

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

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Grand for Summer Energy!

Grand for Economy!

NABISCO Shredded Wheat

It's cool as a cold drink! Fresh as a breeze! Delicious golden-good nourishing NABISCO Shredded Wheat with fruit... a perfect summer breakfast dish! Containing food elements, NABISCO Shredded Wheat is pure husky whole wheat... to help keep you feeling like a million. Serve sunny, hearty NABISCO Shredded Wheat, with plump peaches or luscious berries, tomorrow.

Backed by CANADIAN SHREDDED WHEAT COMPANY, LTD. NIAGARA FALLS, CANADA.

You'll never tire of that Natural Flavor

Modern Etiquette
By Roberta Lee

Q. Is it permissible for a bride to have her mother acknowledge the wedding gifts?
A. No; personal notes should be written by the bride. They may be brief, but should be sincere and express genuine appreciation for the gift.

Q. Should a girl be in time to receive her escort when he calls, or would it be better to keep him waiting for a few minutes?
A. It would be silly to keep him waiting if she is dressed and ready. Most men admire promptness.

Q. Is it necessary that a person take some of every dish that is served by a hostess?
A. It is better to take from the majority of them. It would be very rude to refuse three or four dishes.

Household Scrapbook
By Roberta Lee

Plaster of Paris
Plaster of paris statuary can be cleaned effectively as follows: Make a paste of laundry starch and water and smear this over every part of the object. Be sure this has thoroughly dried, and then brush it off.

Baking Cake
The next time a dark cake is to be baked, try using coffee instead of milk. The coffee may be either hot or cold. It imparts a different and delicious flavor to the cake.

Paint Can
Melted paraffin poured over the top of the partly used can of paint will prevent it from hardening.

NO OTHER SOAP IN THE WORLD CAN WASH CLOTHES WHITER!

YOU NEED NO BLEACH! Super Suds' extra suds wash clothes cleaner, whiter! And colors stay bright!

No other soap in the world can wash clothes cleaner, whiter than Super Suds.

Everywhere in Canada, women are raving about those "foody o'suds for whiter duds." Try Super Suds to-day.

Remember! You Need No Bleach!

PROVED!
Super Suds gives up to 98% MORE SUDS!
"In 342 separate tests in all types of water we found that Super Suds gives up to 98% more suds than other soaps tested."

Mr. Mary Rose says:
"Super Suds' extra suds make quick work of the biggest pile of dirty clothes in a hurry!"

EXTRA SUDS for EXTRA WHITENESS!

That Body Of Yours
By James W. Barton, M. D.

RADIUM IN TREATMENT OF NOSE, THROAT AND EAR CONDITIONS

For a number of years, ear, nose and throat specialists have been treating adenoids (soft tissue) in back of the throat by X-rays. Also, some cases of sinusitis and middle-ear deafness have been helped by X-rays. And one of the most serious ailments of the nose and throat, atrophic rhinitis or dry catarrh with its terrible odor has been cured by X-ray treatment.

With so much success in these nose and throat conditions, it is not surprising to learn that some of these same ailments are being cured or greatly helped by radium. In the "Medical Journal," Atlanta, Dr. J. J. Jennings reports his use of radium in the nose and throat by means of a nasal applicator device designed by Dr. Crowe and Burnam. A capsule of "monel" metal containing 50 milligrams of radium sulfate—the capsule being of a definite length, width and thickness of wall—allows the beta rays to penetrate 3 millimeters of tissue. It is used in blockage of the eustachian tube by lymphoid (adenoid) tissue in the nose and throat; nasal allergy (running nose); discharge from back of the throat; and a small area at back of the throat which harbors infection and makes the patient contract frequent colds.

The radium applicator is allowed to stay in place for 12 minutes, and then is transferred to the opposite of the nose for the same length of time. The treatment is given at two or three weeks' intervals for three or four applications of radium.

At times it is wise to remove the large mass of adenoids by surgery and then use the radium to remove fragments or tags left after the surgery. By this method this soft adenoid tissue is removed in six months, whereas it would take about 12 years for it to atrophy away or waste away.

From the above it can be seen that radium is effective, as is the X-ray, in the treatment of nose and throat conditions. Dr. Jennings reports an encouraging result obtained by radium in asthma and allergic conditions and also in earache where there is no discharge.

Better English
D. G. Williams

1. What is wrong with this sentence? "His pen will do equally as well as mine."
2. What is the correct pronunciation of "pedagogy"?
3. Which one of these words is misspelled, incontestible, incontrovertible, incontestible.
4. What does the word "adequate" mean?
5. What is a word beginning with "ins" that means "want of firmness"?

ANSWERS
1. Say "will do equally well" or "will do as well as mine."
2. Preferred pronunciation is ped-a-gog-ee, as in pet, as in ask un-stressed, o as in no, i as in ill, principal accent on first syllable, 3. Incontestable.
4. Sufficient for some specific requirement. (Pro-noun last syllable quiet). "I am at a loss for adequate words to express my appreciation."
5. Instability.

How Can I!!!
By Anne Ashley

Q. How can I keep small rugs from wearing out so quickly?
A. Small rugs will always wear out quicker if they are not changed frequently. The wear will not always be in the same place if they are turned occasionally, or interchanged with other small rugs.

Q. How can I remove oil stains from a rug?
A. Dampen a cloth with gasoline and rub around the edge of the stain, working towards the middle. Change to a clean part of the rag as soon as one part is soiled.

Q. How can I soften an old ball of clay that has hardened?
A. Place it in boiling water and allow it to stand until the water cools.

Cook's Corner

ALL-PURPOSE CAKE

One cup brown sugar, 1/3 cup shortening, 1/2 teaspoon cloves, 1 teaspoon cinnamon, 1/4 teaspoon nutmeg, 1/4 teaspoon salt, 2 cups seeded raisins, 1 cup water, 2 cups flour, 1/2 teaspoon soda, 1/2 teaspoon soda, 1/2 teaspoon baking powder. Put all ingredients in a saucepan except flour, baking powder and soda. Bring to boiling point and boil 3 minutes, let cool. Sift in together dry ingredients. Beat 3 minutes. Bake at 375 F in well buttered loaf tin for about 45 minutes.

Aylmer Vegetable Soup is finest quality

Yes—and thrifty too!

YOUR FAMILY DESERVES AYLMER QUALITY

DOROTHY DIX SAYS—

Stingy Husband
Ex-Career Woman Yearns For Old Job To Help Poverty-Stricken Family

DEAR DOROTHY DIX: Before I married I was a successful business woman, earning a good salary. I was happy because I had something interesting to do and because I could help my family, who are very poor.

Three years ago I got married and my husband absolutely refuses to let me work outside of my home. I am well and strong and we have no children, and I am miserable because time hangs so heavily on my hands. I would love to be able to go back to work in order to be able to help my family who are actually hungry. When I sit down to my table to eat, my food chokes me, because I know my relatives are starving.

My husband makes a good living, but he will not give me a dollar to help my people. Don't you think this is mean of him?

BROKEN-HEARTED WIFE

ANSWER: It is very mean and cruel of your husband not to give you the money to help your people who need it so badly but if he will not do it, he certainly should not object to your going to work and earning it yourself.

INCONSISTENT

Strange that a man should think that when a woman marries she severs all the ties of blood, and that she no longer aches with the sorrows of her own family! Strange that a man should think that a woman could be tender and loving and loyal to him and yet be hard and callous and disloyal to the mother who bore her, to the father who cherished her, to the brothers and sisters who grew up with her. When a man marries a woman he monopolizes her time. He keeps her from earning money with which she can do as she pleases, and in common honesty he owes it to her to give her some money that she can spend as she chooses. Many men do not do this, however, and so they drive their wives to making padded accounts at the stores where they have charge accounts. That is why the woman whose husband forces her to deal with him dishonestly comes, in time, to hate him.

DEAR MISS DIX: I have been told that I lack tact and I would like to correct my fault if I can. Is it a gift, or can it be acquired?

A YOUNG GIRL

ANSWER: In its highest expression, tact is a gift of the gods. Some persons are born with it, but others have to acquire it, which can be done by simply putting in making padded accounts at the stores where they have charge accounts. That is why the woman whose husband forces her to deal with him dishonestly comes, in time, to hate him.

The Stars Say--
By Genevieve Kemble

For Thursday, August 19

UNDER a most perplexing astral configuration, almost anything could happen. The benign or the malevolent could come into being according to the strength and polarity with which a "wise man" is able to rule his stars. The signs are for much activity, excitement and tokens of progress and outstanding climax, when a tenacious obstacle, impediment or treacherous opposition come into the picture. It is possible that ingenuity, a sudden clever idea, sustained by faith, industry and determination, might switch falling objectives or impediments to success.

For the Birthday

Those whose birthday it is may find themselves anchored in a year of conflicts, contradictions and a

Morning Smile

First Bride: "I've got my husband where he eats out of my hand."
Second Bride: "Doesn't a lot of dish washing, 'save it'?"

And so while James and I continue in our own way to tend the home fires we are kept in touch of the doings at the Fair, which to us at the moment is a bright glow in the sky where past midday the dark cloud hovered. Jack comes in now, a lantern lit, to tell us some interesting items of the afternoon: how this or that horse did so well in a heat; of the thousands of spectators at the races; of those he met, who had come from The States or from the other Provinces for the gala event and to remark: "It's really too bad it came in so busy a time—you know 'a bit wistfully.' I should like to have taken a horse or two in. That's the only way a farmer can enjoy the agricultural part of the Fair—by entering animals in the show." It will be more interesting too, for the women—not only the farm-wives, but

Ellen's Diary
By an Island Farmer's Wife

Lights twinkle now from the windows of the house across the lane. It has suddenly come alive after being silent and tenacious since noon. True there was the hour or more in the afternoon when grand-daughter napped alone there in her cot up under the eaves. I came frequently and on tiptoe to see lashes closed against a cheek and sunny curls spread against a pillow and in the silliness prevailing, wherein one scarcely dared to breathe lest the muted sounds of the outdoors should disturb the slumbering but quiet; the sleepy drone of a locust or wing; a hen clucking softly and endearingly to her chicks; a bird's chirp and the gentle fall of leaf water through the sluice-gates on the dam below. Still it was there and the house deserted.

And the small one slept. Then a wind that had strayed from up the creek to the west wended in idly to close a door with a creaking sound. She stirred and drowsily awakened, then smiled broadly. We came away from there presently to this old house, she refreshed by her sleep eager to take up her play anew—to pick up the coil that had lain a bit lonely one thought, on the couch, or gazed outdoors to chase a kitten that had been sleeping in a sunny corner of the verandah. And then missing her chatter for a moment at noon at the Fair, minds still taken up, I suspect with the excitement and entertainment of the scene. It has been an extended absence for them, lasting until dusk due to a lengthy shower in which they actually drove out of the sunshine on their way thither. Strangely enough at Alderlea we had continuous sun though we heard vague and muffled rumblings of thunder and an ominous spread-cloud to the east, black as sable with ragged edges made James who takes stock of clouds and winds and signs, comment: "They're certainly getting that on the Fair grounds now, Ellen!" as indeed they had. Though believe me the dark clouds disappeared leaving a sky that was all sunlit and promising and then it was that grand-daughter went to her napping, and James to his field work up at the other farm. It was casual and idly uttered.

She waited until Bertie had run across the hall. Then replied, "At Avery's" indifferently. "I met him at the station and went home and had a drink with (Continued on Page 3 Col. 1)

Wisdom's Gate
By Margaret Ayer Barnes

Cicly accepted her door when they came to it without any comment. She slipped quickly without assistance from her seat in the car. "Don't get out, Avery. Take the car back with you. I'll send for it tomorrow."

"I can't come in with you?" "Oh—no!" she cried in horror. "That seemed to be final, Avery had to take it. But he held out his hand to her. "Cicly," he said, "there should be a limit to folly." "Before she could answer, Vesta opened the door.

"The first thing Cicly heard as she entered the hall was the squeal of Bertie's laughter. It came from the living room, accompanied by the sounds of some good-natured tussle and was instantly repeated. "Look out there, Mouse! You've just a button!" It was Albert's voice cheerfully above the clamor. She entered the living room and found him kneeling beside Bertie, trying to button his diminutive blue trousers to the button that held his underdrawers. His fingers were fumbling with masculine incompetence. "Mummy will pin it when she comes in."

"Here, let me," she said simultaneously.

"Oh—is that you?" Albert started and rose, slightly flushed by his exertions. "I didn't hear the doorbell!"

The trousers were buttoned. She gave the child a little spank of loving dismissal. "Then run along, darling." She had some vague thought of clearing the stage. "Are the other children in?" "They're upstairs. Where have you been?" "I was in the kitchen and had a drink with (Continued on Page 3 Col. 1)

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THE MEAT OF MANY USES

Economy Minded? Then use Burns Spork
—tender pork and beef— perfectly blended.

It reflects "GOOD TASTE"

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BUTTERNUT BREAD

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Needlecraft FOR THE HOME

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Needlecraft FOR THE HOME

3062
SIZES 12 - 42

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