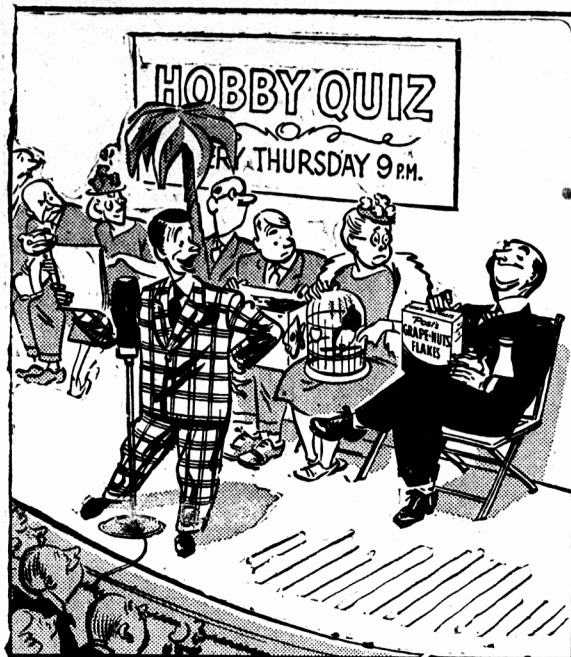


Woman's Realm Social and Personal Fashions Literature



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-a-nut Post's Grape-Nuts Flakes... um-m-m."

"Oh—you like their flavor?"

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

"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!"

Modern Etiquette

By Roberta Lee

Q. My son and daughter-in-law live with us, and she has shown no desire to help with the housework. How can I tell her without causing ill feeling?

A. You might talk with your son and let the suggestion of helping come from him.

Q. If a bride-to-be is invited to go shopping with a friend, to select a wedding present, what should she do?

A. Accept the invitation as graciously as possible, then be modest and reluctant in making the selection.

Q. Is it ever permissible to use a piece of bread or a finger to push some morsel of food onto the fork?

A. No; this indicates ill-breeding, ignorance, or a total disregard for everyday propriety.

The Stars Say

By Genevieve Kemble

For Saturday, July 24

The sidereal operations encourage a very direct and lively attack on ambitious projects and ambitions, especially where change, travel, entirely new contracts and agreements are more likely to bring desired results rather than forging along in outgrown grooves and static combinations. Fresh fields, with bright ideas and bold plans shrewdly worked out, with ingenuity, skill perhaps with and "smartness," may bring pleasant relations of a private nature, with public approval as well. All things of interest to the young and adventurous should thrive.

Those whose birthday it is are encouraged to attack a wide range of operation for fresh pastures may prove most prolific and profitable; relations or shrewd adventures affecting the private as well as business, professional and public career. It is a time to push toward new objectives, fresh places and faces with lively experiments, bright ideas, versatility, ingenuity. Along the way there should be much adventure of a romantic and thrilling aspect.

That Body Of Yours

By James W. Barton, M.D.

INFECTION OF LINING OF MOUTH — STOMATITIS

One of the mean ailments suffered by many is inflammation of the lining of the mouth — stomatitis.

The inflammation may be in a portion of the mouth such as the gums, tongue, lining of cheek or other part. Also it may be in the form of white little ulcers, large ulcers, like pimples or hills which break down and pour out liquids, mucous or even pus.

Among the causes of stomatitis are local conditions in the mouth, such as tartar deposits on the teeth, decayed broken teeth, rough crowns, ill-fitting plates, hot foods or liquids. Other local causes are systemic disease such as typhoid fever, diabetes, and diseases due to tiny organisms such as the streptococci. Stomatitis caused by these organisms may start in gums or soft palate.

Physicians now know that lack of vitamins, especially B and C, is a common cause of stomatitis. In addition, being allergic to certain substances, including foods, is now known to be a cause of inflamed mouth.

In "Medical Clinics of North America," Prof. Garnett Cheney, Stanford University Medical School, after outlining the various causes of stomatitis, suggests that treatment depends upon the underlying cause besides the local treatment of the mouth conditions.

In treating stomatitis due to injury, hot foods or drinks, or damage to the lining of the mouth by burns or chemical injuries, Dr. Cheney suggests a soft, non-irritating diet. Alcoholic beverages and smoking should be forbidden.

"A cleansing, soothing mouth wash such as 12 per cent borax in a 10 per cent solution of glycerine, or a 50 per cent solution of peroxide (half peroxide and half water) should be used four times daily. In the more severe cases, warm salt or sodium solution (a quarter teaspoon of salt or baking soda in a glass of water) should be used every four hours."

As many cases of stomatitis are caused or aggravated by leath and gum conditions (paraphimosis), the physician may have the patient consult his family dentist, as these conditions not only cause or aggravate stomatitis but also often cause infection in the body. This results in arthritis and even heart disease, and prevents the healing of stomatitis.

Allergy

Send today for Dr. Barton's helpful booklet entitled "Allergy," which means being allergic or sensitive to various foods and other substances. Just enclose 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.

DOROTHY DIX SAYS—

Grandparents Rebel

Tired Of Sacrificing Week-End Leisure To Serve As Children's Baby-Sitters

DEAR DOROTHY DIX: We are a middle-aged couple who have worked long and hard in order to provide for and educate our four children. Now they are married and have families of their own. But here is our problem:

We still work hard all week and have only our week ends to do the little things we would like to do, and have misused doing a great part of our married life. But instead of being able to go on little trips and take modest pleasures we would enjoy so much, we find ourselves being baby sitters most of the time. We have eight grandchildren, who range in age from six months to twelve years, and we are expected to take care of them whenever their parents want to have a fling. It is hard for us even to attend church, because the little ones have to be nursed and looked after.

We love them all very much and they are always welcome, but we would enjoy being left alone once in a while. Is there any way to solve this problem without hurting anyone?

GRANDMA AND GRANDPA



ANSWER: It appears that Grandma and Grandpa have raised a new issue in domestic life with which the younger generation do not seem able to cope. For the present generation of young parents are sold on the theory that Grandma and Grandpa never want to go anywhere, or have any fun, or do anything more exciting than taking care of the youngsters when they want to go on a bat.

But, alas, Grandma and Grandpa have become modernized and they hold a different view on this subject. They think that they have done their duty in baby sitting and diapering one generation of children and that they are entitled to a little rest and diversion themselves. To this column come hundreds of letters from grandparents who resent being offered up as a sacrifice to their selfish children, but they don't know what to do about it because they lack the nerve to say to their sons and daughters: "Keep your kids at home. They are your job."

How it is all to end, nobody knows. For, believe it or not, the married children really believe that they are giving Grandma and Grandpa a great treat when they send down their offspring to spend a day whooping and yelling and fighting and banging up the furniture and raising general pandemonium. Maybe Grandma and Grandpa eventually will get enough intestinal fortitude to rebel against the attack of the infantry and will lock their doors and flee on Sundays at least to some place where they can say their prayers in peace.

ENTITLED TO REST

DEAR DOROTHY DIX: My husband refuses to take me to dances because he is afraid some other man might ask me to dance. He won't let me go out on windy days because my dress might blow sideways and someone will see my legs. He does not want me to smile in public because he thinks it shows I am getting friendly with some man. I can't raise my hand to my head to fix my hair because he thinks I am waving to some guy.

Is there any cure for such jealousy? I am a decent woman who has never done a wrong in my life.

ANXIOUS

ANSWER: No, because such jealousy is the outpouring of the vile thoughts that fill your husband's mind all the time. He cannot even imagine a decent woman. Such a man is pitiful, not only because he tortures you with his insults, but because he must make himself unhappy by trying to drag you down to his level.

DEAR DOROTHY DIX: There are two men I can marry. One can provide me with food. The other can provide me not only with food, but with a big estate in New York, milk coats and servants. I don't enjoy being with one man any more than I do with being with the other. Which one should I marry?

IN LOVE.

ANSWER: Well, if you can't decide between the two, it seems to me that the best bet is the gentleman with the milk coats and servants. But why marry either one when you are in love with neither? Marriage without love and a real companionship is a dreary business.

T C A Hostess



MONCTON, July 23 — The appointment of Beatrice H. Kinahan as station stewardess, Trans-Canada Air Lines, in charge of stewardesses in the Maritimes and Newfoundland, was announced here today by C. H. Gibson, passenger service supervisor, eastern region. Miss Kinahan's promotion to succeed Ann Moffat, who resigned recently to be married, becomes effective immediately.

Since she joined Trans-Canada Air Lines in 1946 as a stewardess, Miss Kinahan has flown more than 1400 hours and has travelled 240,000 miles over Maritimes and Newfoundland routes. During that time she has become well-known to air travellers throughout the region from Saint John, Moncton, Halifax, Yarmouth, Sydney and Newfoundland.

Despite the fact that she has done so much of it, Miss Kinahan says she enjoys flying more than anything else she does and wouldn't change her job for any other. Off the planes, she's like any other young girl. Golf, badminton, music and dancing are tops on her list.

The passengers are all so pleasant and sociable, she enjoys serving meals on the T.C.A. planes. Miss Kinahan says. To her it's like having friends in for afternoon tea or a party. Being a stewardess is educational, too, she believes, because one meets so many people and has to have the answers to a million-and-one questions they ask.

Born at Auburn, Ontario, Miss Kinahan received her senior matriculation at Goderich Collegiate in 1938. She took her nursing training at Saint Joseph's Hospital at London in 1942 and after a year on the staff of that hospital went to the Toronto Hospital at Weston. In 1944 she joined the R. C. A. F. at Montreal as a nursing sister and upon demobilization in 1946 joined T.C.A.

Model Receives Artist's Fortune



Bulk of the considerable estate left by McClelland Barclay, killed serving as a U. S. navy combat artist, goes to one of his former models, Mardee Foster, it is announced. Barclay was a noted illustrator. Mrs. Foster is now the wife of polo player John "Monk" Foster.

Ellen's Diary

By an Island Farmer's Wife

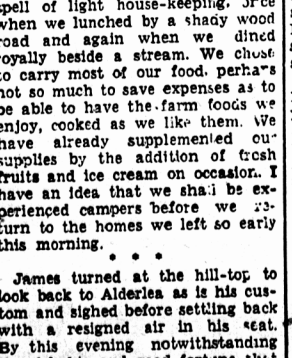
We came away from Alderlea this morning, James and I, on a trip, we are pleased to call a belated honeymoon. It will, of course, considering the haying season almost upon us, last only a few days and is to be spent for the most part in Cape Breton Island, touring along the famed Cabot Trail. Travelling only leisurely since we left Cariboo, so that we might better enjoy the scenery or other interest in passing, we have not yet entered the Trail. Twilight finding us a bit weary from our lengthy day on the road, we stopped to remain overnight in a cabin not far from Whycocomagh, an intriguing Indian name meaning "the head of the water." It is described as being "surrounded by mountains and deep glens" and is on the west side of the Bras d'Or Lakes. Strange coincidence that it is to James and me, this cabin, with another nearby boring it is tucked into the edge of a spruce grove and sits cozily beside a mill stream.

We have much enjoyed our outing so far, it being strange and new to all of the members of our party of four. Our habitation is quite comfortable, being roomy and having facilities for cooking. In its present solitude, though the road passes nearby, it would be a quiet spot in which to spend a vacation. Hearing the ripple of the stream, one of our number suggests with a smile: "I guess James will get up in time to catch some trout for breakfast!" which drew chuckles from the rest of us.

Our fellow travellers: Ellen's father, who is a brother-to-me and his wife are most congenial companions. He is one who went to see the world beyond the Strait at seventeen, roaming foot-loose and fancy-free to California, a country of pleasant recollections for him, though the years eventually returned him to settle on an Island farm. He is a man of parts. Among his gifts which include a serene nature, he has a kind and fine sense of humor. He is a slight, thin man, perhaps exceeding James in weight. She is a slight blue-eyed lady, quiet, yet an interesting talker, a woman who being modest and womanly wears well and being shy improves with longer acquaintance. She is kind and capable, always thinking of others' needs, and wishes. I thought as we continued our journey how strange it was to see her and James' hands idly such busy folks as they usually are. Though twice she and I had our spell of light house-keeping, once when we lunched by a shady wood road and again when we dined royally beside a stream. We chafed to carry most of our food, perhaps not so much to save expenses as to be able to have the farm foods we enjoy, cooked as we like them. We have already supplemented our supplies by the addition of fresh fruits and ice cream on occasion. I have an idea that we shall be experienced campers before we return to the homes we left so early this morning.

James turned at the hill-top to look back at Alderlea as is his custom and sighed before settling back with a resigned air in his seat. By this evening notwithstanding the delights and good fortune that has attended us so far when we came indoors we found our tips giving utterance to the things that

Vancouver Couple Said Crash Victims



Vancouver, B.C., couple, Mr. and Mrs. H. G. Stewart, are believed to have been among 23 victims of a crash landing of a flying boat in the South China sea. They are reported to have three children.



BETTER ENGLISH

D. C. Williams

How Can I!!!

By Anne Ashley

1. What is wrong with this sentence? "I expect you attended the party last night."

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

3. Which one of these words is misspelled? Contractor, controlling, controversial.

4. What does the word "soliloquy" mean?

5. What is a word beginning with "on" that means "burdensome; oppressive?"

Answers

1. Say, "I presume you attended the party." **2.** Pronounce the th as in smooth, not as in wealth. **3.** Controlling. **4.** Act of talking to one's self. "Lovers are always allowed the comfort of soliloquy." — Spectator. **5.** Onerous.

Was in Fatal Crash, Weds 3 Weeks Later



Less than three weeks after he was in a car crash that took the life of his friend, Jack Parr of Toronto, Ont., was married. Parr, who was with his bride, the former Joyce Richardson of Barrie, Ont., was returning from a stag with Lionel Dancy, who also was celebrating his impending wedding when the car in which they were riding hit a post on a viaduct.

Needlecraft FOR THE HOME

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