

ELLEN'S DIARY

Today our farmers arrived at another milestone in their farming, one to which they will refer, it is said to later years, as "that day we finished hauling the lumber for the new barn to the mill."

Cook's Corner

BAKED KRAUT RING WITH FRANKFURTERS

(Makes 4 servings) 1 No. 2 1/2 can sauerkraut 2 tablespoons melted butter 1 cup grated American cheese 1 tablespoon chopped chives 4 frankfurters

Better English

1. What is wrong with this sentence? "I will be back in a few minutes, and I hope every one of you are still here."

ANSWERS

1. Say, "I shall return in a few minutes, and I hope every one of you is still here."

Household Scrapbook

Chipped Vase If a piece has accidentally chipped out of the top of a treasured vase, mold a piece of putty into the cavity and paint the same shade as the rest of the vase.

Figure Bulges If you wish to hide bulges be careful to choose the right clothes. Wide belts should not be worn if the girth is thick.

Discolored Aluminum Discolored aluminum will brighten beautifully by rubbing it with a cloth dipped in lemon juice and then rinsing in warm water.

Morning Smile

Literally Must Two ants were running along a cracker box when one of them said: "Why are we running so fast?"

Useful Hobby

How can this bridge player make a living in Hollywood? "Oh he'll do bid parts"

The Stars Say

For Tomorrow BY concentrated and aggressive action on pending problems and activities, it may be possible to gain very much worthwhile and tangible results.

If It Is Your Birthday

Those whose birthday it is, have a very substantial opening for putting over their cherished plans and projects, with vim, and courage, assuring lasting and tangible returns for forthright and enduring achievements.

FRUIT-A-TIVES

Get relief from constipation—indigestion. Fruit-A-Tives results from FRUIT-A-TIVES proven by tens of thousands. FRUIT-A-TIVES contains extracts of fruits and herbs.

DOROTHY DIX SAYS—

Old Maid

These Days Woman May Be Spinster By Own Choice

DEAR MISS DIX: Is it a disgrace to be an old maid? Can an old maid be as great a woman and as much admired as her married sister?

ANSWER: Your question, Estelle, sounds like something that you had fished out of the hair-trunk in the attic. I didn't suppose that anybody nowadays even dreamed of its casting any reflection upon a woman's character or even upon her attractiveness for her not to marry.

TIMES HAVE CHANGED But, thank goodness times have changed for women. They do not have to marry now for a mere ticket. They can go out and earn their own bread and butter and cake.

DEAR MISS DIX: The other day I told my mother I would like to do something great in the world and have a career. She said the best career a girl could have would be to be a wonderful wife and the mother of fine sons who would do something great.

DEAR MISS DIX: You can't choose to have a great career. That is as Fate wills and depends on the gifts God gave you. Neither can you decide that you will be the mother of geniuses. That is also luck.

DEAR MISS DIX: I think women are happiest who follow woman's predestined career of wifehood and motherhood.

DEAR MISS DIX: I think women are happiest who follow woman's predestined career of wifehood and motherhood.

DEAR MISS DIX: I think women are happiest who follow woman's predestined career of wifehood and motherhood.

DEAR MISS DIX: I think women are happiest who follow woman's predestined career of wifehood and motherhood.

DEAR MISS DIX: I think women are happiest who follow woman's predestined career of wifehood and motherhood.

DEAR MISS DIX: I think women are happiest who follow woman's predestined career of wifehood and motherhood.

DEAR MISS DIX: I think women are happiest who follow woman's predestined career of wifehood and motherhood.

DEAR MISS DIX: I think women are happiest who follow woman's predestined career of wifehood and motherhood.

DEAR MISS DIX: I think women are happiest who follow woman's predestined career of wifehood and motherhood.

DEAR MISS DIX: I think women are happiest who follow woman's predestined career of wifehood and motherhood.

DEAR MISS DIX: I think women are happiest who follow woman's predestined career of wifehood and motherhood.

DEAR MISS DIX: I think women are happiest who follow woman's predestined career of wifehood and motherhood.

DEAR MISS DIX: I think women are happiest who follow woman's predestined career of wifehood and motherhood.

DEAR MISS DIX: I think women are happiest who follow woman's predestined career of wifehood and motherhood.

DEAR MISS DIX: I think women are happiest who follow woman's predestined career of wifehood and motherhood.

DEAR MISS DIX: I think women are happiest who follow woman's predestined career of wifehood and motherhood.

DEAR MISS DIX: I think women are happiest who follow woman's predestined career of wifehood and motherhood.

Modern Etiquette

By Roberta Lee

How Can I!!!

By Anne Ashley

Q. If the bride-to-be has a brother of suitable age, is the bridegroom obligated to ask him to serve as one of the ushers?

A. While he is not exactly obligated, it is a thoughtful gesture and does make for better future relations with his wife's family.

Q. Should dessert spoons be placed on the table with the other silver when setting the table?

A. No; these spoons should be brought in with the dessert.

Q. How can I measure out drops of any liquid if I have no dropper?

A. Dip the finger in water and moisten the rim of the bottle in one place. If this place is used from which to drop the liquid, it will drop evenly and easily.

Q. How can I treat celery to insure its being tender when served?

A. Allow the celery to lie in water for about seven or eight hours before serving, and it will be very tender.

Preferred by millions of Canadians for its superb quality and flavour.

"SALADA" TEA

for women who want to be money-wise!



Here's a smart little booklet filled with things all women should know about in running their money. Just ask yourself these questions and then think how wise it would be to have the answers, indexed in your purse or desk.

Do you know about . . . endorsing cheques, exchange on cheques, current and joint bank accounts, what to do if you lose a cheque or bank book, travelling funds? This information—and much more—is in the new Commerce booklet *It's simple when you know how!* Be sure to get one

At The Commerce, we like to make your banking transactions as clear and pleasant as we can. We want to be of real help to women in money matters.

The Canadian Bank of Commerce

The Commerce

P.S.

Get your copy of *It's simple when you know how!* at any branch of The Commerce or write Frances Terry at Head Office, The Canadian Bank of Commerce, Toronto.

That Body Of Yours

By James W. Barton, M.D.

TREATING OVERWEIGHT WITH DRUGS THAT DECREASE APPETITE

When an overweight person realizes that he is losing his figure, he will give this matter more thought than he will a physician's warning about the dangers of overweight to health and life itself.

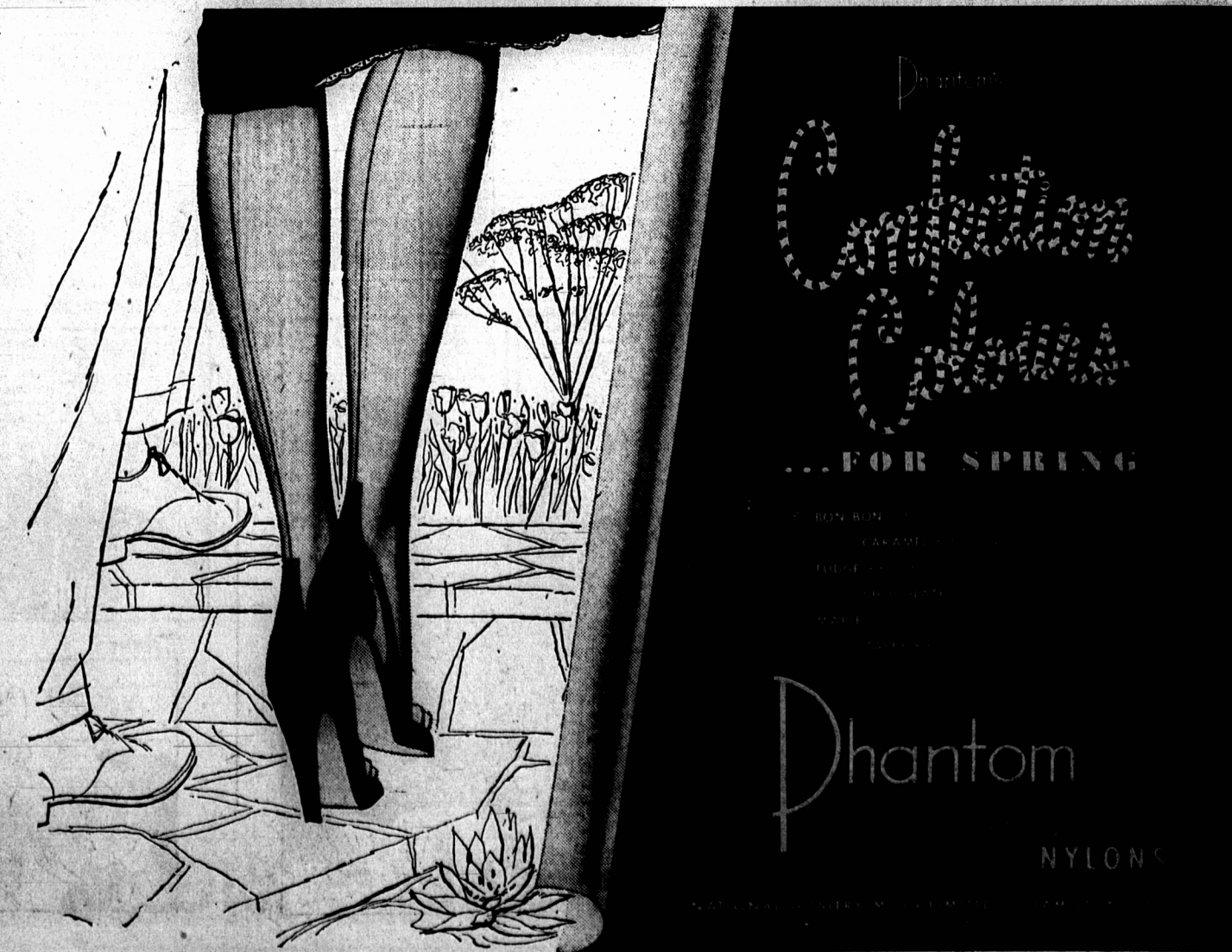
Forgetting that his excess fat came on slowly and gradually, he looks about for a quick method of removing this excess fat instead of removing it by the slow, safe method of eating less food and, if able, taking more exercise.

There are certain drugs which reduce the appetite and still allow enough strength to carry on daily work. Two outstanding drugs of this nature are Benzadrine Sulfate and Dexedrine Sulfate. Benzadrine Sulfate, amphetamine, first became widely known because a group of university students found that it removed fatigue and allowed them to study and keep bright for many extra hours.

In some cases of overweight physicians consider that the use of a hunger-reducing drug is advisable. Some expert advice on this subject is given in the British Medical Annual by a group of physicians, Drs. R. H. Williams, W. D. Daughaday, W. F. Rogers, S. P. Asper, and B. T. Towery. In investigating Benzadrine and Dexedrine Sulfate, they found that both drugs are effective in reducing appetite, mainly through their action on the brain, but both cause certain side effects which must be controlled by the physician or it may be unwise to use them in certain patients.

Both drugs give a feeling of well-being and increase physical

and mental activity and even "ambition." They have helped many alcoholics by removing desire for alcohol, and giving the individual a boost to carry him through the day's work. However, in treating overweight, these physicians state that it is pointless to decrease appetite if, at the same time, a reducing diet is not prescribed. Reducing the food intake is always necessary with every method of reducing overweight.



Take a HOT MUSTARD BATH

Dissolve 2 or 3 tablespoonfuls of mustard in a little cold water and pour it into your hot bath. After the bath... a brisk rub-down... then off to bed for a good night's sleep.

