

## That Body Of Yours

By James W. Barton, M.D.

### SELF-EXAMINATION OF THE BREASTS SHOULD SAVE MANY LIVES

A few years ago some physicians warned their women patients not to examine their breasts for cancer as it not only made them cancer-conscious but developed cancer-phobia (fear of cancer). Also, if cancer were present, examining it might cause it to spread. I have written before of the three women, all patients of a noted surgeon, who on examining their breasts and feeling a lump believed they had cancer but instead of consulting their physician and the surgeon, took an extended overseas holiday for several months because they did not want to interfere with the holiday their families had been planning. On returning home and consulting physician and surgeon, it was found that the lumps were not cancer but simple enlarged milk glands. Their whole trip had been spoiled because they believed they had cancer.

Today, because cancer of the breast, if discovered early, can be cured in the majority of cases by operation, physicians and surgeons advise women to examine their breasts and if they feel a lump or the nipple is tilted or changed in any way, to consult their physician at once.

Self-examination of the breasts should be done when woman is in Continued on page 9

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## ELLEN'S DIARY

By An Island Farmer's Wife

Today brought the digging to this place "in the road" from Alderlea—brought family and workers together, Jeanie and all, even to the shaggy black dog. At sight of the activity of commencement, echoes of our younger years when we grew substantial acreage of potatoes returned to mind. And we caught again the excitement and charm of the occasion. Names and faces of helpers of those years came back to us, the older ones, gone now, or retired to less active callings; the younger ones we saw grow up and go away to lives of their own—those happy boys and girls with merry laugh and jest, and quick hands to gather the tubers to basket. I haven't quite decided what I'll be when I'm a man, a freckle-faced lad in his early teens confided one day as we picked beside him chatting the while. "Ellen," James has reminded us, "if you could remember that we have a day's work to do, you wouldn't be keeping it back with your laughing and talking!" But how else should we have gathered nice memories of those days? And besides, working happily together lightened considerably the task and made the days give very good account of themselves in turn.

"When I get old enough to quit school—and if I had my way that would be the next morning it keeps, I'd pack up my duds and be off to see the world. There must be money somewhere, Ellen," he chuckled, "and that I'd have to find. And one day," he straightened a moment to regard the hill-top which leads out to the high-lands, "you'll see a long shiny limousine come in over that hill. And who do you suppose it will carry? Just me and my chauffeur." His blue eyes glistened and he laughed through his freckles. "And when we come to the end of the lane there," he nodded, "I'll say, 'Turn in here. There's an old couple I'd like to visit—if they're still alive.' And," he reached for an empty basket, "if it was this time of year, I'd reckon I'd find you at the

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## The Stars Say --

By Genevieve Kemble

**For Tomorrow**  
A HOLOVER from yesterday's spectacular auguries may find a peculiar blocking or a cloud to hold up such sensational denouement. Some unforeseen delay or queer entanglement might postpone the immediate fulfillment of this windfall, perhaps for the normal fortuitous incident to securing or taking over the surprise fortune. Legalties may be needful steps for validating the "legacy," or old people may offer some opposition or want of co-operation. Placate them.

**For the Birthday**  
Those whose birthday it is may find their affairs held up by the intervention of elders or perhaps old established institutions. And while attempts may be made to break wills, or arrest the smooth running of recent gifts, windfalls or inheritances, it may be desirable to keep all disbursements and allocations under rigid legalities and procedures that may not be contested or controverted. Safeguard against curious tactics or collusion. A child born on this day may have unusual talents or adventures in life, with strange pre-occupations or contacts, challenging and eventful.

## DOROTHY DIX'S COLUMN

### Her Honesty Doubted? Store Men's Actions Worry Careful Woman

DEAR MISS DIX: My weekly marketing is done in a large market of our small town. If I am starting out with a limited amount of money, I have a habit of marking each price on the package so I can keep account of how much I am spending. A few weeks ago I did this, and the manager hung over the railing as I went through the checking line. A friend accompanying me said this was an insult and I shouldn't go back. However, I wanted the manager to know I was innocent of any cheating, and I continued to patronize the store. At one time, the cashier leaned over to look in my pocketbook. I realized then it was time to change my market. Later, at a nearby store, the manager came up and watched the checker go over the purchases. It happened again in still another store.



Muriel Nissen

I have never had the slightest suspicion cast on my honesty, and I deeply resent the doubts that seem to exist in the minds of these various store employees. I'd be willing to do anything to clear my name.

**DISTRESSED**  
ANSWER: I cannot possibly imagine how such a state of affairs could have been brought about. Being a frequent shopper in super-markets myself, and as I also keep track of purchases, I know that the practice is approved by checkers rather than disapproved. It is a source of considerable annoyance to them for a purchase to buy more than she can pay for, then have to have the entire order rearranged and rechecked while a long line of impatient customers awaits attention. Furthermore, every item in a large store is price-marked so clearly that there is no possibility of either you or the checker being intentionally dishonest. There must be some other reason for the managers' actions in your case—and, personally, I think you are probably the victim of an over-scrupulous conscience.

The best way to clear up the matter to your satisfaction is to see the first manager, ask him exactly why he acted as he did and if his explanation leaves any doubt in your mind, see the managers of the other markets, too.

Store employees are pretty good judges of character, and unless one's actions are definitely suspicious, they go about their appointed tasks with no doubts as to a person's honesty. I'm sure a frank discussion with the people who are worrying you will convince you of their good intentions.

DEAR MISS DIX: I am very much in love with a man of 28, ten years older than I am. We have never been on a date together, though I see him quite often. The trouble is he is a ladies' man. How can I get him over that? Don't tell me to forget him because I have tried and can't.

**P. A.**  
ANSWER: You will probably have no choice as far as forgetting the man is concerned. Apparently he is simply interested in adding you to his collection of ladies and has no intention of becoming serious about you. Why waste your time and love on someone who is so completely unavailable? All you are doing is building a day dream out of nothing. A more wasteful procedure is impossible. Stop it!

DEAR MISS DIX: I have a boy friend whose father owns a truck. When my friend gets the truck he doesn't come to see me. I like him a lot, and he likes me, but he will not keep a date if he has a chance to drive the truck.

**B. J. L.**  
ANSWER: Girls compete with many things for the affections of an adolescent male. You have come up against some of the stiffest competition there is—anything on wheels that has a motor. From a scooter to a plane, teen-age boys will put the machine before a girl in most cases. As your friend grows older, the truck will lose much of its appeal, and you'll have your chance for first place.

## Morning Smile

His Exercise  
"My husband plays tennis, swims, and goes in for physical exercises. Does your husband take any regular exercise?"  
"Well, last week he was out seven nights running."

## Modern Etiquette

By Roberta Lee  
Q. What should a person do who is invited to a bridge party and would like to go, but does not play the game very well?  
A. If you think it would prove embarrassing to yourself, as well as a hindrance to the play of the other guests, it would be far better for you to decline the invitation. It is not good form to plead ignorance of any game of that character and at the same time attempt to play it, thereby spoiling the fun of the other players.  
Q. Is it proper for one to tip

## Household Scrapbook

By Roberta Lee  
**Cracked Decanter**  
To mend a cracked decanter or glass bottle, first, heat the bottle, pressing in the cork until the hot air within the bottle expands the cracks. Immediately fill the cracks with liquid glass. The liquid glass will be driven in by the pressure of the outer air and, when the bottle cools, the cracks will automatically close.  
**Odor on Hands**  
Almost any kind of odor can be removed from the hands by putting a little dry mustard in cold water and rubbing it on the hands. Then rinse in cold water.  
**Washing Rugs**  
Rugs should not be wrung after washing. Hang them on the line and play the hose on them to rinse. Then let them drip and dry.  
one's soup plate at the dinner table in order to scoop out all the soup?  
A. This is all right, provided one can accomplish it in an inconspicuous manner.

## Cook's Corner

**SPLIT PEA SOUP**  
Yield—6 luncheon servings.  
1 cup yellow split peas  
1 fresh soup bone or a bone from a cooked ham  
7 cups water  
½ cup chopped onion  
½ bay leaf  
1 teaspoon salt  
1 teaspoon monosodium glutamate optional  
1 can (20 ounces) tomatoes  
Pick over, wash and drain the split peas; cover with cold water and soak over night.

Drain the peas and place them in a large saucepan.  
Add the soup bone to the peas; add the water, onion, bay leaf, salt and monosodium glutamate (if used).  
Cover closely and simmer 1½ hours.  
Add the tomatoes to the soup and simmer, covered, until peas are tender—about one hour longer.  
Remove bone from soup and pick any bits of meat from the bone.  
Press the tomato mixture through a coarse sieve; add the bits of meat.  
Turn soup into a saucepan and heat thoroughly. Taste soup and season before serving.

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Line a baking sheet with brown paper. Drain 2 (½ lb.) cans salmon . . . flake fish and mash bones. Combine ¾ cup mayonnaise, ¼ tsp. salt, ¼ tsp. pepper, 1½ tsp. Worcestershire sauce, 1 tbsp. chopped parsley, 1 tbsp. finely-chopped onion and 1 tbsp. lemon juice . . . add 1½ cups cold cooked rice and the salmon and bones and mix lightly with a fork . . . let stand 5 minutes . . . shape mixture into 10 or 12 croquettes and roll in fine dry bread crumbs . . . arrange on prepared baking sheet. Bake in preheated oven 450 until browned—about 15 minutes. Yield—5 or 6 servings.

Write for folder containing prize winning recipes as well as other Clover Leaf Seafood suggestions.

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