

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

SMALL FRY . . .

by Steig



Of course, he's in love with Kellogg's Corn Flakes! Why else would he be a sidewalk artist!

Again in 1948, 4 out of 5 vote Kellogg's FIRST FOR FLAVOUR!

When independent researchers asked Canadian housewives which brand of corn flakes was the most delicious, 4 out of 5 said "Kellogg's." Yes, Kellogg's Corn Flakes are so popular, your family often eats them faster than you expect. If your last package has been opened, order more Kellogg's Corn Flakes tomorrow. Made by Kellogg's in London, Canada.



How Can I!!!

By Anne Ashley

Q. How can I pack bottles in the picnic hamper to keep from spilling the liquids?
A. A good receptacle for this purpose can be made out of a cardboard box with circular holes cut in the lid, through which the necks of the bottles can extend. There will be no more worry about losing the liquids.
Q. What is a good disinfectant

for the garbage can?
A. If a little kerosene is poured into the bottom of the garbage can it will act as a disinfectant and will keep away bugs.
Q. How can I clean the nickel trimmings on stoves?
A. Clean with kerosene and whiting. Polish with a dry flannel cloth. Common soda will also polish nickel.

FORGOTTEN

Trouble comes and trouble goes! Few can now remember Half the various ills and woes Theirs, just last September.

That Body Of Yours

By James W. Barton, M. D.

LIVING AT HOME AND REPORTING FOR MENTAL TREATMENT

Despite the fact that we are all getting more used to considering mental illness on the same basis as illness of the body, there still is the feeling that entering a mental hospital for treatment of nervous ailments puts a stigma on the patient and family.

As the latest and most effective treatment for the common mental ailments is by electric shock, it sometimes means many months' stay in a mental hospital to get the number of shock treatments necessary to bring about a cure or real improvement. Inasmuch as many of these cases cannot afford to enter a private hospital, and state or provincial mental hospitals are crowded, a serious condition has arisen in that these cases are not receiving treatment.

Drs. Fred Feldman, Evelyn Gombert and S. E. Barrera, Albany Medical College, in the "Journal of Nervous and Mental Diseases" state that, recognizing the economic, social, personal and medical justification of electric shock treatment, they have been using this treatment on out-patients since 1941. About 90 per cent of them have been kept in the hospital from two to four weeks, and then discharged to continue the electric shock treatments as out-patients.

While most mental and emotional conditions first treated, depression was the outstanding symptom. The ages ranged from 14 to 75. Before leaving the hospital to become an out-patient, the patient receives six or eight electric shock convulsion treatments, given thrice weekly, and the improvement must be obtained before he is permitted to leave the hospital. Before the patient leaves the hospital, he and his family are given complete instructions.

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Trumps at all parties

KING COLE TEA COFFEE

DOROTHY DIX SAYS—

Charm For Old Age

Middle-Aged Women Urged To Develop New Social Graces For Later Life

The dumbest -obby-soxer has enough knowhow to put her best foot foremost when she is trying to snare a date. She puts on a good act and looks pretty and acts pretty and rolls her eyes at any eligible prospect, so she eventually gets her man.

Well, darlings, that's okay. That's fine. And it works out beautifully so long as you are young and have a good line; but, alas, we females do not stay perpetual baby chicks. Time creeps on us before we know it and years before we know it, and years before we realize it, we have lost our rabbit's foot.

And that is what makes me want to hoist a few danger signals before the women who are getting perilously close to middle age, and who have been so busy being wives and mothers and baby-sitters that they have lost sight of themselves as women. Which is a pity, because there is a long and lonesome stretch of time ahead of Mother after her children get grown up and leave home, if she hasn't prepared herself for it.

Now no woman can carry through life the same assortment of charms with which she started out, and it is folly to attempt it. And if she is a wise dame, she faces the fact that every spring must have its ending and she begins stocking her shelves with a lot of fall and winter attractions.

To begin with, the middle-aged woman should always keep her fences in repair. She should never forget that her children are only lent to her for a few brief years and that when they are gone she will be desolate unless she has other interests and contacts. Hence, it is just a matter of self-preservation for her to belong to clubs, keep in the social running, cherish old friendships and make new ones. That is the only way she can keep herself alive.

Next, the middle-aged wife should make a determined effort to get her husband back, if she has been foolish enough to let the children put his nose out of joint. Many a wife never thinks of her husband as anything but a bill-payer, and she has a heck of a time trying to get her man back after she has neglected him for years while she was so absorbed in John and Sally.

Then the middle-aged woman should make herself interesting. A young girl can get by with a very limited supply of intelligence, but when you are growing older you have to flavor conversation with brains. If you want to hold your audience, you have to build up something else besides the baby cutting a tooth, or about the New Look.

The middle-aged woman must study the art of making friends. She must be as many people to her as she possibly can. All of us need them when we begin to get old and are not able to go about ourselves and the world has drifted away from us. Then life is desolate enough if there is nobody to whom we can say: "Don't you remember?" Friend-ship is something that you can pick up when you are old and happen to need it. It is something that we have to build up through years of sympathy and understanding and helpfulness and sacrifices.

Believe me, the wisest thing that any woman ever does is to lay in a line of fall and winter attractions.

Cook's Corner

SUMMER FRUIT CAKE

1 cup butter
1 1/2 cups fine granulated sugar
6 eggs
orange juice and grated rind
2 1/2 cups sifted flour
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 pound chopped mixed peel
1/2 pound candied cherries
1 pound raisins

METHOD: Cream the butter well, then gradually cream in the granulated sugar. Now add one unbeaten egg at a time, beating well after each addition. When all are added, beat until the mixture is light and fluffy.

Grate the rind from the orange and then squeeze out the juice and strain it. Add the grated rind and the orange juice to the creamed mixture.

Sift the flour, and use all purpose flour for this, and then measure 2 1/2 cups of this and sift again with the baking powder and the salt. Add to the creamed mixture without beating it in. Just stir the batter until the added dry ingredients are well blended after each addition.

Examine the cut mixed peel to make sure that there are not too many large pieces in it, and cut any of these into small dice. Cut the cherries in halves, and then wash the raisins and dry them well between towels. Sift more flour and measure 1 cup of this. Add to the prepared fruits and mix until all the fruit is well coated.

Add flour to the cake batter. Pour the batter into a tube pan lined with heavy paper that has been well greased, filling about three-quarters full. Bake in a moderately slow oven (300 deg. F.) for about 2 hours.

When baked and cooled, wrap in waxed paper and store in a tightly covered container for at least 3 to 4 days before cutting.

LIVERPOOL, England — (CP) — The British Dental Association conference was told today by a delegate: "No Anglo-Saxon can keep his full 32 teeth without the mouth being overcrowded. Only foreigners can accommodate the full set. Britons need certain molars extracted between the ages of eight and nine."

Modern Etiquette

By Roberta Lee

Q. Is it all right when a group of friends, of both sexes, is at a table in a nightclub, for one of the men to talk to a girl who is sitting at another table?

A. Not if he leaves a girl of his group alone at the table.

Q. Would it be correct to have the signature to a typewritten letter placed on it with a rubber stamp?

A. No. Always write the signature with ink, never with a pencil typewriter, or a rubber stamp.

Q. Is it good form to send engraved invitations to a christening?

A. It is done occasionally, but unless these invitations are extended by informal notes and telephone.

A freight train starts its run somewhere in the United States every three and a half seconds.

Ellen's Diary

By an Island Farmer's Wife

James had been moving the field by lane-side last evening when Jeanie and I set out to attend a meeting of the Women's Institute held in an adjoining community, she having left her daughter in Karoly's care. After supper James had commenced it and now the countryside rested in the afterglow. Field work was more pleasant now in the cool of the day than it had been in the heat now past. I recalled how the noise of the mower lingered on the still air, echoing not un-musically from the woodlands beyond. It is a sound which to recollect is to bring back to mind all of the delights of the haying. Swath after swath the knife had cut into the clover sweetness, laying low the fragrant largess of summer. On a recent evening the children had skipped down the short-cut there, on our delayed way to the spring with the cream and the forest of it had quite closed over granddaughter's head.

We regretted that at last time had demanded its mowing. That meadow has been so enchanting to us since early Spring days. We had often stopped at a door-step to see it sway gaily and in tune to a lively measure piped by a brisk young wind from up the creek or again from the old stone door-step had admired it.

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Morning Smile

HIS BOWL

A motorist whose car broke down one night on a lonely road in Northern Ireland found himself hospitably accommodated in a small croft nearby. Next morning his breakfast consisted mainly of a large bowl of porridge.

During the meal he was astonished to find himself rather popular with a small pig, which nuzzled against his legs in a most affectionate and persistent manner. At last he remarked to his host: "Your pig seems to have taken a great liking to me. I didn't know a pig could be so affectionate."

"Oh, it's not you it likes," was the Irishman's reply. "It's just that you're using his bowl."

Better English

D. C. Williams

1. What is wrong with this sentence? "The people greeted each other."

2. What is the correct pronunciation of "caramel"?

3. Which one of these words is misspelled? Despicable, despond, anisypellous.

4. What does the word "ineffably" mean?

5. What is a word beginning with "d" that means "variety"?

ANSWERS

1. Say, "The people greeted one another." Pronounce kar-a-mel, and not kar-mul; first a as in an, second a as in ask unstressed, e as in set, accent first syllable. 3. Despondency. 4. In a manner not to be expressed in words. "The mountains were ineffably majestic and beautiful." 5. Diversity.

Wadi is an Arabic word signifying a river, river, course, ravine or valley.

HOT FLASHES?

Are you going thru the functional 'middle-aged' period peculiar to women (38-52 yrs.)? Does this make you suffer from hot flashes, feel so nervous, high-strung, tired? Then try Lydia E. Pinkham's Vegetable Compound to relieve these symptoms. Pinkham's Compound also has what Doctors call a stomachic tonic effect!

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

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The reputation of our Island Maid loaf has spread far and wide. Famed for its high quality it comes in White—Graham—Raisin and Hovis.

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STEWART BAKERIES LTD.

CLOVER LEAF Salmon



PERFECTION IN SEAFOODS

Household Scrapbook

By Roberta Lee

Dish Treatment

Sometimes tiny checks will appear on dishes, caused by heat. These checks can be removed as follows: Place dish in pan of cold milk; put pan over flame and bring to boiling point, but do not boil. Then allow dish to stand in milk for an hour or two.

Prevent Discoloring

When fruits or salads for dessert are prepared in advance of serving, they can be prevented from discoloring if sprinkled generously with lemon juice. The lemon juice accentuates the flavor, too.

Linoleum

Alcohol will clean discolored linoleum. After it has dried thoroughly, apply a coat of lacquer.

The Stars Say--

By Genevieve Kemble

For Wednesday, August 11

ALTHOUGH a highly accelerated state of affairs continues to tax the ingenuity, challenge the abilities and thrill and romance to both personal and business life, yet there may be lack of cooperation from promised sources, or other complications attributable to un-sound thinking or ill-advised tactics. There is so much at stake that it might be prudent to confer with wiser minds or to accept support from those in influential places. Weigh carefully in critical moments.

For the Birthday

Those whose birthday it is are advised to take into consideration the advice, ideas and friendly support of those in high places, in stations of public authority or prestige, whose aid is vital to the promotion and successful development or unusually clever ideas or models of exceptional inventive genius. The personal judgment on some points could be erroneous, or erratic impulses and emotions might be undermining factors for defeat. With prudence and keen vision there could be dramatic accomplishment with rufance as well as conspicuous prosperity.

A child born on this day is excellently equipped for a spectacular, progressive and prosperous career, but its impulse or confused judgment might precipitate loss or danger.

Young Lady As Passenger Agent

MONCTON, August 10—A young lady who five years ago gave up a profession for which she had obtained a college degree to work for an airline was today appointed a passenger agent for Trans-Canada Air Lines at Moncton.



She is Ruth Syvertsen, a graduate of Colchester County Academy at Truro and who received her Bachelor of Music Degree from Mount Allison University at Sackville. So strong was her desire to become associated with air transportation and to fly that in 1943, after serving two terms on the faculty of Stanstead College in Quebec, she joined Trans-Canada Air Lines as a telephone sales clerk. Today her interest in air travel is keener than ever. "There is no better way to see the country or the world for that matter," she says. "The view from an airplane is so much better. Flying one can see the countryside spread out in relief from the diversified scenery of the Maritimes, Quebec and Ontario to the flat prairie wheatfields and the towering Canadian Rockies right out to the Pacific Coast."

A Holiday Hazard

Don't take a chance on summer complaint spoiling your vacation, take along a supply of DOCTOR FOWLER'S EXTRACT OF WILD STRAWBERRY. At the first symptom of diarrhoea, intestinal pains or summer complaint, take the prescribed amount of this pleasant and effective remedy. DOCTOR FOWLER'S EXTRACT OF WILD STRAWBERRY is an old family medicine, widely used for nearly a century.

Needlecraft FOR THE HOME

NEW BOLERO DRESS

Here's one of those delightful "double-duty" dresses no Summer wardrobe could do without. It's smart on its own with merely adding its matching bolero.

Send 26c for each PATTERN, which includes complete sewing guide. Print your Name, Address and City, Number plainly be sure to state size you want. Include postal unit, or zone number in your address.

Address: Pattern Department, The Charlottetown Guardian, Pattern No. 2524

Name _____
Address _____

City _____ Province _____

Stop HAY FEVER

Hay Fever needn't plague you with its sneezing and wheezing, its blowing and goggling, its sore, streaming, itching irritation of eyes and ears. Just do what thousands have done to get fast, safe relief—take Templeton's RAZ-MAH. You'll sneeze better, work better, feel better. 60c, \$1.25 at drugists everywhere.



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SHEER STOCKINGS
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The reputation of our Island Maid loaf has spread far and wide. Famed for its high quality it comes in White—Graham—Raisin and Hovis.

TRY IT TODAY.

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