

Better English

By V. G. Williams

1. What is wrong with this sentence? "He only asked for a cold glass of water."

ANSWERS 1. Say, "He asked only for a glass of cold water."

Morning Smile

A mother visiting her son who had been in the army only one week, found him in the guardhouse.

Modern Etiquette

By Roberta Lee

Q. When a man is playing golf with a woman companion, should he always permit her to tee off first?

A. Only on the first tee. Thereafter, the traditional rule of the game should be observed, which allows the player winning the previous hole to tee off first for the following hole.

Q. Is it bad luck for a bride to make her own wedding dress?

A. This is plain foolishness! Any girl who has the ability to make her own wedding dress is to be commended.

ELLEN'S DIARY

By an Island Farmer's Wife

What a "mounting in high haste" there was this morning to pursue the affairs of the cropping, once the dew on the grass, which we deemed more like rain, had lifted!

Eight "fair-good" cows the man of this farm sits himself down to milk... and once when our curiosity or a general unease over the prevailing situation brought us to the stable door, it was to find Rob busy at the task and Jamie, poor little fellow, head resting against a patient bovine flank.

And soon, breakfast past, James was away to the working at Alderlea while Mr. A. moved in with seeder and team to help Rob on this farm. Jamie, chores laid, and lessons reviewed, was off to his classes. Breaking his trip, he rested his wheel beside the road while he stopped to feed the black-faced pet lamb the bottle of milk he carried in a boy's versatile pocket.

DOROTHY DIX'S COLUMN

Saturday Night Out

Couple Should Get A Sitter, Forget Complaining In-Laws

DEAR MISS DIX: My husband works six nights a week, and on his one night off we usually leave our two small children with my mother-in-law while we visit or go to a movie.



Muriel Nissen

ANSWER: Your in-laws quite obviously object to minding the children for you one night a week, and are trying to make you seem like a slave-driver for making them do it.

The necessity of giving up good times to stay home with babies is one of the most difficult for very young married folk to accept; and is one reason why I so vehemently urge teenagers to postpone marriage until they have had some measure of fun.

MOVIE DATES AT 13?

DEAR MISS DIX: I am the mother of a 13-year-old girl who is in the eighth grade and looks about 16. She has a boy friend who is very nice; we know him well.

ANSWER: While 13 is rather young for dating, you go to the other extreme when you intend to keep her isolated until she finishes high school.

DEAR MISS DIX: When a young man takes a girl out on a first date, and just says he'll call her when he says goodnight, isn't that equivalent to a "good-bye"?

ANSWER: Of course, if the boy is very interested in the girl he probably will try to arrange a subsequent date without delay.

DEAR MISS DIX: We are two girls in our twenties with a little spare time on our hands and a feeling that we should be doing something for someone less fortunate than ourselves.

ANSWER: What a laudable use you make of your spare time! If more young girls had a like interest in helping others, there'd be far fewer moans about loneliness and boredom.

DEAR DOROTHY DIX: There is a situation in our vicinity on which we would like your advice. A woman is deceiving her husband and a professional man his wife.

ANSWER: What your neighbors do with their private lives is not your business, and no one will thank you for accepting the responsibility of making it yours.

DEAR MISS DIX: I heard the lamb saying "Hallo!" to Jamie just now. He was a contented lad in arms on the tractor with Rob at his field-work.

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Anne Adams Patterns



SMART FOR SUMMER

Easy-sew "go everywhere" dress is smart in cotton or dressier shantung for bride afternoons.

Pattern 4848: Misses sizes 14, 16, 18, 20; 32, 34, 36, 38, 40, 42. Size 16 takes 4 1/2 yards 35-inch.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-five cents (35c) in coin (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number.

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BABY'S OWN TABLETS

Bring quick relief to teething, feverish, teething baby with Baby's Own Tablets.

TEETHING TROUBLES

Bring quick relief to teething, feverish, teething baby with Baby's Own Tablets.

So the day sped—a great day for the family. It saw Karoly so much improved in health she was able to end her period of hospitalization to further convalescence at her old home in the city; it gave the farmers—with Rob missing for a while—fair weather for the field-work; it brought the children in our care no tear of unhappiness all through its hours.

Continued on page 9.

That Body Of Yours

By James W. Barton, M.D.

SCIATICA AND LOW BACK PAIN

Someone has said that rheumatism is like having the sciatic nerve under a strong vise, turned as high as it can be turned, while sciatica is like having the vise given an extra twist—sciatica is that much more painful than rheumatism.

I have written before of having had three attacks of lower back pain and sciatica, the first one due to infection of two teeth (the removal of which caused the sciatica to disappear), the second attack due to injury for which I wore a supporting belt and brace for several years and obtained relief, and the third due to infected tonsils (the removal of which again caused the sciatica to disappear).

Because of these three attacks, I observed that, with the infection of teeth and tonsils, I had pain even when at rest, whereas with the injury I was able to assume a position when lying down in which I had no pain.

In the Argentine Medical Association Review, Dr. G. Costa Bertani states that diseases of the kidneys, bladder and sex organs, spinal curvature, flat feet, bony alterations in the spine, inflammation of nerve roots in spinal column and infectious diseases may give rise to low back pain.

Dr. Bertani believes that a thorough examination of the patient will disclose the true cause of the pain which, as mentioned before, is often due to a rupture or crushing of one of the discs or cushions between the bones of the spine in the lower back.

Real Roquefort cheese is made at Rocquefort in France from the milk of ewes.

Dr. Bertani's own cases, 80 per cent required orthopedic or surgical treatment.

Don't suffer with painful low back or sciatica as practically all cases can be helped.

FINE CHEESE

Real Roquefort cheese is made at Rocquefort in France from the milk of ewes.

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...and Plenty of Beauty

Don't envy her plump or radiant health! Make it yours the way thousands of pale, listless, anemic people are doing—with Dr. Williams' Pink Pills.

Dr. Williams' Pink Pills. By revitalizing and enriching your bloodstream, Dr. Williams' Pink Pills may bring you new pep, energy, joy in life—often in only 30 days. So start today! Get back "in the pink" with DR. WILLIAMS' PINK PILLS.

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How Can I...?

By Anne Ashley

Q. How can I prepare nut fillings for cakes and candies?

A. Shell the nuts a day ahead of time. The air then has an opportunity to take away that dry taste of the nut and bring out the oil and moistness which is so delicious.

Q. How can I shrink thread used for drawn work, so the work will not draw when washed?

A. Put the spool or skein of thread into a cup of boiling water for an hour or so; this will not spoil the gloss.

Q. What is a good deodorizer for the bathroom?

A. A bottle of lemon juice, left uncorked, proves a good deodorizer for the bathroom.



7392 by Alice Brooks



Mrs. Whidden Shaw of Windsor, N.S., and her winsome daughter get prizes at the historic Hants County Fair.

WINS HOME BAKING PRIZES AT HANTS COUNTY FAIR

Winning prizes at the fair runs in the family of Mrs. Whidden Shaw, of Windsor, N.S. Mother, of course, gets her ribbons for home baking!

It's a tradition! Successful Maritime cooks depend for finest results on dependable Fleischmann's Yeast.

SURF GETS WASHES TWICE AS SWEET FAR, FAR CLEANER



YOU CAN TELL BY THE SMELL. If it's Surf-clean... it's really clean. SURF. Surf suds leave no smelly grease and dirt in fibers... NO "DIRTY CLOTHES" ODOR.

Household Scrapbook

By Roberta Lee

A Precaution

Books that have been used in the sick room and are of little value should be burned. If they are of considerable value, however, they should be subjected to formaldehyde vapors and aired and sunned thoroughly before returning them to the book shelves.

Evenly Placed

You can be sure of placing your curtain tie-backs at an even height by pulling down the shade to the proper level. This is an easy way to secure evenness.

Egg-Stained Silver

If common table salt is rubbed on silver that bears egg stains, it can be cleaned very easily.

Cook's Corner

Quick Summer Sponge Cake

One-third cup milk, 1 tablespoon butter, 1/4 cup cake flour (sifted), 1 1/2 teaspoons baking powder, 1/4 teaspoon salt, 2 eggs, 1/2 cup sugar, 1/2 teaspoon lemon flavoring.

Heat milk and butter in top of double boiler and set aside covered, over the hot water. Sift flour, baking powder and salt together and return to sifter. Beat eggs thoroughly with a rotary beater until they are fluffy and lemon-colored (takes 3 to 4 minutes). Add sugar gradually, while continuing to beat. Add lemon flavoring.

Sift dry ingredients into egg mixture and fold in lightly. Add hot milk and fold in until just blended. Turn into a loaf-shaped tin (a new tin gives better results than a much-used one—and any tin is better than a glass baking dish for a sponge cake) that has been greased, lined with wax paper and greased again. Bake in oven preheated to 350 degrees (moderate), reducing heat to 325 degrees after first ten minutes of cooking. Total cooking time should be 30 to 35 minutes. Cake will be golden brown when cooked and slightly shrunken from sides of pan. Remove from oven, loosen edges and turn pan over cake rack. After 5 minutes, remove cake from pan and lift off wax paper.

Salad Time is here!

... and for a really refreshing, nutritious salad it's



CLOVER LEAF Tuna

"CHICKEN OF THE SEA" This richer, fine quality tuna makes all the difference... adds the right flavor for salad success.

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