end of this pleasant chore, we set the seal on our cropping. At last every bit of it is complete, every seed at Alderlea has been given to mother earth who gave them and now rest, and grow on our good and not so good soil.

Placed in her keeping hopefully, to gain ultimately the increase that comes with the harvest. We set the cabbage plants in place under most favorable circumstances. The seed row was damp from a sudden shower and at the very time, amid the glory of sunset, a rainbow bridged the surrounding green clad hills with the silver blur of the heavens. "Rainbow at night" we say and are pleased with the omen.

"Another shower now would do more good than we could" James remarked as we came down along the farm lane towards the buildings. The evening then, was clear and pleasant, the heat of the afternoon having given way to a cooler air. "But it looks as though it's cleared" James said regarding the West casually. A pair of calves led recently to pasture in a near meadow ran to the fence to greet us and the new horse and the Nell-mare's colt "necked" playfully there before racing down to the stream. "It's great!" James said with a sigh of relief "to have the crop all in if it's only for a tallow to have a spell off from work to inspect the stock and the crop—the hay and the grain. The hay's coming better now," he observed "but I notice the early grain's not too good a color this year. I'm thinking it will be pretty light on account of the backward Spring. Of course you never can tell. It's early yet, but it's slow-slow. And the daisies are out, Ellen. Would you believe it!" Truly the Spring had vanished and the Summer had come upon us almost unawares.

However, if with yesterday's sowing of "that last patch of turnips" the field work was complete, Jack assured me this morning there was no lack of other insistent farm endeavors begging to be taken up. He it was that today "commenced" whitewash the barn, noticeably more dingy, since the surrounding fences had come under the touch of Jeanie's brush. "A bit of whitewash on a fence or building certainly makes a improvement," I remarked to James when we reached the hill top today on our way home from the parting of the ways at the corner store. James and I had been to the city, having gone thither by bus in the morning. How else could

How Can I!!

By Anne Ashley

Q. Should shirts be mended before sending to the laundry?
A. Yes; mend the shirts and other garments before sending them to the laundry. By doing this it will not be necessary to disturb the carefully ironed articles in order to mend them.

Q. What can be used for seeding cherries?
A. Try using a new hairpin, inserting the double end into the stem end of the cherry. This does the work quickly without crushing the fruit.

Q. How can I make a stronger buttonhole?
A. A buttonhole will be stronger and will wear longer if it is sewed around on the sewing machine before embroidering.

Morning Smile

BOTH WERE SPEEDY

Two men were flying east in a passenger plane, making the first air trip of their lives. The plane touched down at St. Louis and a little red truck sped out to its side to refuel it. The plane landed again at Cleveland, and again a little red truck dashed up to it. The third stop was Albany, and the same thing happened.

The first of the two men looked at his watch and turned to his companion. "This plane," he said, "makes wonderful time."
"Yep," said the other, "and that little red truck ain't doin' bad, either."

Prepared ORANGE PEEL and LEMON PEEL

Delicious for Cakes, Pies, Puddings, Custards, Cookies, Icings, etc.
Distributed by CLARKE'S Fruit Company

ONE LITTLE WHISPER AND MY VACATION WAS SPOILED!



"It happened at lunch the very first day. The others at the table were friendly when I sat down. But soon I felt a change in them. Then as they left the table I heard that whisper... 'B.O.'"

"I know I'm safe these WARM, PERSPIRY DAYS—THANKS TO LIFEBOUY!"

LATER

"I notice now that people are more friendly. Everybody should realize that it doesn't pay to take chances with 'B.O.'"



"I CAN'T GET AWAY FROM HERE FAST ENOUGH!"

"They were whispering about me! I never was so embarrassed. My whole vacation was spoiled as I just couldn't face those people again."

HOW TO STEP UP PROTECTION AGAINST "B.O."

Tests prove not only that Lifebuoy stops "B.O." (body odour) but that you can build increasingly better protection against "B.O." by always bathing with Lifebuoy. Try it. Bathe with Lifebuoy for just seven days. See how fresh and clean your skin feels.

When you know that a Lifebuoy bath stops "B.O." faster, gives you longer-lasting protection, you won't ever miss your "BATH A DAY THE LIFEBOUY WAY!"

A LEVER PRODUCT

Needlecraft FOR THE HOME

BACK-WRAPPED PINAFORE

A pretty pinafore with a cool, cool, neckline makes the most attractive of summertime uniforms for the active home-maker, who finds its back-wrapped closing a mighty practical feature.

No. 2659 is out in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, and 34. Size 26 requires 3 1/2 yards 35-inch.

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.

Address: Pattern Department, The Charlottetown Guardian, P.O. Box 2659.

BLACKHEADS

Blackheads simply dissolve and disappear by this one simple, safe and sure method. Get two ounces of peroxide powder from any drug store, sprinkle on a hot, wet cloth, and apply gently—every blackhead will be gone.

