

Household Scrapbook

Dustless Dust Cloth
Dip clean dust cloths into a mixture of two tablespoons of linseed or vegetable oil and one pint of gasoline or benzine. Hang the cloth outside in the shade to dry before using.

Use Scissors
It is much easier to use scissors for cutting meat, fish, and fowl for use in salads or creamed mixtures. The pieces are more uniform.

Leather
To freshen leather furniture and prevent cracking put into a bottle one cup of vinegar and two cups

Morning Smile

Now You Know
Kissing, claims a scientist, is just so much chemistry. The history of a kiss began when the cave man found that salt helped him to cool off in the summer heat. He found that he could get salt by licking his neighbor's process was more interesting if his neighbor was of the opposite sex. Then everybody forgot about salt.

of boiled linseed oil. Cork securely and shake until creamy. Apply sparingly and rub into the leather with a soft rag and polish. Never use gasoline to clean leather as it will crack it.

Anne Adams Patterns



2-WAY SLENDERIZER
KEEP COOL and smart this summer! This sundress has built-up straps to flatter you and to hide lingerie straps. Then it has a capelet to button on when you go to town. Lovely long lines are so becoming, so slenderizing!

Modern Etiquette
By Roberta Lee
Q. Many women friends of mine practice the habit of kissing each other when meeting or taking leave in public places. Is this considered proper?

A. Not by women of good breeding. Even the most intimate friends will only shake hands when greeting each other at parties, church, teas, or in public places.
Q. When entering the dining car on a train, does one immediately seek a table for oneself or wait to be shown a place?
A. One should stand at the entrance until the steward approaches and conducts one to a table.

That Body Of Yours

By James W. Barton, M.D.

KEEPING OURSELVES TENSED CAUSES MANUFACTURE OF FATIGUE PRODUCTS AND RAISES THE BLOOD PRESSURE.

The ailment most frequently discussed today is not appendicitis, or an operation of any kind, but high blood pressure. This is because the first on the list of causes of death is heart stroke (coronary thrombosis) and not far down the list brain stroke (apoplexy).

Chronic high blood pressure can be due to various causes including kidney, heart and gland disease, but in about ninety per cent of the instances seen among our populace, no such underlying disease is present. Then a very high percentage of cases of high blood pressure are caused by nerves and muscles.
The fact that blood pressure often increases with emotion is a well-established fact but even without excitement and intense emotion, general muscular tension can increase as much as it does during intense excitement. In other words, we can live our lives, day and night, in such constant tension that our blood pressure is kept up many points all the time.
When we engage in hard work or exercise or strenuous games, because we are tensed up we manufacture fatigue products which, while in the blood, raise the blood pressure to remove them. Similarly if our emotions keep up tension we manufacture fatigue products just the same as when we work or play hard. Our blood pressure thus becomes chronically high.
If, then, we find ourselves tensed, not only when excited but even without excitement, we must relax if we want to avoid rapid aging with the threat of heart or brain strokes due to high blood pressure.

DOROTHY DIX'S COLUMN

By Dorothy Dix

Difficult Youngster

Boy Lacks Consideration For His Grandparents

DEAR MISS DIX: I have a 14-year-old grandson, nearly six feet tall and in his first year of high school. He lives with his parents, but is frequently at my house. He is disrespectful, impudent to all of us. He comes into my house, snoops into everything, helps himself to anything without asking, puts his feet on the davenport and has no respect for anything in the house.



Marjell Nissen

ANSWER: This selfish, inconsiderate attitude is not an accident. It has been fostered by his parents over many years, regardless of how much they may deplore it now. The boy is still not too old for correction, and they should make him observe at least some of the amenities of social life.

A DIFFICULT AGE

Fourteen is a crucial and difficult age for boys and first-year high school presents a period of transition that is frequently hard for them to handle. The boy does sound nervous—as well as nervy—and a thorough physical checkup should be arranged for him every fall for his age, an indication of glandular imbalance that might also account for other peculiarities.

While much of his behavior could be from physical causes, the basic trouble is lack of proper training. Sometimes boys who have been models of deportment up to 14 become hellions at that age, but they still retain respect for elders and at least reasonable behavior in the house.

DEAR MISS DIX: Is there any cure for bragging? I have a very good friend who is constantly bragging about her real or imagined gifts. She is losing all her friends through the deplorable habit and though I've tried to point this out to her, she pays no attention. Do you think if I could get her to listen to me I could make her change?

ANSWER: Bragging is a demand for attention and the easiest way to cure a person of the habit is to make her realize that it's unnecessary. If you can subtly point out that the most popular members of your group are those given to the least self-praise, she may realize the futility of her present technique.

DEAR MISS DIX: I live with my son and his wife—a doctor and a nurse. They supplement their income by writing these awful who-dunnits. All I ever hear around the house is the plotting for these horrible stories. Morning, noon and night they have excited arguments as to the relative merits of various poisons, how to dispose of bodies and the like. I'm a nervous person, and this sort of talk is getting me down.

ANSWER: While most people complain of their humdrum existence, you have a marvelous opportunity of living in an atmosphere of story-book thrills, and don't appreciate it. Who-dunnits are by no means the awful, horrible stories you claim. They are, on the whole, a good form of escape literature to which some of the finest minds of our time have been addicted. Why not try to enjoy them yourself? If you cannot reconcile yourself to the exciting home atmosphere which many people would envy, arrange to stay in your room or take a walk while the books are being plotted.

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

The Stars Say

By Genevieve Kemble

For Tomorrow

THE regulation annual urge for change of residence and reconstructed programs in "labor and management" climax, find astrological incitement for such inclinations, drives and proclivities. This is logical at this point in time and space where Uranus, the orb of sudden change, drastic upheavals, reorganization and fresh contacts, as well as changed hopes and needs, is posted in the realm of the home and home interests and aspirations. Moving about seems "written in the stars," with all concomitants of strain and excitement.

For The Birthday

Those whose birthday it is, perhaps more than others, may be subject to change, removal, new contacts, ties and commitments, particularly as they relate to home, residence, job, and romantic affiliations. Science and religion, all strange, unique and super-physical aspirations and inclinations are under special demand for change, fresh angles, or dynamic experience. The emotions may be vividly disturbed, or react to the irregular or unconventional. Exceptional pressure may require circumspect decision and calm regulation. A child born on this day may have irregular or unconventional urges, ideas and talents, inventive and unique. Its career could be spectacular, renowned.

ELLEN'S DIARY

By an Island Farmer's Wife

Why do sons leave the farm? This was a question among others we found ourselves discussing tonight with another farm-couple from a distance (first car to the yard) whose "one and only" will return presently from University to spend his holidays with them on the farm. Theirs is a choice farm well equipped and maintained, ideally situated, and operated by power machinery. Indeed we can think of no better nor satisfying future for any boy than to become a partner with his father in its operation.

"I just wish I were young... no mortgage would frighten me! And as for settling soon, he smiled, "it all pulled their share—the help they'd be! A farmer could buy farms by the dozen! Why some farmers did it in the old days, when money was hard to come by... and why can't folks do it now? No, I don't think it's lack of money that now takes boys off the farms."

"Oh well," the visiting farmer offered, "you can't blame them—in a way. A farmer has to work hard." "And has no one else to help to make a living?" we queried. "Everyone!" James interposed with a chuckle "but the housewife!" "And that depends pretty much on the fancy of the farmer" we continued. "If he wants to make money and is alert, the more he extends his farming, the better off he becomes. But there are plenty of farmers too hard to be found not working too hard and making comfortable livings. So, by and large, it's not the work of it that's driving boys away."

"It's—I know what it is" the visiting farm-wife nodded. "It's that queer spark of fancy we're born with—the peculiar talent we can't keep hidden. That's what"

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Cook's Corner

Tuna Turnovers

Three tablespoons flour, 3 tablespoons butter, 1 cup milk, 1/4 teaspoon salt, 1 teaspoon Worcester-shire sauce, 1 can tuna fish, flaked; 1 can (4 ounces) sliced mushrooms; cut small; 2 hard-cooked eggs, chopped; 1/2 cup nut meats, broken in small pieces; 1/4 cup cream, pastry dough.

Blend flour and butter, add milk gradually. Cook until thickened. Add seasonings, tuna fish, mushrooms, eggs, nuts and cream. Roll out pastry, cut in about 3-inch squares. Place spoonful of tuna fish mixture on each and fold over to form triangle. Press edges together, make steam vent in centre. Brush tops with cream. Bake in hot oven, 400 degrees F., about 20 minutes. Makes about 12 turnovers.

How Can I...!

By Anne Ashley

Q. How can I treat an ingrowing nail?

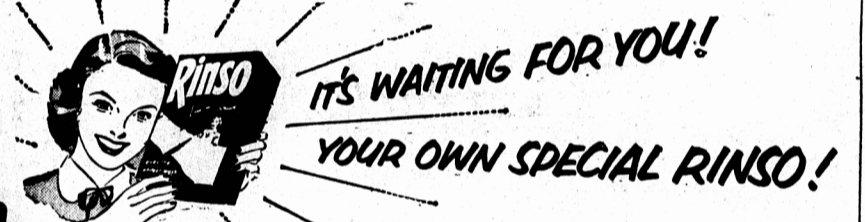
A. Applications of alum will usually cure a case of ingrowing nail in about five days. The application is not painful in the least and is usually effective. Apply a fomentation of soap and water for 24 hours beforehand, and then pour the alum into the space between the nail and its bed, tamponing with cotton to keep the alum in place, and repeating the application daily.

Q. How can I soften and clean leather?

A. Try applying a mixture that consists of one part vinegar to two parts linseed oil.

Q. How can I remove fingermarks from my furniture?

A. This can be done by washing with water which contains just enough vinegar to color the water.



IT'S WAITING FOR YOU! YOUR OWN SPECIAL RINSO! SPECIALLY MADE FOR THE WATER IN THE CHARLOTTETOWN AREA



SO THAT'S WHY YOUR BLOUSE IS SO MUCH WHITER THAN MINE! YES, MINE IS RINSO WHITE! ONLY RINSO HAS SOLIUM AND IS SPECIALLY MADE FOR OUR LOCAL WATER. Now "Double-Quick" Rinso gives you the world's WHITEST wash!

ONLY RINSO HAS SOLIUM TO GET YOUR WASH WHITER—BRIGHTER THAN NEW



"WOW! here's a new taste thrill for you—just try CROWN BRAND CORN SYRUP on your cereal M-m-m! Good!"

Barbara Brent's BUYS WHYS

MONTREAL, May 1st—It all comes back to me school that turn out to be so practical in the home. For instance, I remember our chemistry teacher telling us that there's no true white without blue. So of course the answer to the problem of yellow-looking washes is Laundry Blue. (My maths teacher would be proud of me for putting 2 and 2 together). And believe me, Blue does make such a glorious difference to yellowing sheets and shirts, table cloths and blouses. Just wash it in the final rinsing and your white things will fairly sparkle. Laundry Blue is kind to fine fabrics—won't harm them in the least—so use as much of it as you need. Costs just a few cents a month!

Here's Proof of the wonderful anti-decay benefits of DENTOCILLIN, the new penicillin tooth powder. In a 2-year test among school children, Dentocillin reduced decay on average of 65%! That's 5 times the reduction reported for a famous university's ammoniated formula. And, because penicillin fights decay up to 24 hours (compared to only about 1/2 hour for ingredients used in other dentifrices), Dentocillin is effective with just morning and evening brushing. Start your family on Dentocillin, right away. Safe, recommended by dentists for nearly 2 years. Tastes wonderful. Gets teeth clean, 3 months' supply, 75c. No prescription needed.

Try The "Tissue Test"—for I'm sure that until you do, you won't believe there's such a difference in cleaning creams. Lovely screen star, Alexis Smith, took the "test" and discovered that there's a big difference. She cleaned her face "thoroughly" with her regular cream, then cleaned it again with WOODBURY COLD CREAM and when she looked at her facial tissue she found that Woodbury had loosened hidden dirt so it was easy to wipe away. Why is Woodbury so different? Because it contains Penaten, a new miracle ingredient that actually penetrates deeper into pore openings—lets Woodbury's cleansing oils loosen every trace of dirt. Penaten helps Woodbury smooth away little fidgety lines, too. Ask for Woodbury Cold Cream—23c to \$1.15.

You'll Be "On Top Of The World" when you've chased the "Glooms" away with sparkling SAL HEPATICA. Yes, a bubbling glass of Sal Hepatica effervescent salts taken before breakfast or supper will work quickly, yet gently, to relieve that sluggish, uncomfortable feeling in your stomach. Sal Hepatica laxative salts are a trusted family laxative—for young and old—to just sweeten sour stomach—as a mild laxative or a more thorough remedy for constipation. They help to restore normal bodily functions—safely and pleasantly. Next time you're shopping, ask for a bottle of Sal Hepatica and then send the box top or label, with your name and address, to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q. I'll send you, postpaid, a free, 25c size jar of MUM Cream Deodorant!

Don't You Love That Confident Feeling you get when you take your Swans Down cake out of the oven, and it is tempting-looking, light and evenly risen? Don't you love to have the family form an admiring circle around it, and exclaim over the first taste of melt-in-your-mouth tender and delicious cake? I'll bet it's then that you thank your stars you've discovered SWANS DOWN SAKÉ FLOUR! For you are one of those lucky women who has learned how much more eventful, textured, fluffy and moist cakes are, made with Swans Down, because it is sifted and resifted until 27 times as fine as ordinary flour, makes better cakes, every time.

Which Is Best? That's an important question when it comes to selecting the right tissues for make-up use. So I gave the leading brands the "dressing-table test". Try it yourself! Use an ordinary 2-ply tissue for one cheek and a 3-ply FACE-ELLE for the other. Note how the Face-Elle tissue holds together to do the job quickly—without muss or fuss. Contrast that with tissue that shreds easily—that lets finger-tips poke through with light rubbing. There, surely, is convincing evidence of the extra strength of Face-Elle's 3-PLY thickness—the only 3-ply tissues in Canada. What's more, Face-Elle is softer. Ask for Face-Elle and be sure of more comfort for your money.

Happy The Bride The Sun Shines On, the old saying goes. And I have something to add to that... happy the wife who knows about the modern method of feminine hygiene—ZONITORS. Zonitors are effective, greaseless, stainless, snow-white vaginal suppositories that are powerfully germicidal, yet absolutely safe to delicate tissues. And they're so very dainty and convenient to use. Ask your druggist for Zonitors tomorrow—and write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—for a free booklet giving frank facts on feminine hygiene. It will be sent to you in a plain wrapper.



OUR FIRST CHOICE FOR TRUE TOMATO FLAVOR Says Mrs. A. Butler "You can't beat Aymer for true tomato flavor. That's why Janet, Barry, Dad and I enjoy it often."