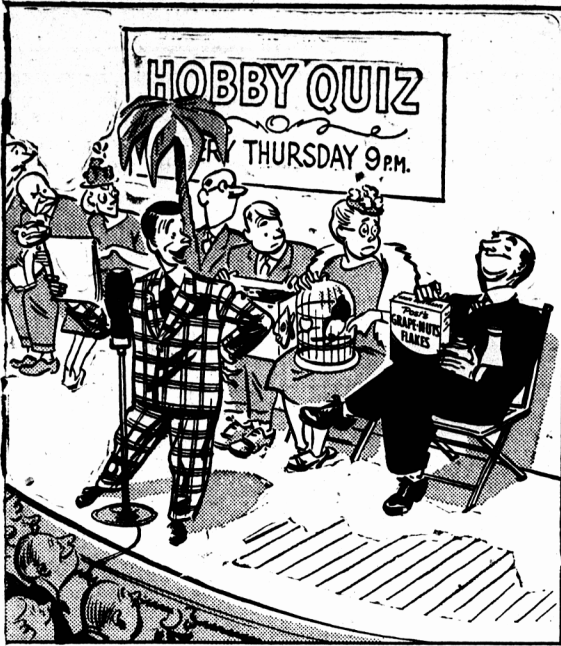


# Woman's Realm / Social and Personal / Fashions / Literature



"And now, ladies and gentlemen, Mr. Gobble M. Upp will tell you about his hobby."

"Ya, sure, folks, my hobby is spooning!"

"But Mr. Upp... at your age?"

"Aw cut it out—I mean spooning honey-golden, malty-rich, sweet-as-—the Post's Grape-Nuts Flakes... um-ru-m."

"Oh—you like their flavor?"

"Are you kidding? I'm ca-ra-zy about it, mister—just ca-razy!"

"You mean you sit around all day gorging yourself with that super-delicious flavor?"

"Well, Post's Grape-Nuts Flakes are sky-high in nourishment too—

so they make me feel like a tiger."

"Like what?"

"Like carbohydrates for energy and minerals for growth and muscle."

"Say—those Post's Grape-Nuts Flakes sound good!"

"They do sound good—and they taste out-of-this-world!"

"And can you use them as an ingredient for cookies and cakes and things?"

"Sure thing. You'll find a variety of recipes on the package."

"That does it. We're signing off—and I'm signing on for some delicious Post's Grape-Nuts Flakes!"

## That Body Of Yours

By James W. Barton, M. D.

**AGING**

"Aging has been taken for granted: like the weather it has been thought that nothing could be done about it."

I am quoting from a booklet issued by the Indiana State Board of Health from the Division of Adult Hygiene and Geriatrics.

Mark Twain stated that everybody talked about the weather but nobody did anything about it. And while aging—like the weather—has until recently had nothing done about it, today physicians and health departments are doing something that means much to the aging in health and happiness. This work of doing something for the aging has come about because such a large proportion of the population is at or past middle age, the average span of life being more than 65 years.

As mentioned before, aside from the physical health of the aging, the mental and emotional health must be kept at its best as the tragedy of old people is their feeling of not being needed or useful and so thereby developing a general lack of interest in people, things and life itself.

In their booklet, the Indiana State Board of Health outlines the problems connected with the process of aging as follows:

1. To maintain the best possible state of good health.
2. To maintain the highest possible degree of physical activity and efficiency.
3. To maintain mental alertness and judgment.

To acquire the ability to face these problems of old age, preparation must begin not later than in middle life. "It is in this active, mature period—roughly from 40 to 60—that the chronic, so-called degenerative (breaking down) diseases begin to quietly, and in a hidden way, to develop."

Because ailments of the aging come on so quietly—often without pain, rise in temperature, or any outstanding symptoms—they often get a firm hold before they are discovered.

The most important point suggested by the booklet is that the aging person needs medical supervision more often than he did in his younger years and that he should, insofar as he can, prepare a way of living suitable to his physical, mental and emotional needs.

**CHRONIC RHEUMATISM AND ARTHRITIS**

Sufferers with chronic rheumatism and arthritis will find many helpful suggestions as to diet, heat, massage, and other aids in Dr. Barton's booklet entitled "Chronic Rheumatism and Arthritis." To obtain it, just 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.

That which offers security. "The library of the press is the palladium of all the civil, political, and religious rights of man." — Junius, 5. Lineage.

The Key to.....

Successful Entertaining

**KING COLE TEA COFFEE**

## Dorothy Dix Says— Domestic Reciprocity

**Marriages Would Be Much Happier In Give-And-Take Atmosphere**

One of the things that is the matter with marriage is that there is not enough give and take in it. The domestic pattern runs to monopoly, and you will hardly find a family in which there is any real co-operation. Sometimes it is the father who is a dictator who rules the household with a rod of iron. Sometimes it is the tyrannical mother who is she-who-must-be-obeyed. Often it is the children who make slaves of their parents.

The point is that there is no team work in the great majority of homes. You rarely see a whole family with the same ambitions and purposes, working shoulder to shoulder in mutual helpfulness. There is no give and take. Each is out for himself, or herself. And that is why there are so many grouchy husbands and peevish and nagging wives, and why so many marriages end in divorce.

One of the basic demands of human nature is for fair play. None of us wants to be the goat. We want a square deal. We want to receive as well as to give, and when we don't get reciprocity, it sours our dispositions. And this goes all the way from unrequited love to not getting your slice of pie.



## NEED MUTUAL SPIRIT

No love can survive that is not a mutual passion. When one kisses and the other permits oneself to be kissed, the dream is ended. No husband or wife gets any kick out of doing all of the loving.

Much of the juvenile delinquency that is such a problem now stems back to mothers' unwillingness to give and take. They want to monopolize their children, and they refuse to let even the youngsters' fathers have any part in their rearing. Many a man's heart breaks as he sees a promising child being ruined for life by the jealousy of a silly mother who was not willing to share her darling with even his own father.

Selfish people think that they can acquire happiness by grabbing everything they can get their hands on for themselves, but never give a greater mistake. For there are very few things that are any fun to do alone. You can't talk to yourself. The best meal lacks flavor if there is nobody across the table from you. And you have no friends because nobody loves a tightwad. You have to give as well as take in friendship, or else you are left alone.

Never was the give and take theory so necessary to be put in practice as it is now when the economic upheaval has forced so many housewives into being their own cooks and baby-tenders and laundresses. Many of these women are bitterly resentful over being chambermaids instead of parlor ornaments. Many are frail and not really strong enough to do the work they are forced to do. But the thing that adds the final touch of wrath to their grievance is when their husbands refuse to even wipe the dishes.

The husband's alibi is that cooking and baby-tending is woman's work, not man's. But in this he is wrong. Making a home is God's work. And men would find that lending a helping hand to their wives in the kitchen would do more than any other thing to promote happiness.

For the Little Woman wouldn't mind half so much doing the household chores if it was a case of give and take, and husband was helping with the work.

## Living & Leisure THE WOMAN'S REALM

How shall we measure another, We, who can never know From the juttings above the surface The depth of the vein below. —Frances Ridley Havergal.

**SNUFF FOR COLDS**

Spring colds are in the air now—but not for workers in five staff-ordshire factories. They "snuff out" the germ before it takes hold. The antiseptic treatment is snuff, impregnated with a pinch of penicillin. It is sold to workers at a small charge and given under medical supervision. Londoners are taking note of this promising experiment.

**BUTTONED SHOES FOR HER FEET**

**NEW YORK**—Don't be surprised, ladies, if you find yourself wearing high buttoned shoes next fall. Right now you may scoff at the idea, but New York designers pre-

dict high shoes, and the chances are you'll be wearing them. For next fall and winter one team of designers already have made a number of models, guaranteed to startle the public and recall the halcyon days of Godey's Lady Book. Says one:

"The shoe mode for next season is going to run to two extremes—high, boot types or extremely open styles, each designed for a particular type of costume. Both will be high style."

The high shoes will be worn for both street and dressy afternoon occasions. The street version will be of the spat type, with suede uppers and patent leather bottoms. The dressier types will be of satin or suede, either buttoned up the side or laced up the back.

Of course there will still be plenty of ordinary bread-and-butter styles for those who like their shoes conservative.

**PARIS DESIGNER LIKES LENGTH**

PARIS — Schiaparelli is presenting an impressive array of new modes, in her mid-season fashion show.

Her individualistic designing and exquisite sense for colours and colour combinations garner her many winners.

A practical and unusual note came with a couple of double-purposed dresses, in a turquoise shantung and a honey polka dot surah silk. They had a three-inch banding around the neck, continuing with button holes. The top part of the bodices unbuttoned and pulled down to fit the shoulders, thereby converting them into very chic sun dresses.

Schiaparelli's shoulder lines have reached a new low. She sets sleeves, nearly always puffed, in nearer the elbow than the shoulder. Very full puffed sleeves sprout from all directions. On a pale rose shantung number they hang like a couple of gathered bats attached to the underarm of cap sleeves.

Huge gathered puff sleeves, looking like waterwings, billow out from the centre back bodice of a strapless brilliant and shocking pink tulle evening number.

One-half cup of grated American cheese may be added to a one-cup flour recipe for baking powder biscuits. The tops of the biscuits may be sprinkled with paprika just before baking. This amount will make enough biscuits for two to three people.

Scientists are said to be working on a new mechanical brain—and if they don't hurry it will be too late. — Ottawa Citizen.

Get a Pattern

DESIGN NO. E-1148

Pattern contains photo and easy to follow instructions for crocheting this effective sleeveless sweater, trimmed with bright wool embroidered flowers. Size small and medium.

Needwork Book No. 100 20 cents. Crochet Knitting Book No. 101 30 cents.

To order: Send 20 cents in coin to Needlework Bureau, Charlotte-town Guardian, Design No. E-1148

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**BETTER ENGLISH**

D. C. Williams

1. What is wrong with this sentence? "We have hope of it succeeding."
2. What is the correct pronunciation of "auxiliary"?
3. Which one of these words is misspelled? Remembrance, remedial, remittance.
4. What does the word "palladium" mean?
5. What is a word beginning with ll that means "ancestral line"?

**ANSWERS**

1. Say, "We have hope of its succeeding."
2. Pronounce og-zi-l-ya-ri, o as in or, both i's as in it, a as in ask unstressed, accent on second syllable.
3. Remembrance.
4. Palladium.
5. Lineage.

**Cook's Corner**

**RHUBARB LATTICE PIE**

3/4 cups dried rhubarb  
2 tablespoons flour  
1/4 teaspoon salt  
1 cup sugar  
1 egg  
Pastry

**METHOD:** Scrub the rhubarb well and cut into 1/4-inch lengths and measure. Mix in the flour, sugar and the egg which has been slightly beaten. Pour into a pie pan lined with pastry and cover with thin strips of pastry, arranged in lattice fashion. Moisten the edge of the under crust where the ends of the strips meet it, and press the ends of the strips securely to the lower crust.

Bake in a hot oven (450 deg. F.) for about 15 minutes to set the lower crust, and then reduce the heat to moderate (350 deg. F.) and continue to bake for about 30 minutes longer.

**SAL HEPATICA**

The GENTLE, SPEEDY LAXATIVE that gives FAST RELIEF

Also relieves EXCESS GASTRIC ACIDITY

**KABINLASUBO**, Gold Coast, South Africa — (CP) — Nda Pan-yn and Nda Kiyah, twin sisters, each gave birth to a set of twins in this village on the same day.

**DAILY CROSSWORD**

50 Young hawk 11 Withstands  
DOWN 16 Ancient

1 Political division of a city  
1 Fermented juice of the grape 19 Simpleton  
2 Sacred bird (Egypt) 22 A tear  
3 Property 23 Make a lace  
4 Sediment 25 Snoopy  
5 Topaz humming-bird 26 Cravat  
6 Rended 31 Rodent  
7 Debate 35 High in rank  
8 Affirmative reply 7 Seaweed  
9 Proceed 8 Strongest 37 Cherish  
10 Son of Jacob 9 Coat, as a ship's bottom 38 Level  
11 Capital of Norway 10 Prefix meaning "two" 40 Volcanic  
21 One of the Aleutian islands 41 Birds, as a class  
24 Italian poet (poet) 42 Food fish  
27 Extend 44 Old times (archaic)  
28 Pass off as genuine 46 Bean  
30 Instead 43 Land  
32 Cliquish  
33 Land  
34 Numerous  
35 Not working  
38 Sign of the indistinctive  
40 Varnish ingredient  
43 Small wood  
45 Well done  
47 Kind of book  
48 Washed  
49 To wait

**CRYPTOQUOTE—A cryptogram quotation**

J VSCY JB SJB BVLB IF QVLEF  
VLPYQ LPT OLKB-QVLEFQFLKF

Yesterday's Cryptograms: THE WORLD IS FULL OF CARE AND MUCH LIKE UNTO A BUBBLE-WARD

Distributed by Elton Postcard Co. for

## Ellen's Diary

By an Island Farmer's Wife.

Jamie, our elder grandson has arrived at Alderlea to stay—but a dimpled silence was the only answer to my query as to "How long?" Just before this he was seated in the old armchair and the others of his family were preparing to return home. Then a lethargy seemed to take hold of him, and he quickly vanished when James said to Carolyn "You'd better let the poor little fellow stay tonight. It will be a change for him anyway!" Then it was that the dimples appeared, to brighten an expression that had been pitiful to see. Rob's came this evening, the car lights cutting a bright path through an enveloping mist of dampness which held fog-music in its folds. Though at present, with Jamie asleep in the wide old bed in this room above the kitchen, stars are a-shine, a brighter one through the dark network of branches on the old birch in the yard and many another in the deep blue and silver of the night sky beyond. Before Rob's went we lunched in the warmth of the kitchen and it was fortunate that even though the mixing was sometimes suspended because of keeping an eye to granddaughter's whereabouts, I had baked a cake and also an especial liking of mine: a pan of shortbread. "Scotch Cake, Ellen!" I recall now a visiting minister say to me with a bit of disgust when I offered him some at table "I'm sorry but there's something about them that always reminds me of a mixture of sand and water!"

But, evidently he had never chanced to taste that made with butter, unsalted and fresh from the churn—for grand-daughter and I had churned for excitement and pastime this morning. Not as James might explain "a big churning" since James himself as he says "even in my busiest times" usually lends a hand at those. Only in such quantity that made play of the work, the small one and I churned this morning. This is delicious Scotch Cake. I remember my hostess long years ago. Exceedingly tasteful it was, short and yet not too crumbly, with an elusive flavor that lingered richly long after the last crumb had been swallowed. "Oh that!" she said making light of her baking "it's not too bad, Ellen, but then neither is it too good to my way of thinking."

You see I had to use butter from the crock to make that, and if you want good Scotch Cake, Ellen it's better to use butter right from the churn—washed of course but not salted. There's a something about it that makes it more tasty and good. With brown sugar in half the amount, and flour in double proportion, a bit of salt and flavoring and there you have the right Scotch Cake—that's fairly melt in your mouth!" This perhaps was only a fancy of the old-time cooks and yet not blessed as are women in this day and age with cook books at every turn, they were of necessarily most resourceful and clever in arriving at good recipes. At churning's end I tucked some of the fresh butter into a cup with the thought of my baking-to-come in mind. And the cake? Carolyn asked "when did you bake this" and accepted a second piece, as did James, proof enough to me either that it was good or that the coolness had whetted appetites to a point of hunger to-night.

"And remember Lot's wife!" I advised Jamie when she committed the small daughter to my care this morning before she left for town. I'm certain however that she turned at the top of the hill to look back, perhaps to wonder how we two would pass the day. Too swiftly it sped. Spells there were when duty claimed us indoors yet never too closely to follow to the outdoors when its charms enticed the youngster thither. I suspect that never before have lambs been more frequently admired, nor cats, nor the birds in the trees and about the house-saves than they were to-day at Alderlea. Balmily the breeze came over a hilltop to caress her curls and the sun kissed them as well. Our farmers were fencing "along the creek" they said, appearing only at meal-times, bringing a scent of the spruce of the stakes with them and the clean breath of the fields as well. A moon young and bewitching lit their home-coming, one which at the moment James coming now to look in at Jamie conjectures about. "I wonder if it's a wet or dry moon, Ellen?" That, time will disclose.

Until tomorrow—Diary—Good-night.

We did think of a garden, but it seems to us the ground is placed too low down for our reach.— Brandon Sun.

**How Can I!!!**

By Anne Ashley

Q. How can I remove the colored letters from empty flour sacks?

A. Rub pure lard thoroughly into the letters and figures, soak in lukewarm water for a few days, then put in the boiler with soap, lard and boil. This treatment will remove all the lettering.

Q. How can I clean a discolored vase or crucet?

A. Try pouring a little household ammonia into it and letting it stand for awhile. Shake thoroughly until all sediment is loosened. Then rinse with warm water.

Q. How can I avoid skin forming on the top of freshly made starch?

A. Skin will not form if the starch is covered with a pan.

**Morning Smile**

CANT FOOL THE FLIES

Sambo and Rastus were having their supper. A large fly was buzzing around Sambo, and Rastus endeavored to shoo it away from his friend.

"What sort of a fly am dat?" asked Sambo.

"Dat's a hoss-fly," replied Rastus. "Dey buzzes round jackasses mos'ly."

"Is you inferring Ah's a jack-ass?"

"Ah ain't inferring nothin'," replied Rastus, "but you can't fool dem hoss-flies."

**ISLAND PRODUCTS LEAD the FIELD...**

OUR ISLAND MAID Bread comes to you fresh daily and has attained a high-ranking among the many Island households. Try it today and help to further boost Island-made products.

In WHITE - HOVIS - WHOLE WHEAT - RAISIN

**STEWART BAKERIES LTD.**

**Household Scrapbook**

By Roberta Leo

Plastic Belts

You can safely clean clear plastic belts with lukewarm and mild soap, either by brush or by soaking. This will remove only surface stains, though. Discolorations that go all the way through the plastic are usually helpless.

Hair on Upholstery

To remove dog and cat hairs from the upholstery, or the clothing, for that matter, stroke the surface lightly with a damp piece of sandpaper or a damp rubber sponge.

Starch

Water from boiled rice makes an excellent starch for delicate fabrics.

**Modern Etiquette**

By Roberta Leo

Q. Is it correct to address a wedding invitation to "Mr. and Mrs. R. M. Wilton and Family"?

A. No; the words "and Family" are no longer used. An invitation should be sent to Mr. and Mrs. Wilton, and a separate invitation to each member of the family.

Q. I have noticed some people take a heaping teaspoonful of ice cream and then make several mouthfuls of it. Is this correct?

A. No; only enough ice cream for one mouthful should be taken at one time on the spoon.

Q. If a girl finds it necessary to visit her employer in his home, should she rise to greet her employer's wife when she enters the room?

A. Yes, as she is the girl's hostess.

**The Stars Say--**

By Genevieve Kemble

For Wednesday, May 19

THE planetary aspects in certain particulars sound warning to move cautiously and prudently in those affairs in which all sorts of assets, possessions and funds, as well as personal desires, hopes and wishes are in flagrant jeopardy. Snarls, connivance and trickery are almost as deep-rooted strata for success and happiness. Alert, adroit grasp of this, with shrewd and determined attack upon subtlety and malice dragging them into the open, could beget rich rewards, albeit with change of plans, perhaps fresh attacks and associates. Act quickly to this end.

Those whose birthday it is are admonished to safeguard all possessions, assets, plans, hopes and objectives, from a sinister, pernicious and tricky onslaught, especially in false promises, plans and deals, in which hidden undercurrents should be dragged to the front and sunnily dealt with. The mind is alert and clear, equipped for determined attack, and the character, grounded on principle and right purpose for ultimate success and happiness.

A child born on this day may have hidden and treacherous situations to deal with, being subject to fraud and imposition. Its mental and moral makeup, however, is able to uncover and cleverly circumvent sinister and intriguing plots against its happiness.

**Needlecraft FOR THE HOME**

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This wonderful warm weather frock features its own formula for flattery—by combining all-around softer styling and loose little cap sleeves! To lend the new feminine look, add ripples of ruffling.

No. 2247 is cut in sizes 12, 14, 16, 18, 20, 36, 38, 40, 42, 44 and 46. Size 36 requires 3 1/4 yards 36-inch, 2 1/2 yards ruffling.

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