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

Growing Girls need lots of energy

Fellows' Double Tonic Action* helps Increase Strength and Vitality

WISE mothers realize that their growing daughters need special help to maintain strength and energy. That's why they depend on Fellows' Syrup—the body and nerve tonic which helps in two ways to keep energy up to par.

1. Fellows' supplies six valuable minerals which help build stronger bones, and healthier bodies.
2. In addition it stimulates the appetite, aids digestion, and helps ensure greater benefit from food.

Give your children Fellows' Syrup and know that you're giving them real help to health and energy. Ask your druggist for a bottle of Fellows' Compound Syrup of Hypophosphites today. Accept no substitute—insist on the *genuine* Fellows'.

FELLOWS' SYRUP

The ORIGINAL Syrup of Hypophosphites—A Family Tonic Since 1864

FCAR

Your Individual HOROSCOPE

By Frances Drake

For Monday, November 18th

MARCH 21 to APRIL 20 (Aries)—The period prior to 2 P.M. is especially favorable for dealing with executives, government officials and those in authority in everyday practical lines of business. After 4 P.M. care is stressed in trading, correspondence, agreements.

APRIL 21 to MAY 20 (Taurus)—You can turn today's activities to good account by being constructive in what you do. All sound matters and industrial and mechanical interests are befriended. Avoid extremes.

MAY 21 to JUNE 21 (Gemini)—Very generous and favorable are your stars. Whether you are in a position of authority or a humble situation you can make personal advancement. Be careful that you start right because a good beginning will help the whole week's results.

JUNE 22 to JULY 23 (Cancer)—A M fine for financial transactions, investments, sales. P M. principally favors construction, building, manufacturing and other industrial interests. Domesticity will bring happiness.

JULY 24 to AUGUST 22 (Leo)—Gains indicated and favored in your line of work and in all useful endeavor. Favorable for selling, trading, buying, advertising. Small shops and large stores should show increased sales. Push ahead.

AUGUST 23 to SEPTEMBER 23 (Virgo)—You in professions and you in industry, clerical or government work are benefitted by splendid vibrations. Try new ideas and methods; go after bigger orders and new clients. Make headway in all your activities.

SEPTEMBER 24 to OCTOBER 23 Study, law, investigations and financial transactions especially favored in the A.M.; real estate and laborious work after Noon. An all-round productive period.

OCTOBER 24 to NOVEMBER 22 (Scorpio)—It's a humdinger for you folks! Go the limit in your efforts to put across any worth while undertaking. Be creative! A new twist to antiquated matters will make them more saleable, valuable. Romance and entertainment also sponsored.

NOVEMBER 23 to DECEMBER 22 (Sagittarius—Same splendid vibrations emanate for you as for Scorpions. In fact, your advantages may be more pronounced. Exert yourself for a new record, higher advancement.

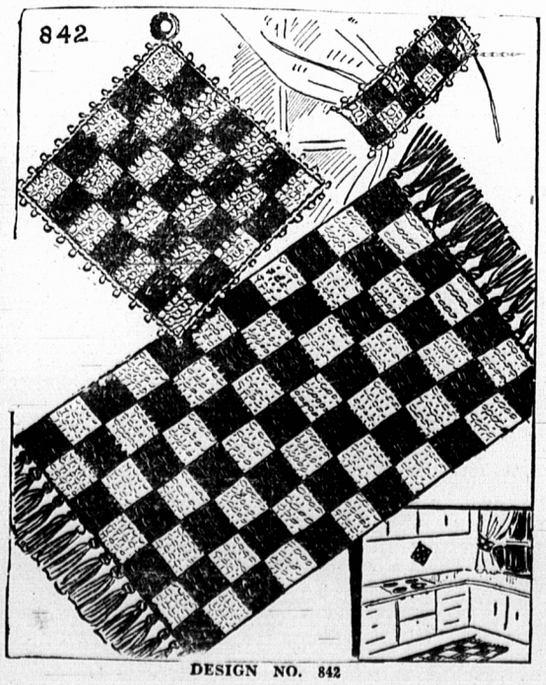
DECEMBER 23 to JANUARY 21 (Capricorn)—Builders, engineers, draughtsmen, mechanics, firemen, police and dectives are among you slated for success. Unusual chances if you look for them. All Capricornians are under very benefic star aspects.

JANUARY 22 to FEBRUARY 20 (Aquarius)—You certainly can shine today, if you will! No need to take a back seat—and you must not! Your fine capability is in demand.

FEBRUARY 21 to MARCH 20 (Pisces)—An unusually friendly set of aspects encourage you Pisceans to do better than "just good" today. And no one is more entitled to achievement than you true-to-Pisces' courteous, right-living character.

A CHILD BORN ON THIS DAY will be an independent, proud individual with a wholesome appreciation for fun and entertainment. Just and courageous; intelligent. Will make good use of higher education. A little praise will go along way with this bright child.

BRIGHTEN THE KITCHEN WITH EASY CROCHET



DESIGN NO. 842

Kitchen ensembles crocheted in colors make most attractive presents. Pattern No. 842 contains complete instructions for making the good looking checkerboard rug, matching pot holder and curtain tieback.

To order this pattern, send 15 cents in coin or stamps to Needlework Bureau, Charlottetown Guardian.

To Charlottetown Guardian
Needlework Department

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THE Gift Wife

By RUPERT HUGHES

"See here, young lady, am I telling a story or passing an examination? If you're not careful, I'll make you tell the story. She lived in Constantinople, I believe. Can you spell it?" The curls shook violently. "It's a C and an I and a constanti, and a steeple and a stope and a constantinople."

This old lyric entrances the child and she had to learn it. But, once mastered, she was hot on the trail of Sindbad the sailor. And she forced the frantic mind of Jebb back into the harness. He went on:

"Well, as Sinbad was sailing across the sand and sailing across the sand and a-sailing across the sand what shou d he see ahead of him but a—a bottle.

The word was out and it was like a knife in Jebb's heart. But he churned on:

"So Sinbad said to the camel, 'Whoa, Debbin!'"

With the fanatic accuracy of a child in matters of narrative, she insisted:

"Him name was Clarenth."

"That's right. He said, 'Whoa, Clarence,' and Clarence whoa'd, and Sindbad threw out the rope fire-escape and climbed down and tied Clarence to a hitching post that happened to be standing there, and he picked up the bottle and pulled out the cork with a corkscrew he always carried, and as soon as the cork was out, what do you suppose popped out of the bottle?"

"Milk?"

"Not milk but a—ugh! a genie!"

"Whath a genie?"

"A genie is—well, it's—a—er—see that big cloud out there that looks like a giant on a draught-horse? Well, a genie is a terrible being as big as that—a kind of a horrible fairy goblin demon. And he had been corked up in that bottle by an old magician, and he was just aching for some poor fool—er fellow to come along and pull the cork so that he could chew him up."

"Woon!" gasped Cyntnia, cuddling closer.

"That's what the genie said: 'Woon!' You see he had been locked up there about three million hundred years and he was hungry, and he was just going to gobble Sindbad up when—"

"Umm! Did Mr. Thinpat get scared?"

"Scared! His teeth went clickety-click like this train. But, just as the genie was sprinkling some salt on him to make him taste better, Sindbad happened to remember the right charm. He waved his wand and yelled, 'Abracadabra, presto-changeo, snicker-sneet!'

"And you should have seen that genie wilt. He got down on the ground and said, 'Please, Massa Sindbad, don't put me in the bottle any more. Let me work for you.' You see, Cynthia, some people have the magic charm, and they can make the bottle-genie work for them and cheer them up and be their slave, but other poor fellows don't know the word, and they become the genie's slaves."

Cynthia, like more of her sex, was not for moralizing, but for plot. So Jebb went on:

"Sindbad said, 'Look here, you black rascal, I want to get home and see my little daughter Susie—'

"Her name ith Brinthet."

"'My daughter Bridget, and I want to get home quick. D'you understand?' and the genie said, 'Yes, Massa Sindbad, you're agoing to be ga in a jiffy.'"

"Whath a jiffy, Nunkie?"

"That's something I never could find out, honey. But the genie knew and he brought out a magic carpet."

"D'd he have it in his pocket?"

"He must have had."

"How could he get a carpet in a bottle?"

"You'll have to ask him. Genies are very peculiar. But he brought it out and spread it on the ground, and said, 'All aboard!'—and Sindbad stepped on it, and the genie said, 'Hold fast!' and rang the bell twice, and the next moment Sindbad found himself at home in Constantinople, and his little girl—what do you suppose was the first thing she said?"

"She said, 'What did you bring me for a prethent?'"

"That's just what she said. And her father said to the genie, 'Here, you black rascal, what did we bring the little girl?' And the genie took out of his suitcase the most beautiful—but here we are at Cologne, honey. Let's get out and take a breath of air and see the Cathedral."

Cynthia, like many another, cared more for the architecture of event than of stone. She insisted:

"But what did the genie bring the little girl?"

"We'll open the suitcase when the train starts again. It will do us good, honey, to stretch our legs a bit."

Jebb was impatient to be moving. He could not imagine what was in the suitcase, and he felt that if he sat in the train another moment he would leap through the window and carry the glass flying.

Taking Cynthia by the hand he descended from the car, leaving all their hand-luggage except the small Gladstone containing the precious drawings. This he carried in gingerly manner, his turgoaned thumb yelping with pain at the slightest jar.

Learning that the train would rest at Cologne some minutes, he struck out across the platform. Cynthia was hungry; the loss of the oranges had whetted her appetite. There was a refreshment room in the station, but Jebb thought they would better step outside and take a look at the Cathedral towering above them like a storm cloud.

Of all the eyes that have stared at that carven mountain in the many centuries since it began to upheave its mass above the town, not many eyes could have regarded it with less observation. The child's thoughts were turned inward upon the fascinating mysteries of the gift the gennie brought to Miss Bridget Sindbad, Jebb's eyes ran here and there like foxes in a cage, with the restlessness of a man in torment.

His shifty gaze was caught by the sign of the Loom Hotel, whint he coffee-house adjoining. People were seated at tables. Some of them were reading the papers one finds there. All of them had some liquor before them. Jebb shivered with desire, his knees wavered. The gennie of alcohol was fuming from the bottle and he knew no subduing charm.

It usurped his will. He could not wish to subdue it. Everything on earth became a mirage, the two things real were the thirst consuming him, and the relief at hand.

Throwing off irresolution as something contemptible he stalked majestically across the street, the little girl toddling alongside, haud passibus aequis.

She never questioned the probity of her guide. If she felt a little fear that they were going too far it was lost in her trust of Nunkie Dave. She made one comment as her feet pattered across the rough cobbles of the city:

"It don't tmmen like cologne, Nunkie Dave."

A voice came from his high-held head:

"So Coleridge said, honey."

She wanted as she ran:

"Who wath he, Nunkie Dave?"

"He was the man who wrote the 'Ancient Mariner.'"

"Who wath he, Nunkie Dave?"

"He was the man who slew the albatross."

"Whath a albatroth, Nunkie Dave?"

(To be Continued)

Dorothy Dix Says—

THE MEN WILL HAVE TO MAKE MARRIAGE MORE ATTRACTIVE

Girls Tell Why They Prefer Careers in Business, Professions Or Art Instead of Becoming Housewives

A questionnaire recently was submitted to college and university girls in an effort to ascertain their purposes and ambitions in life. Out of 17000 replies received, only seven girls said they wanted to be homemakers. All of the others aspired to be movie actresses, travel directors, dress designers, journalists, lawyers, doctors, artists or business women. A few admitted that they might consider marriage, but if they did they were firmly determined to make a side issue of it and not let a mere husband interfere with their plans. At first blush this attitude of the young feminine intelligentsia may seem discouraging as to the outlook for the future of the race and the home. It may appear that we shall soon have to rely for our population upon synthetic babies and be reduced to eating in cafeterias. And those who are pessimistic about the modern girl, anyway, may well view with alarm what looks like a stampede away from woman's sacred sphere and the repudiation of witenood and motherhood, which are the ancient and honorable callings of their sex. But let us calm ourselves. There is no real cause for panic. These school girls who are going to devote their lives to art and the uplifting of the world, instead of cooking breakfast and walking squalling infants, have failed to take into account the most potent force in the world, and that is Mother Nature who will presently come along and knock all of their pretty little plans into so many cocked hats.

It is all very well for Elisia to sit in a college dormitory and dream of arguing great cases before the Supreme Court and for her to shudder as she thinks of being one of the wives who live in two-by-four flats and who have to budget the market money and think twice before they go to the movies.

It is all very well for Maud to decide that she will be a successful business woman, with her own specialty shoppe, or a high-priced buyer, instead of being one of the wives who wear hand-me-downs and have to wheedle every cent they get out of a husband who has a Yale lock on his pocketbook.

Then Comes the Upset

It is all very well for Jane who has scrapped all her life with her mother over what she shall wear, and where she shall go, and when she shall get back, to make up her mind that as soon as she gets on her feet she will have her own little apartment with her own latch key and never be fool enough to put herself in a position where any man can boss her.

Then just about the time Elisia, Maud and Jane get started and in a way to realize their ambitions, along comes Tom and Dick and Harry and they forget all about their plans and aspirations.

A bungalow with open plumbing and stationary wash tubs, with a perambulator in the front hall and a man coming home to dinner, suddenly looks better to them than anything else on earth and becomes the object of their supreme desire.

Why, any runty, freckled-faced, carroty-haired man can make a girl change her mind about the desirability of marriage and substitute himself for her ambitions. We see it done every day.

Look at women who spend years of hard study and thousands of dollars fitting themselves to follow some career and then scrap the careers at the invitation of some man to come into his kitchen.

So nobody need lose any sleep worrying because a lot of school girls have announced their intention to turn their backs upon matrimony and home-making. They will fall in love and get married and have babies, just as their mothers and their grandmothers did before them.

Marriage Must Be Attractive

The thing that I find disquieting in the replies to this questionnaire is that marriage has been made so unattractive that few girls — as long as they are not in love and still have full possession of their faculties — want to let themselves in for a lifetime of it. Out of the 1700 girls who were asked what they intended to do only seven were optimistic enough to think that they might get good husbands and be happy though married.

The remainder did not see anything alluring in marriage as they had seen it at close range in their homes and among their friends. They observed nothing in the fates of their mothers and their sisters and their aunts that made them want to go and do likewise.

They saw wifehood as a life sentence at hard labor, with no pay envelope on Saturday nights and with no thanks or appreciation, and it seemed to them that standing behind a counter or pounding a typewriter was the softer snap of the two.

They saw husbands glum and grouchy, knocking everything their wives did, or flirtatious or stingy, and it seemed to them that there was no other occupation into which a bright young girl could go that paid such little dividends as wifehood.

So if this questionnaire teaches anything, it shows that if we want girls to regard marriage as the greatest of all careers, men will have to make it more attractive to them.

DOROTHY DIX.

STUFFY NOSTRILS Mentholatum quickly relieves the worst head cold . . . relieves sniffling, stuffy nostrils. Jars and tubes, 30c. 14R

MENTHOLATUM *Gives COMFORT Daily*

A Morning Smile

SURE CURE

Mr. Smith—Your wife used to be so nervous, now she doesn't seem to show a sign of it. What did you do for her?

Mr. Brown—That was easy; the doctor simply told her that her nervousness was a sign of old age.

RATHER "CATTISH"

Maggie (spitting young, good-looking man at the dance) — The sort of man I've been looking for all my life.

Bella—Same here. But you go ahead—you've been looking longer than I have.

THE COOK'S CORNER

MINTED APPLES

6 to 8 small apples
1 1-2 cups sugar
3 cups water
Mint flavoring
Green coloring

Method: Peel and core the apples. Combine the sugar and water and boil together for 5 minutes, then add mint flavoring to taste and enough green colcring to color the syrup well. Add the prepared apples and cook until they are tender and well-colored. Let cool in the syrup and then drain and use to garnish the roast.

BUTTERSCOTCH PECAN PIE

2 cups milk, scalded
1 cup dark brown sugar
2 egg yolks
2 tablespoons cornstarch
3 tablespoons butter
1-2 cup pecans
1-4 teaspoon vanilla
1 baked pie shell
2 egg whites
4 tablespcons sugar

Method: Heat the brown sugar with 1-2 cup of the milk until the sugar is dissolved. Do not boil this mixture. Beat together the egg yolks, cornstarch, and the remaining 1 1-2 cups of scalded milk in the top part of a double boiler. Add the hot milk-sugar mixture gradually. Cook the mixture over hot water, stirring until thickened, then continue cooking 5 minutes longer, stirring constantly. Remove from the heat and add the butter, pecans and the vanilla. Cool the mixture slightly and then pour into a baked pie shell.

Beat the egg whites until stiff but not dry and then beat in the 4 tbalespoons sugar gradually, contablespoons sugar gradually, contihis meringue lightly over the pie filling and bake in a moderately slow oven (325 deg. F.) for about 12 to 15 minutes, or until the meringue is nicely browned.

If desired, this filling could be placed in baked tart shells, covered with meringue and browned for individual servings.

ECONOMICAL CAKE

2 cups sugar
1 cup milk
1-2 cup butter
2 eggs
2 cups flour
1 tsp. preferred flavoring
2 tsp. baking powder

Cream butter, add sugar gradually, creaming well, then add beaten eggs, then flavoring and add milk alternately with flour which has been sifted with baking powder. This makes a 3-layer cake and 6 individual cup cakes. If you are serving six people, use cup cakes with chocolate sauce for dessert, and frost cake for Sunday night supper.

FEMALE PAIN

Women who suffer painful, irregular periods with nervous, moody spells due to functional cause should find Lydia E. Pinkham's Vegetable Compound very effective to relieve such distress. Pinkham's Compound is made *especially* to help such weak, tired women during difficult days. Thousands of women have reported remarkable benefits. Made in Canada. WORTH TRYING! Any druggist store.

Banish Figure Faults With Right Exercises

Slim Heavy Thighs and Hips

A mystery to many an active woman why she has those distressingly large thighs and hips — giving her such a matronly silhouette.

Usually, the reason is lack of the right exercise. Active though you may be, if you use your legs only in a backward and forward movement, you'll collect fatty pads on the outside of the thigh, you'll bulge at the hips.

Give a few minutes a day to this simple leg exercise with a side-to-side movement — and you soon see those bulges disappearing. Hips and thighs again have the lovely slim lines of youth.

1—Lie on floor, arms out to side and pull knees back to chest. 2—Swing knees across body to right side, stretch legs straight down and back to straight position. 3—Repeat, swinging knees to left side. Continue exercise, alternating from right to left, for six times; rest and do six times more.

Or have you a dowager's hump, a middle-aged middle, a flat bust? Our 32-page booklet gives exercises for slimming waistline, hips and legs; for beautifying arms, shoulders, bust and posture. Gives exercises to relieve painful feet, constipation, tense nerves; also a routine for entire body.

Send 20c in coins for your copy of Best Exercises For Health And Beauty to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

Name

Street Address

City Province

"The best MOLASSES CAKE I ever baked!"

● Many housewives are finding new uses for BEMA Molasses. Not only is it being used more and more as a spread for bread but it is also becoming increasingly popular as a baking ingredient. BEMA Molasses will give your cakes, cookies, etc., a new deliciousness and flavor. It is wholesome and nourishing too—a natural food product—the pure rich juice of the famous Barbados sugar cane. It is rich in vitamins as well as a valuable source of iron—an essential food element.

Use BEMA Molasses often : : : at the table : : : for between meal snacks : : : in your baked goods. Insist on BEMA Molasses. Your grocer sells it.

Remember! There is only one BEMA Barbados Extra Fancy Molasses. Ask for it by name.

44

BEMA BRAND BARBADOS MOLASSES

"THE ORIGINAL PRODUCT—NOT A BLEND"

Living & Leisure —The Woman's Realm

INEVITABLE

Might cannot win against God's will,
Nor evil over good prevail,
In Heaven's name, man known not when
Though strong, their every scheme shall fail,
Those whom God favors need not fear.
Though far outnumbered they may be
One sure tomorrow's sun will rise
Upon their Day of Victory.

A "nova," astronomically, is a star which suddenly increases to great brilliancy then fades to its former comparative obscurity.

Artificial flowers will remain permanently in position if stems are placed in sand and hot paraffin poured over sand.

BUGS AND BEETLES

There are more than 700,000 kinds of insects known in the world, of which 75,000 kinds flourish in North America and 6,500 kinds are injurious to agriculture. Insects outnumber most, if not all, the living groups of living organisms in species and kinds and they directly and indirectly affect people, animals and plants. It costs America more than one and one-half billion dollars annually to support the insects helping themselves to our property. Man has domesticated only two insects so far for his own profit—the honeybee and the silkworm.

Insects are man's greatest competitor for success, prosperity and health because they kill our animals, spread disease germs and destroy our crops and other property. Research reveals that more people have been killed by insects that distribute disease germs than have been killed in all our wars.

—National Nature News

Cristobal and Colon are the two cities at the Atlantic end of the Panama Canal.

POMPADOUR HAS SEVERAL MEANINGS

The word pompadour is much in the fashion vocabulary today to describe the new off-face hats and the associated coiffure which builds up the hair at the forehead in curls or a roll to show from beneath the hat brim. The word is taken from the Marquise de Pompadour, a courtesan of the French court in the 18th Century.

The modern pompadour coiffure dispenses with the original pad used for building up the hair There is also a masculine "pompadour" hair style. "Pomp" has been used as a shorter substitute for the coiffure.

So much in evidence is the word pompadour to describe the hair-do and the hat, that certain of its other fashion uses of the past might well be revived. For example, pompadour has referred to a color—a crimson or pink, and there is also pompadour green, a blue-green of medium saturation and brilliance.

In textiles, pompadour has signified a design of small scattered bouquets of flowers in delicate pinks, blues, or gold, on a white ground. This has been principally used in silks or for ribbons.

A dress or bodice with low cut square neckline reminiscent of Madame Pompadour's costumes, has been called a "pompadour" style, and with the square decolete now on the upswing, the name again should hold promotional interest.

Other fashions have been given the name, many of these suggestive of the period of the glamorous Marquise. There is, for example the pompadour swagger stick with heavy knob at top. Around 1860 the pompadour parsol came into use, this having a folding handle and heavy silk covering.

CURB APPETITE FOR SLIMNESS

Right now, when your waistline is trim, and your hips still show the good results of last summer's swimming and other outdoor exercise, is the time to give some thought to your diet during the winter months.

If, smug in the knowledge that your dimensions are just about right, you go ahead and eat everything in sight at practically every meal and refuse to take any outdoor exercise because the weather is cold, you'll probably have figure problems in February or March.

You can save yourself a great deal of bother later on by deciding that, this winter, you simply are not going to nibble between meals. Make up your mind to restrain your appetite for dessert. Limit yourself to fresh or lightly sweetened, stewed fruit every day for lunch and at least twice a week for dinner.

You can make up your mind that the pre-bedtime lunch, for you, at least, is going to consist of nothing more than a glass of milk or fruit juice, or a couple of pieces of fresh fruit.

You can resolve never to take a second helping of anything on the menu except green vegetables. You can keep from making such excuses for overeating as: "But I work hard and I really need this much food." If your doctor has advised you to eat all you possibly can as often as you can by all means do so. Otherwise, eat moderately. You'll feel better if you do. And goodness knows, you'll look better.

Furthermore, if outdoor exercise is quite out of the question from now until spring, try to manage to do some limbering and stretching exercises in your room for at least ten minutes every day. It isn't enough that you keep slender. You must keep supple and graceful as well. Exercises are the answer.

HOUSEHOLD HINTS

When your light-colored leather gloves show signs of stubbiness, put them on and rub gently with a perfectly clean cloth dipped in white shoe cream. Look after your husband's felt hat; slight surface spots can be removed easily and at once by rubbing gently with fine sandpaper. If baby's pram or cot blanket gets worn, cut out funny animals from colored wool material or from felt, and applique them over the worn parts.

OTTAWA, Nov. 15—(CP)—The navy will take over historic Wellington Barracks in Halifax from the army, Navy Minister Macdonald announced today at a press conference. The property, for many years the permanent militia barracks in Halifax, will be used for additional accommodation and training of naval personnel.

LOOK OUT FOR YOUR LIVER

It may be the cause of YOUR troubles Buck it up the RIGHT way. Feel grand

Your liver is the largest organ in your body and most important to your health. It pours out bile to digest food, gets rid of waste, supplies new energy, allows proper nourishment to reach your blood. When your liver gets out of order food decomposes in your intestines. You become constipated, stomach and kidneys can't work properly. You feel "rotten"—headachy, backachy, dizzy, dragged out all the time. For over 35 years thousands have won prompt relief from these miseries—with Fruit-a-tives. So can you *now*. Try Fruit-a-tives—you'll be simply delighted how quickly you'll feel like a new person, happy and well again. 25c, 50c.

FRUIT-A-TIVES Canada's Largest Selling Liver Tablets

Needlecraft— —For The Home

Little girls like to copy the favorite styles of their big sisters, and here is the perfect "copy-cat" jumpafore for school or play. Dark cotton with a white blouse for everyday, or soft becoming velveteen with white rayon crepe for Sunday best. Her best dolly can have a dress to match her own as the doll jumper is included in the pattern. A full, gathered skirt and quaint buttoned back are features both mother and daughter will love for all winter long wear.

Style No. 3499 is designed for sizes 2, 4, 6 and 8 years. Size 4 requires 1 3-8 yards of 35-inch fabric for jumper; 1 1-4 yard for blouse; 1-2 yard for doll jumper; 3-8 yard for doll blouse. For 18-inch doll.

Send Twenty (20c) coin is preferred, for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wish.

Style No. 3499 Size .....

Name

Street Address

City Province

This Fast Action Helps PREVENT Colds Developing

Put Vicks Va-tro-nol up each nostril at first sniffle, sneeze, or nasal irritation. Its stimulating action aids Nature's defenses against the cold—and so help prevent colds from developing. T

VICKS VA-TRO-NOL