Woman's Realm..

Morning Smile

Keep Quiet

A judge had given his decision on a case, and counsel for plaintiff rose and questioned it.

"I cannot allow you to reopen this case after I've given my decision," said his lordship.

"Then, judge, I may as well sit down," returned the lawyer. "It's no use knocking my head against a stone wall."

"Sir, I know it is no use knocking your head against a stone wall," returned the judge. "But I know no other who could perform the operation with less personal injury than yourself."

FOR CONSTIPATION
This is what helped him

"I tried all the drug store remedies for constipation. Got rid of my old trouble only when I began eating ALL-BRAN for breakfast. Many thanks!" Ernest Wright, 208 Delta St., Browns Line P.O., Ontario.

Just one of many unsolicited letters from ALL-BRAN *users.* If *you* suffer from constipation due to lack of dietary bulk do this: Eat an ounce of crispy Kellogg's ALL-BRAN daily, drink plenty of water. If not *completely* satisfied after 10 days, send empty carton to Kellogg's, London, Ont. Get DOUBLE YOUR MONEY BACK!

BEAUTIFUL LINENS

DESIGN NO. E-507

These dainty colorful floral sprays are embroidered on pillow cases or towels. Hot iron transfer pattern No. E-507 contains 8 motifs from 1½ by 10 to 2½ by 15 inches with complete instructions.

To order. Send 20 cents in coin to Needlework Bureau, Charlottetown Guardian.
Design No. E-507

Name

Address

City Province

How Can I!!!

By Anne Ashley

Q. How can I tighten the sewing machine belt in order to tighten it. A few drops of machine oil on the wheel will usually bring desired results.

Q. How can I effectively remove dirt which has become ground into the hands after working around the car or furnace?

A. Rub Vaseline jelly thoroughly into the hands, let it remain for at least fifteen minutes, and then wash the hands and see how easily the dirt is removed.

Q. How can I clean velvet flowers?

A. Merely rub some dry bran on the soiled parts, then brush off. Repeat if necessary.

Better English

By D. C. Williams

1. What is wrong with this sentence? "The money we got is not scarcely enough for the purpose."
2. What is the correct pronunciation of "heinous"?
3. Which one of these words is misspelled? Historian, mathematician, speciman, regiment.
4. What does the word "rhythmic" mean?
5. What is a word beginning with de that means "to describe or represent vividly"?

ANSWERS

1. Say. "The money we received is scarcely enough for the purpose." 2. Pronounce hay-nus, accent first syllable. 3. Specimen. 4. Marked by, or manifesting, rhythm. "They marched along the road in rhythmic fashion." 5. Depict.

Household Scrapbook

By Roberta Lee

Weeds in the Walk

If you have a brick walk and would like to prevent grass and weeds from growing between the bricks, pour crank case oil over the weeds two or three times a season. The oil will soon evaporate and with it the weeds and grass.

Insect Bites

If bitten by an insect, such as bee, mosquito, yellow jacket, etc., apply ammonia water, and later on bathe with cloths that have been soaked in cold water.

Scratched Silverware

Remove the scratches from your silverware by applying with a soft cloth a paste made of putty powder and olive oil. Rinse and polish.

Modern Etiquette

By Roberta Lee

Q. Which name should be mentioned first when introducing two women?

A. If there is quite a difference in ages, the younger woman should be presented to the older; if the ages are about the same, it makes no difference.

Q. Should the knife or the fork be used for taking butter from the bread and butter plate to the dinner plate for buttering baked potatoes?

A. The tip of the fork is generally used for this purpose.

Q. Which goes on the woman's finger first, the wedding ring or the engagement ring?

A. The engagement ring is worn over the wedding ring.

FAMOUS FOR FLAVOR
(Little top leaves, you know!)

and Tender Leaf TEA BAGS are famous for *Convenience, Economy, too!*

● One serving—and you'll wonder how you've done without them! Tender Leaf Tea Bags are so efficient and economical—never a speck of waste! So dainty—no floating leaves, no messy teapot! Order a supply of Tender Leaf Tea Bags to-day and find what a treasure they are!

The Stripes Have It

It's stripes in the fashion picture for the small fry this summer and any little boy will be delighted with a matching sweater and socks outfit like this one. They are crocheted in contrasting shades of cotton, so he'll find them nice and cool for hot summer days. Write to the Needlework Dept. of this paper for directions enclosing a stamped, self-addressed envelope and asking for BASQUE SHIRT AND SOCKS, Leaflet No. 5201.

That Body Of Yours

By James W. Barton, M.D.

DEGREE OF PARALYSIS IN POLIO

During the flu epidemic of 1918-19, newspapers carried articles informing us that the flu struck down hardest the strong, vigorous young men, while those who were not strong recovered sooner and fewer of them died. The reason that flu was so dangerous to strong young men was that they were so strong in body and spirit that they did not go to bed; get off their feet, for several days after they were first attacked. By the time they were so weak physically and mentally that they had to go to bed, the damage to heart and general resistance had already occurred, and their hearts had not strength to carry them safely through the broncho-pneumonia and pneumonia that carried off so many of them.

It is most interesting to read that, just as the exertion of remaining on their feet was dangerous and often fatal in flu patients, we are learning that heavy physical exertion during the first 48 hours of illness, when polio symptoms are not clear-cut, tends to result in more severe and extensive paralysis.

In "News" published by the National Foundation for Infantile Paralysis, Dr. Dorothy M. Horstman of the Yale University School of Medicine reports the results obtained in a personal study of 411 cases which occurred during outbreaks in 1948 in North Carolina, California and New York City.

According to the results obtained by this Yale scientist, the danger period, when exercise will affect degree or amount of paralysis, is the first few days of illness when symptoms are not clear-cut. The early symptoms of polio in childhood are usually headache, fever, nausea, upset stomach or sore throat. As these simple or common symptoms may occur with other children's ailments, polio may not be suspected and the child remain on its feet. Immediately after these mild symptoms occur, or a few days afterwards, there is the sudden appearance of paralysis. And because the youngster (or adult) may just feel a little tired, he really exerts himself more in play or work. The mildness of the early symptoms deceives the patient so that he carries on his usual activity rather than go to bed.

The report shows that 74 per cent of severely paralyzed polio patients had carried on full physical activity during the early stages of their illness, and only 9 per cent had taken to bed. Among the group who had recovered without severe paralysis, 35 per cent had gone to bed.

THE COMMON COLD

Never neglect the common cold as it may often be the forerunner of other more dangerous conditions. Send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate Inc., Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy of the Barton booklet entitled "The Common Cold."

PROLIFIC WRITER

Rabindranath Tagore, the Indian poet, wrote more than 20 collections of poems, 15 dramas, five novels, five volumes of essays in addition to addresses and short stories.

TRAINING DIETITIANS

In Canada there are 14 schools where home economics degrees are granted.

AGONIZING PAINS OF
ARTHRITIS RHEUMATISM

You can find quick relief with DOLCIN . . . the easy-to-take, prompt-acting tablets blessed by hundreds of thousands of sufferers from the pain of Arthritis, Rheumatism and Sciatica. Get this safe, reliable product today. There are many substitutes for DOLCIN now being offered, usually at higher prices. Be sure you ask for and get the original DOLCIN Tablets. The letter "D" is stamped on every *genuine* DOLCIN Tablet for your protection. DOLCIN is sold by all druggists throughout the Dominion. 100 tablets for $2.39—200 tablets for $3.69—Also available in bottles of 500 tablets. Dolcin Limited, Toronto 16, Ontario.

The Stars Say - -

By Genevieve Kemble

For Wednesday, May 31

A SUDDEN and unpredictable turn of events might prove of vital importance in turning the wheel of fortune into progressive and happy channels. Dynamic and romantic attack, with change, travel, new interests and adventures may radically change the life and its pleasant contacts, with surprising and thrilling change or spectacular promotion, distinction or public esteem. Romance and adventure are in the air.

For the Birthday

Those whose birthday it is may anticipate sudden change of far-reaching scope and significance. Progress, promotion in business and finance may have happy and thrilling reaction on private associations, with emphasis on the romantic change of environs as well as business contacts. The change could be welcome, pleasant and exciting, with corresponding thrills and surprise. Expect the unexpected.

A child born on this day should be equipped for a career of adventure and drama, with unusual talents and originality.

Cook's Corner

BAKED MEAT LOAF

With Cheese Topping

This is a sumptuous little topping—we use cream cheese as a base, adding just the zest that goes so well with the meat beneath.

1 can pork and beef loaf
½ of a 4-ounce package or jar white cream cheese
1 teaspoon prepared mustard
1 teaspoon drained prepared horseradish.

Split the pork and beef loaf lengthwise and arrange in a greased baking dish; brush with soft shortening.

Bake in a moderately hot oven, 375 degrees, for 20 minutes.

In the meantime, cream the cheese and blend in the mustard and horseradish; spread on split surfaces of baked meat.

Broil until cheese topping is golden and bubbly—3 or 4 minutes, or increase oven heat to hot, 450 degrees, and bake until cheese topping is golden and bubbly — about 10 minutes.

Arrange on heated platter; slice for serving.

LIME AIDS SOIL

In addition to improving soil structure, lime corrects acidity and supplies calcium and magnesium.

ELLEN'S DIARY

By An Island Farmer's Wife

Gently now the May mornings break along this quiet countryside, the new days stealing in, in waves of amber and rose, touching the hilltops with color and presently flooding the dim valley. Farm folks come early now to the affairs of their round — even before the wind of day has come wandering in. "It's a lovely time of year, Ellen," James said stopping a minute at our upstairs window while he eased a suspender into place, "the trees are coming into leaf so prettily now . . . so many different shades they are. And the millpond has shadows — not a breath of wind stirring. There's been three nights of white frost."

• • •

"Which could perhaps mean rain," we offered drowsily. "Not rain, Ellen," he returned, "three in a row promise fine weather. Though we could do with a nice rain — everything's getting pretty dry. Yes," he said turning to make his way to the stairway, "it's a lovely time of year — if we just could have a little more time to enjoy it! Now like a good woman, Ellen, don't be too long before you're down, so we'll get a good day's work done in the field — a few more should see the end of the spreading, if we make an effort!"

• • •

Alders were mirroring themselves in the pond-water when presently we came to the kitchen, choosing new gowns, perhaps complimented or teased it might be, by the swallows on wing above. The pair of ducks were already enjoying their morning dip — she black and white, Mattie the Muscovy's daughter and he a dark mottled creature born of two breeds. And thus far, not a sign of her nest has the family seen, though an egg picked up in the barnyard, points the fact that she has one, and whether or not the ill-mated two would leave issue at all, is we believe a biological puzzle. A fetching picture they made, as swimming easily they broke the glassy surface this morning. And watching the day come to life, we wondered what it would bring to us.

• • •

"But that's what I don't like about living on a farm — there's nothing new about it. You see the same old sights", a city friend of ours laughed recently. "Oh, I don't mean that it's not an agreeable life to those that like it, but there's an endless monotony to it — never anything thrilling. It's just the same old round: rise, eat, work, sleep. Nothing to make your heart skip a beat. It would bore me to death!" And was there no surprise for us when a maid with the clean blue of the sky in her eyes and the gold of the sun in her hair came in to present us with a treasure of the season this morning? A first-found dandelion! Or no delight in the sight of the new pair of lambs found in the meadow and brought to the shed. James wih one under either arm the ewe following and a pleased light in his eyes? Is there nothing of interest in the sacks of grain prepared now for the sowing? In the team in the field? the flocks and the herds? the fields that green? In the birds wooing and nesting and the sunlight spreading it's traceries? In meals spread for the hungry farmers? in dawns and twilights . . . and rest?

• • •

We find much too to interest and delight us in the visitors that come to our door — the known and the strangers. Even the lads who angle who "wonder if we can dig a few worms in your garden?" or they who come for the first time to find if there really is any fascination in our life and surroundings. Who perhaps find a kinship to us, in the common work of our hands. An ex-teacher was among our company today, a young matron. Though James who is blessed with a discerning eye in every situation — if fate has played an odd trick on him! professed to getting "only a glimpse of her" he reckoned "some lucky fellow has known how to pick 'em" to thin the ranks of the teaching profession. And a nurse came. Often very quickly we must form our impressions of those with whom we come in contact only briefly as "ships that pass in the night." A member of a first class-in-training in a city hospital, a unique honor we think, this lady has graced the profession, bringing not only trained hands to the work but as well a depth of sympathy and understanding. "These nurses," we once heard a sick woman say with a whimsical smile "tend to one's body — but they are apt to forget that bodies have souls. And sometimes it's the souls that are most miserable, and need the first tending!"

• • •

However she was mostly mother today, having come a distance to the city to attend the Commencement Exercises at St. Dunstan's where her son, a happy-faced lad who "writes some poetry" has been a student. There is, we find a peculiar charm about students, and what fine, gentlemanly lads were the two who visited Alderlea today! Clear eyes on the future but still with the appealing memories of last night's "Con" dance — music, low voices, warm hand-clasps — lingering, we doubt not in mind. "Arts" one answered our womanly curiosity, — on the way up to some dreamed of and worth-while profession . . . There has been no monotonous minute in this day, time brought wrapped beautifully to Alderlea this morning!

Until tomorrow — Diary—Goodnight . . .

LARGE INVESTMENT

Oil companies in Alberta are spending a combined total of $5,000,000 a week in exploration and drilling operations.

A Country Garden

By Mrs. Gordon Macmillan

"Spring comes to flower in secret,
or a night,
In vain to pry or eavesdrop, none
has yet
Surprised the break of life,
Watching the rumpling out of the
packed leaf,
The stabbing tip of the shoot;
The little momentous things that
earth achieve
While no one is about."

• • •

There are dandelions in the garden and sweet white violets in the woods, there is the blue of forget-me-not and a few early tulips of a scarlet color beside the fragrant white Arabis and the purple violets. Sweet Peas are up in rows and many pansies are blooming from seed sown in August.

Some new Mums have been planted for Autumn color and bedding Dahlias in crimson among the Tulips for later blooming; this is a most important part of gardening . . . a succession of plants in bloom for six months of the year. It is easy to have a good garden for a few weeks, but not so easy for all of the season.

I have been requested to tell some of you about the arrangement of your plants in the border. We will suppose that you have chosen a well drained spot with a nice background of trees or shrubs or perhaps a fence or wall covered with vines.

• • •

Sun must fall on the garden a good part of each day and shelter from high winds is desirable. The width of the border is quite important as you need many plants to fill in as others fade, and perennials as a rule bloom for a very short season. Annuals will help, planted near the front of the border, and bulbs will also prolong the garden season. Good design in the garden is good taste in your plant material and the arrangement of it.

It is necessary to have some knowledge of the habits and form of your plants and this comes from experience and a good gardener is always learning. There are many splendid books on all phases of gardening in our wonderful library, and it is possible to learn all about the growing of every plant and shrub, all the little details that amateur gardeners wish to know. Send for the horticultural bulletins to the Experimental Service Branch, these are free and they cover a wide range of subjects.

The taller plants in the border should be at the back of the other low growing plants but not in a straight line, bring them forward here and there; then the time of blooming enters into the picture. When a plant is through and is cut back to keep your border looking well at all times, you may have a taller variety in front of a later blooming low growing plant.

There are the spire-like blooms of the Foxglove, Lupine, Hollyhock, Thalictrum, Lillies and Delphinium. Then there are the rounded forms of Peony and Coreopsis. The coarse foliaged plant and the feathery type of Astilbe and Gypsophila; these all have a part in making a beautiful garden.

• • •

If I were beginning a garden I would have in the tall varieties in order of blooming: Tulips, Iris, Orientale Poppy, Foxglove, Delphinium, Astilbe and Thalictrum. Perennial Phlox for medium height blooming in August, and Rose Campion a nice grey-leafed plant. Peonies for their wonderful foliage, good all season and toward the front of the border in perennials in order of blooming, Arabis, Iberis, Aubertia, and Iceland Poppy, and Forget-me-not in blue and pink and white, these are all blooming now with Mertensia sometimes called Virginia Bluebells. I would have Nepeta Mussini a fragrant blue flower in bloom now and covered with bees, Stachys Lanatathe fragrant soft grey-leafed plant with violet flowers. Pinks of all varieties for their good foliage and delicious fragrance.

Anthemis with fern-like foliage and daisy-bloom in yellow and orange, long-lasting and hardy; Sweet William in separate colors of white, salmon pink and scarlet, Canterbury Bells and other Campanula. In annuals for the front of the border I would choose Alyssum in violet and white, fragrant and blooming until late in the fall. Ageratum, Cornflowers Petunias, Snapdragon, Nasturtium, Asters, Calendula, Marigold, and many many others.

• • •

Garden visitors arrive every day and the Tulip display will likely be at the usual time, the first week in June when all are invited to the garden. The Forget-me-not is showing bluer every day, and I shall close this week with a favorite quotation from an English gardener:

"The love of gardening is a seed that once sown never dies, but always grows and grows to an enduring and ever increasing source of happiness. For I hold that the best purpose of a garden is to give delight and refreshment of mind, to soothe, to refine, and to lift up the heart in a spirit of praise and thankfulness. It is certain that those who practice gardening in the best way find it to be so; while to the diligent worker its happiness is like the offering of a constant hymn of Praise."

CLAY PLAIN

The Rainy River clay plain is an area of approximately 700,000 acres.

ENJOY Coca-Cola at the Ball Game

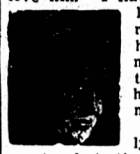
Enjoy the Best!
BUTTER-FLAKE
Doughnuts
Eastern Bakeries'

DOROTHY DIX SAYS -

Persistent Memory

Girl Can't Forget Worthless Lover

DEAR MISS DIX: A young man is in love with me who is everything that a man should be, kind, considerate, dependable, honorable, upright and well-to-do, but with all of these good qualities I do not love him. I have tried hard enough, but my efforts have been useless. Five years ago I fell in love with a man who really cared nothing for me, took me out only when he had nothing else to do, who lied to me and stood me up repeatedly, but it didn't matter. I took anything just to be with him now and then. Four years have passed since we last met, but he is still in my mind and heart.



Shall I marry this fine fellow who loves me dearly, knowing I will be a dutiful wife, will give him respect, admiration and everything else marriage demands of a wife—except love? Can marriage be a success with love only on one side?

WONDERING

ANSWER: No. Never. Especially when one of the parties to the marriage loves some one else. For between the husband and wife there will stand forever the shadowy ghost of the old romance that will keep them from ever really coming together in the oneness that alone makes marriage a success.

NEW LOVE NO SOLUTION

There is no truth in the old superstition that a new love automatically kills an old love. Nothing of the kind happens. On the contrary, the very fact that the beloved one is beyond reach, the fact that he or she is forbidden fruit, makes him or her more alluring. That person becomes a memory, something that can never be destroyed because it exists only in the imagination. Always those who marry without love will be contrasting this paragon of their dreams with the imperfect human being to whom they are married.

Nothing is more thrilling than to be loved by one you love. Nothing is so boring as to be loved by one you do not love. Nothing gets on the nerves like having to pretend to emotions you do not feel, like having to summon up a joyous smile for some one of whom you are tired to death, like having to remember to be tender and affectionate. Nothing else is so wearisome as the continual society of those who love you so much that they always want to be with you and whom you care for so little that you would be glad never to see them again.

So I would earnestly advise you not to marry one man while loving another. The good man deserves a better fate than a wife who merely tolerates him.

DEAR MISS DIX: I have a nice capable wife and we get along better than the average. Our only trouble is over our children, aged 6 and 3, who have to be occasionally punished when they are naughty. When their mother does this I never interfere, but when I punish them they rush to her and she clasps them to her breast and cuddles them and tells them how brainless and cruel-hearted and mean Daddy is. This cuts me to the bone, as I love my children and want their affection and feel that it is most unjust of their mother to plant such thoughts in their minds. Is there anything I can do about it?

F.

ANSWER: Very little, unless your wife has enough intelligence to be brought to see the error of her ways and realize that not only is she hurting you, but she is doing the children an irreparable wrong. And it is a pretty hopeless thing to try to get a mother to use her brains instead of her heart where her children are concerned.

Why women who have plenty of sense and good judgment about matters use none at all of either in dealing with their children is a mystery that nobody can explain. It just is. The stupidest woman in the world can see that any business would be bound to go to smash if the two partners pulled different ways, if one under-mined the authority of the other all the time, if one deliberately prejudiced the employees against the other and countermanded the other's orders.

Raising children properly in these days is a hard job and one that takes a man and a woman, working together and backing each other up, to pull off. Neither one can do it alone.

DEAR DOROTHY DIX: In a marriage where both the husband and the wife are not intensely in love, which should have the greater love in order that the marriage should be a success?

OFFICE FORCE

ANSWER: Of course, the ideal marriage is one in which both the man and the woman are deeply in love with each other. Perhaps it seldom happens that a married couple love equally. The French have a proverb for this which says that in marriage one loves and the other permits himself or herself to be loved.

Some contend that in such a case the man should love more because all the circumstances of his life, his ambitions, his career, his absorbtion in other interests tend to draw him away from his wife and make sentiment a secondary consideration.

But I think that the wife should love more, because love means more to a woman than it ever does to a man, and it is more important to her to be wrapped up in her affection for her husband than it is for him to be deeply enamoured of her.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

-Needlecraft-

— FOR THE HOME —

EASY TO MAKE

Sultry days will be cooler — if your wardrobe includes a crisp washable such as this! Pockets are deep. Shoulders are smooth. Four front waistline tucks provide subtle flattery.

No. 2404 is cut in sizes 12, 14, 16, 18, 20, 36, 38, 40, 42, 44, 46 and 48. Size 18, 3¾ yards 35-inch.

Send 25 cents for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address.

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BLACKHEADS

Get two ounces of peroxine powder from your druggist. Sprinkle on a hot, wet cloth and apply to the face gently. Every blackhead will be dissolved. The one safe, sure and simple way to remove blackheads.