

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



"THAT'S A VERY SENSIBLE PURCHASE M'LOVE WHY DIDN'T YOU BUY A COUPLE?"

"Huh? What'd you say? Oh—you mean those malty-rich, honey-golden Post's Grape-Nuts Flakes?"

"They're some dish!"

"They're so cleverly made—of two grains, you know—really divine Canadian wheat and malted barley!"

"They sure taste out of this world, darling—but you're forgetting that other reason why I go for Post's Grape-Nuts Flakes."

"Energy, you mean? The carbohydrates that load you up with energy so they call you the human dynamo?"

"Right! And what are those things

that help build up the old muscle?"

"Proteins, Hercules. And Post's Grape-Nuts Flakes sure have got 'em!"

"And phosphorus—what's that for?"

"That's for sturdy bones and sound teeth."

"Eating Post's Grape-Nuts Flakes every day—no wonder I'm such a husky guy!"

"And Post's Grape-Nuts Flakes give you iron for the blood—and other food essentials."

"Say—Post's Grape-Nuts Flakes are ready to eat right from the package, so let's have some, quick."

Living & Leisure THE WOMAN'S REALM

Bring fresh showers for the thirsting flowers,
From the seas and the streams;
I bear light shade for the leaves
When laid
In their noonday dreams.
From my wings are shaken the dews that waken
The sweet buds every one,
When rocked to rest on their mother's breast,
As she dances about the sun,
I wield the flail of the lashing hail,
And whiten the green plains under,
And then again I dissolve it in rain,
And laugh as I pass in thunder,
—The Cloud—Percy Bysshe Shelley.

Modern Etiquette

By Roberta Lee

Q. What is the best acknowledgment to an introduction?
A. The simplest and always correct thing to say is, "How do you do," "I am very glad to meet you," or, "I am delighted to meet you" may also be used. Never say, "Pleased to meet you."

Q. Is it always necessary to write a note of thanks for a wedding gift received?
A. Under no circumstances should a bride tender her thanks by telephone or in person. A personal note of thanks should be written promptly.

Q. Should one push his chair back into place after rising from dinner table?
A. No; but this does not mean that it should be pushed back two or three feet from the table.

The name "Electra" is given to three Greek legendary figures; the wife of Oeneus; one of the Pleiads, and to the daughter of Agamemnon. The word means "bright one."

Snap beans cut into small pieces and mixed with diced celery make a different and delicious vegetable dish. They may be served plain or in an herb-flavored cream sauce.

Lilacs are natives of the Balkans, and are believed to have been imported to the United States before 1750.

Who's Who on Stamps . . . Jar Sibellus, Finnish composer, best known for his tone poem, "Finlandia," was honored with a stamp in 1945 on his 80th birthday. Born in Finland, his music has practically all featured and interpreted his country. Still living, he is paid a pension by a grateful country, so that he can be free to write music about his Scandinavian people.

Plain foods, say nutritionists, are best for health. Cooked whole grains, cereals, whole wheat bread, milk, eggs, raw and cooked vegetables, fruit, fish and various meats are best, especially for youngsters.

HOT FLASHES?

Are you going thru the functional "middle-age" period peculiar to women (35-52 yrs.)? Does this make you suffer from hot flashes, feel so nervous, high-strung, tired? Then try Lydia E. Pinkham's Vegetable Compound! Lydia E. Pinkham's Compound also has what Doctors call a stomachic tonic effect!

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

WHERE DO YOU GET ALL THAT ENERGY? IT MAKES ME TIRELESS JUST TO WATCH YOU!

YOU NEED AN ELEVEN O'CLOCK PICK-UP! MOM, HAD THESE AND I'LL SURPRISE YOU WITH SOMETHING.

WHY, IT'S VI-TONE! DELICIOUS! DEAR!

VI-TONE WILL GIVE YOU ENERGY. AND VI-TONE WORKS IN NO TIME!

THOUGHT VI-TONE WAS JUST FOR CHILDREN! I'LL HAVE A VI-TONE PICK-UP EVERY DAY FROM NOW ON!

VI-TONE GEL, MOM, AND DON'T FORGET YOUR ELEVEN O'CLOCK DATE WITH VI-TONE EVERY MORNING!

Brighten the day the VI-TONE way

If you're tired and work is slowing down, pep up with Vi-Tone. Contains vitamins and minerals you need. Vi-Tone's chocolate-minted flavor is delicious in hot or cold milk.

VI-TONE

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Attractive crocheted edgings on handkerchiefs are the Garden Walk, Butterfly and Old Lace. All simple stitches are used. Pattern No. E-1287 contains complete instructions. Needlework Book 20 cents.

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That Body Of Yours

By James W. Barton, M. D.

IMPORTANCE OF PHYSICAL AND MENTAL HEALTH OF CHILDREN

It is interesting to watch how man's life span has been lengthened. It was less than 50 years in 1900, and today it is 66.

Several years ago it was shown that it was the saving of children at birth and during the first year was the main cause of lengthening the life span. Later it was shown that more care of the middle-aged in preventing deaths from heart, kidney and blood vessel disease and careful supervision of these diseases once they occurred, was increasing the average span of life. Still later came the specialty of geriatrics, caring for the elderly, to establish the fact that the average span or length of life in these days is now close to the Biblical three score and ten.

Now that the infants, the middle-aged and the elderly all have been receiving "special" attention which have lengthened the life span, it is interesting to find that research workers are beginning all over again in their efforts to prevent deaths and lengthen the life span still more; they are giving even more attention to infants and children.

Many of us will remember when the death rate in children at birth and during the first year was 3 in every 10. When the rate was reduced to 3 in 20, it was thought that the rate had reached the limit of improvement.

That the death rate in infants at birth and during the first year has decreased to 3 in 100 live births, is the startling fact announced by Dr. Donald Patterson, senior children's specialist at Vancouver, British Columbia General Hospital, and in charge of the new Children's Medical Center being established in that city.

The object of this children's center, endorsed by the Vancouver Medical Association and aided by a grant of the Rotary Club, will be to provide a central organization for the care of children, not only for Vancouver but for a British Columbia. Research facilities are planned, and emphasis will be laid on preventive medicine and mental hygiene.

Better English

D. C. Williams

1. What is wrong with this sentence? "Whenever I see Robert I always speak to him."
2. What is the correct pronunciation of "azure"?
3. Which one of these words is misspelled? Adamant, adherence, adequate.
4. What does the word "obsequious" mean?
5. What is a word beginning with mal that means "wishing evil"?

ANSWERS

1. Omit always. 2. Pronounce a-zh-er, a as in at, e as in her, accent first syllable. 3. Adequate. 4. Servilely or meanly attentive; cringing; fawning. "He was an obsequious flatterer." 5. Malevolent.

Q. How can I make an oak stain?
A. By mixing one quart of boiled linseed oil, three gills of turpentine, six tablespoons raw umber, and six tablespoons of whiting.

Q. Is it injurious to the eyes to read when lying down?
A. Yes; when one insists upon reading in bed, the body should be propped up sufficiently so that the line of vision is horizontal.

Q. How can I clean sterling silver articles?
A. Wash in baking soda and a little warm water, using a brush if desired; rinse in clean water and dry thoroughly.

Bonham-MacIntyre Nuptials



Staff Sergeant Rollin L. Bonham and his bride photographed as they left St. James Presbyterian Church, Charlottetown, following the marriage ceremony on June 13th. The bride was the former Margaret Rebecca MacIntyre, daughter of Dr. and Mrs. Heath MacIntyre. The groom's home is in Cotter, Arkansas.

DOROTHY DIX SAYS—

Disgruntled Husbands

Wise Woman Outlines Pet Grouches For Wives Who Strive To Please

The perpetual grouch with wives is that they can never please their husbands, because they never know what the unreasonable creatures want to make them happy and contented. Hence, when Friend Wife is breaking her neck to please her lord and master, she often finds that she is doing the very thing that gets most on his nerves. And that she is doing this catastrophe, a woman, who has had a long and varied experience with husbands, sends the following list of their quirks to this column. She says:

"A husband likes to throw newspapers and ashes on the floor. . . . He likes to invite friends to dinner unexpectedly, without briefing his wife. . . . He never unexpectedly, without briefing his wife. . . . He likes a lot of paint on other women, but doesn't care for much on her. . . . He wants to drive the automobile himself, without any suggestions from the back seat. . . . He resents being told that he is getting fat or bald.

"He never gets reconciled to paying the family bills, and he never ceases to wonder what his wife did with the money that she says she spent for household expenses. . . . He resents all suggestions for personal improvement, particularly if they come from his wife. . . . He regards home as a place where he can park his good manners and affability, leave off most of his clothes, and work off the spleen he has accumulated during the day.

INCONSISTENT

"He will lose \$100 at a poker game, then gripe because a 6-day-old ham bone was thrown into the garbage can before he got around to it. . . . He will buy his wife a \$1,900 fur coat, then make a scene if she loses \$120 at bridge. . . . He feels sure he would be rich if only he had stayed single."

"He raises ructions when his wife buys a new gown or hat, but he takes a pride in her being well-dressed. . . . He boasts to others about what a good manager and crackerjack cook his wife is, but he would rather die than pay her a compliment. . . . He has the head-of-the-house complex, and bitterly resents it if his wife doesn't ask his permission to buy a spool of thread, or go to church, but after she makes the besture of obedience he doesn't really care what she does.

"He may love his wife devotedly and work his fingers to the bone to give her every luxury, but she has to guess at the state of his affections. He will never tell her that he thinks she is the greatest woman in the world. . . . Before marriage he could spend hours telling his Sweetie how beautiful and wonderful she was and how he adored her. After marriage he never mentions the subject again. Before marriage he was never too tired to take his Girl Friend out shopping. After marriage his feet always hurt him of nights.

"While the baby has the colic and howls and the kids are noisy and obstreperous, he always refers to them as his wife's children, but after the girls grow up to be beauties and the boys are taking honors at college, they become 'MY children.'

"And so on and so forth, but being as husbands are like they are, is it any wonder that wives do not always know how to handle them?"

How Can I !!!

By Anne Ashley

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Ellen's Diary

By an Island Farmer's Wife

Now that the home roof shelters me from the rain, which runs from the eaves' spouts, and washes against the panes, I remember how pleasant this day has been. Brought to farm folk dew-peaked at morning and with hours that were long and sun-filled. Then, nearing dusk, a strange quiet descended in spite of the light wind that blew. It held a noticeable sigh as it passed in the lawn trees and moved solemnly about house-corners, and it moaned a bit in the chimney. Our farmers saw the lowering clouds gather with anxiety and read on the surface of the mill-pond the wind's direction, and continued their field work until driven home by the darkness and showers. Indeed James would stay, I suspect, while shoulders dampened, to finish "that piece." There is mud on his boots, resting now beside the old arm-chair—but near it and turned I fancy so that he can step into them in the morning without undue waste of time! Someone remarked to me tonight, laughing "when you get home, Ellen, James will be in bed, I expect" and added with a show of interest and some concern for me "and what will he think of your being out so late?"

I chuckled at the time, secure in the knowledge that though he will have it that at night he "can hear the least move in the yard" very likely weary from his lengthy day in the fields he would be stepping along briskly down his road of dreams. An interesting place, I am sure this is—James' dreamland. On either side of the highway of it, lovely meadows would spread and green smooth lawns whereon smaller ones might play in happiness and safety, and call out to him as grand-daughter does, and even in his busiest hour, he would find time to talk to one of these, or stooping pick them up gently in his arms. I think the meadows in James' dreams are lush places, pasturing cattle of many colors, that would be most content to graze there or lie chewing cud or perhaps stop to drink at or wade lazily in the stream—there must always be flowing waters in James' pastures. And horses, preferably the work ones let out there in the leisure that is theirs on a Sunday, and a yearling or two, well loved ones and I, knowing James, am confident that he has "the young mare" there and often a respected old one, with a bright nursing filly or colt by her side.

Or can it be that he rides again there after "that chestnut" with someone or another that still has the power to rekindle a dying spark in his eyes or spread a smile I can imagine is wistful such times as we speak of those bygone days? Fair and showery weather in nice proportions take care of this, and where he now wanders, and fields and all would need to give evidence of much care for any sign to the contrary would at once disturb his rest. Or would James like such perfection? No fence with "that top strand a little loose?" or gate not too secure? or a hundred other things to distress a farmer? At any rate, his dreams at present must be wholly pleasant to him, since thus far "no sound, the silence" breaks.

Of this evening, or night it was, I recall now, that rain washing against the wind-shield of the car, as I sat so slippy it claimed a driver's careful attention and before us, his passengers, handsome spruces on either side that over arched in what appeared to be an impenetrable wall of darkness but which opened magically to the lights of our machine—and others, as slowly our route unfolded before us. I remember this, and the weary troupers including Buttercup who on his mistress' knee purred a sleepy tune that doubtless had to do with plump mice, unusual pecking baby birds or a choice bit of meat or fish on a saucer. Buttercup, as everyone in this ad neighboring communities knows, is the esteemed cat, lord of the corner-store. He is a handsome breed, of modest manner, friendly and uncanonically intelligent, his long-haired coat ringed goldenly inspiring his name. He is among the gifted performers in the Community Play, presented tonight in a distant hall to aid worthy causes both here and here.

Household Scrapbook

By Roberta Lee

Removes Cement
If plasterers or tile-layers have left some drops of cement on your bathroom tile, just soak these spots with some hot water, and you'll be able to scrape them off with a razor blade or putty knife.

Homemade Breakfast Food
Try popping some popcorn without grease or salt, then running it through the food chopper. Serve with sugar and cream. It is both economical and healthful.

Dependable Always!

KING COLE TEA

The Stars Say--

By Genevieve Kemble

For Wednesday, June 23

THE danger of treachery, duplicity, loss and scandal holds over, menacing important plans and objectives in which higher-ups are vitally interested and ready to advance toward events of major proportions. Such seem beset by subtle undercurrents of a fraudulent, subtle, and curious nature, difficult to put the finger on. However, this craftiness or collusion may so place affairs as to reach the public ear, resulting in ill-report, gossip and discredit, in personal as well as business affiliations. An alert and prudent course of action might defeat such baneful machinations. Be wise in making all contacts.

For the Birthday

Those whose birthday it is, may feel the drive of heightened energies and a keen spirit of initiative urging them on to adventure or the launching of bold projects, possibly in new fields or in experimental lines, and the weight and potency of such aggressiveness may attract ambitious supporters. Herein lies a danger of wrong judgments, misplaced confidences or unfortunate alliances, serving to circumvent, defeat, and involve the individual in eventual scandal and material loss as well. Keep all moves and contacts open and above board and avoid damage.

A child born on this day may be practical, energetic and enthusiastic, but its very enthusiasm may compel it into taking long chances, and involving it in sinister alliances and snares.

Needlecraft FOR THE HOME

VERSATILE SUIT-DRESS

Suitable for city or country, this casual-cut two-piece features the fitted longer jacket that flatters the figure, the new skirt pleating that gives walking ease. Pattern provides choice of sleeve length.

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 1/2 yards 35-inch fabric.

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

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BACKACHE

Here's a way to relief!

When the kidneys are healthy they help eliminate impurities out of the system—their natural function. But when they grow sluggish these impurities accumulate and the resulting congestion may be one of the causes of backache. DeWitt's Kidney and Bladder Pills are specially prepared to help stimulate sluggish kidneys. They act directly on these vital organs and relief from backache follows as a natural consequence. It is far better to tackle backache with DeWitt's Pills than to go on suffering. Ask your druggist for DeWitt's Pills, but if you prefer to try this remedy before you buy send a post card to DeWitt's Pills, Dept. N, Box 549, Toronto, asking for a free trial package.

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In men's England quickly it
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