ELLEN'S DIARY

by an Island Farmer's Wife

What nice anticipations the Mondays bring! No matter how pleasant and satisfying the past week has been, this one we are sure will be even better. What new excitement and adventure we shall find therein and who knows? maybe a long dream come true. But surely not on a farm, you say, with its "commonplace" scenes and surroundings! Should we not need to go to some far green pasture of place to find it? For faraway lands always seem to have a titilating aura of living about them, without a trouble or concern. Substance too apparently is easier to come by —not gleaned from earthy places as we in our occupation must obtain it. There one picks up the value given for so many hours work—indeed very few— as a matter of course and with "no fret, no fuss, no bother."

* * *

"I like it here" a farmwife spending the winter visiting kin in a city in the States wrote not long ago . . . A day of snowfall that was, when little restless drifts moved along the fields of this valley moulding engaging designs in the marble of the white there and about the yards.

"And why wouldn't I like it, with not a care in the world and nothing that I must do — and every convenience and comfort about! But even this can lose its novelty! I suppose there is no perfect life, no ideal place this side of Heaven. There is always some drawback to it, some flaw. If it's not one imperfection, it's another, for humans are in the main a dissatisfied lot. I guess it's neither the life nor the surroundings that are at fault —it's the person herself."

"This" the letter continued "was a spring-like day here . . the snow is all gone. And I found myself with a longing to be back to the farm. You used to laugh about the time James was obliged to remain in town for a few days one winter, do you remember? The friends he stayed with were kind and the home pleasant, but still he was lonely until one evening he went to visit at a house in the suburbs where they kept a cow and calf and some chickens; and he found content there because it smacked of the farming!"

"So when I hear the odd springbird calling now, I want to be back to hear the hens singing in the morning in the poultry-house; I'd like to find an egg in a nest again —just one, warm and pretty would give me that old feeling of treasure found. I would like to come to the stable at milking-time too if it were only to see the cats in content lapping at the new milk. I like it here — and as I said why shouldn't I? but believe me, there's no more happiness to be found here than anywhere else, not one bit more!"

A nice day this, mild, sunshine wrapped, bound about with a gay bright little ribbon of breeze; a Monday to gladden the heart of housewives at the washing, a day which walks away now in the starshine to rest.

Until tomorrow — — — —Diary
— — — — — —Good-night . . . .

C. W. L. Meetings

COVEHEAD C.W.L.

The St. Eugene's sub-division of the Catholic Women's League held their meeting at the home of Mrs. Charles O'Brien on Feb. 13, with the president, Mrs. Charles O'Brien presiding.

The meeting opened with the recitation of the League Prayer by the Director, Rev. Fr. Wood. Fourteen members were present. The minutes of the last meeting were read and approved.

The following correspondence was received: Miss Arsenault, Canadian Red Cross Society; Mrs. Murray, Convener of Education; Miss Arsenault, corresponding secretary of the Provincial C.W.L.; Mrs. Basil MacDonald, Provincial President of the C.W.L.; Mr. Dewar, March of Dimes Campaign; Mrs. Mullins, convener of Our Lady of Missionaries; Mrs. Burge, convenor of League Magazines; Mrs. Linkletter, convener of Girl Guides.

A receipt acknowledging the spiritual bouquet and personal gift for Most Reverend Malcolm MacEachern, from Covehead subdivision, was received. A letter was received from Sister Mary Joseph thanking our members for the Christmas treat for the school children. Mrs. Louis Aylward thanked the members for the card received while she was ill.

It was moved and seconded that $2 be given to the March of Dimes campaign, and $2 to Our Lady of Missionaries Fund.

Mrs. E. J. Reardon was appointed convener of League Magazines for the coming year, and it was moved and seconded that three additional League Magazines be ordered for the members.

The treasurer, Mrs. Thomas McCabe, gave her report.

Mrs. Patrick Horgan, convener of education, reported that 21 books were received from the P. E. I. libraries and these were distributed to the members. Mrs. Horgan also read two letters regarding education.

Mrs. Alfred Morrison, convener of social action, reported the distribution of 20 copies of Father Peyton's Rosary Prayerbook. She also reported that the Welfare Bureau is very grateful for the clothing sent to them by the League.

Mrs. Charles Aylward, spiritual convener, read a very inspiring and educational message entitled "How Parents Are Made Saints."

Rev. Fr. Wood spoke to the members concerning Devotion to the Blue Army ,and gave pamphlets to Mrs. Charles Aylward to be read.

Mrs. Hubert Morrison invited the members to her home for their next meeting on March 6.

The meeting was adjourned and the Act of Consecration to the Blessed Virgin Mary was read.

R. C. A. F. C. W. L.

—The monthly meeting of the RCAF Sub-Division of the Catholic Womens League was held on February 14. The president Mrs. Frank Williams opened the meeting with the league prayer. The correspondence included letters from the following; Mrs. Daniel Mullion, provincial convener of Our Lady's Missionaries; one from the provincial diocesan president, The Canadian Red Cross, The Canadian March of Dimes, Kathleen Murray, provincial convener of Girl Guides; an acknowledgement from Miss I. Arsensult, provincial correspondence secretary for our contributions to the spiritual bouquet and gift for the Most Rev. Malcolm MacEachern, one thank you letter from a member of the parish.

The treasurer's report was read and showed a substantial balance. The following conveners reported. Mrs. Roy for library, Mrs. Lavers and Mrs. Daly for the visiting, Mrs. James for publicity and Mrs. Kines for the lunch committee. Mrs. Lavers resigned from the visiting committee and was replaced by Mrs. MacKenzie. Mrs. Daigle and Mrs. Cox were appointed to the entertainment committee for march. Plans are progressing for our spring sale and tea to be held April 20th. Conveners have been named for the various tables. The members decided to send a cash donation to the Canadian March of Dimes. Father Warren has asked the members to assist in taking a census to the Catholic families in the parish. The census will be taken at an early date.

The meeting adjourned with the act of consecration being recited. A social hour followed and lunch was served by the committee in charge.

DUTCH APPLE PIE

3 cups sliced cooking apples
4 tbs. butter
1 tbs. flour
3 tbs. top milk
1 cup brown sugar
3 tbs. flour
1 tsp. cinnamon
Pastry for 9 in. crust.

Combine flour, sugar, cinnamon and cut in butter with a blender. Place apples in unbaked shell and sprinkle crumb mixture over apples. Pour milk over all and bake at 375 deg. for 45 minutes or until apples are baked.

MURDER ATTEMPT CHARGE

TORONTO (CP)—Pietro Balycki, 41, was charged with attempted murder of his 40-year-old wife after voluntarily giving himself up Thursday night, police said. Mrs. Doris Balycki was found unconscious in the basement of her home here Feb. 15 with head and hand wounds. Her condition Friday was decribed as serious.

There is no unanswered prayer

God may not answer just the way we want when we pray for a loved one's health, or beg for strength to fight a personal weakness—but He *does* answer.

There are often *hidden miracles* in things which do *not* happen. In March Reader's Digest a noted minister tells three ways God responds to our pleas, helps you understand His ways.

Get your March Reader's Digest today: 37 articles of lasting interest, including the best from leading magazines and current books, in condensed form.

AEROWAX SAVES RE-WAXING!

The SHINE COMES BACK AGAIN and AGAIN WITH EASY DUSTING

MARY HAWORTH'S MAIL

Mother Spanks; Father Resents

DEAR MARY HAWORTH: Our little girl, 13 months old, is very intelligent and large for her age. She walked at nine months, was completely weaned from her bottle at 10 months and I had her toilet-trained at 11 months.

I've tried to teach her not to pick up my things, and to play with her toys, of which she has many — and a place to keep them. Like most children she wants to beat on her toys; but I teach her to love and cuddle her dolls and stuffed dog and teddy bear.

However, she has a hot temper and when I try to correct her at times, she has slapped my face. I've spanked her (lightly), so now she minds when I say "No" . . . and when I correct, her she comes to me and hugs and kisses me, to make up for being bad. I think you can talk to children and teach them a lot, but you also have to use a little force once in a while, don't you agree?

Each Reflects Past Training

My husband doesn't believe in spanking; and Judy doesn't pay any attention when he tells her don't do this or that. He won't smack her hands or paddle her, and when I spank he gets furious and threatens to take her away from me and get a divorce We are at each other's throat all the time on this score, which keeps me nervous, unhappy and upset. Is he right? Or am I?

I am 23, Harry is 31 and we have been married four years. Judy is our only child (so far). My husband comes of a large family, and did pretty much as he pleased in childhood. Now his brothers drink and fight and one was involved in larceny. His sisters' children are little roughnecks . . . I am an only child and my mother was strict . . .

I. P.

Both Parents Need Guidance

DEAR I. P.: Reading your long letter (here revised and condensed) I get the impression that you are too much of a martinet in disciplining Judy — almost as if you unconsciously enjoyed the exercise of prohibitive maternal authority. Your drill sergeant policy may reflect an element of childishness in your character, a hang-over of immaturity caused by a too-bossy rearing.

No doubt you loved and respected your mother after a fashion, in an awed dependent way (if not with happy warmth) —hence your involuntary tendency to pattern your discipline after hers. A case of your unconscious saying to you, "Now it's our turn to act grown-up; to lay down the law and see that it is obeyed."

The really mature-type parent has friendly compassion for the helpless, defenceless, adventurous status of the child just beginning to explore his environment. And the fine parent teaches (or "disciplines") by approval, encouragement and supervisory example and aid, rather than by dictator instruction and spanks or slaps dealt out for errors. He joins restraining action to restraining word, with mild explicit firmness—using educative repetition as often as necessary until the lesson sticks.

It is the childish-type parent who (1) either neglects the children, with irresponsible optimism, and lets them grow wild; or (2) throws weight around in an iron-handed way. Your husband's parents leant towards Mistake No. 1, it appears; whereas your mother veered towards Mistake No. 2, cited here. Thus you and Harry are worlds apart in your inherited theories of child-rearing, and both of you have something to learn, in order to get on the beam of wise parenthood.

Mother Seems Harmfully Harsh

Sidonie Gruenberg, editor of "The Encyclopedia of Child Care and Guidance" (Doubleday, $7.50), says (see page 185: "When a child seems hostile to disciplinary measures, it's always a good idea to determine if the goal is set too high." Judy's slapping at you, and her guilty attempts to make up for being "bad" (in your eyes) suggest that you are riding her much too hard, for her age and/or present learning capacity.

In this splendid encyclopedia you will find related articles on discipline, spanking and corporeal punishment — handily alphabeted, dictionary-style. The modern verdict is against spanking. Understanding leadership, consistently applied, is more productive of right results. Do consult the book —through your local public library if you can't afford your own copy.

M. H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

FOR YOUR CHILD'S SAKE

Remember These Vital Laxative Facts!

Ex-Lax is effective, but in a gentle way. It won't weaken or upset your child. It won't make him feel bad afterwards.

— It's not too strong!

Ex-Lax can be given to your children with complete confidence. It has a fine chocolate taste, and its action is dependable and thorough.

— It's not too mild!

Ex-Lax is one laxative that avoids extremes. It works gently and effectively at the same time. In other words, Ex-Lax is

— the Happy Medium!

EX-LAX

The Chocolated Laxative

Still only 15¢ or 35¢.

Women's Meetings

ANGLICAN Y. P. A.

The regular weekly meeting of St. Peter's Cathedral A. Y. P. A. was held in the Guild Room, on Thursday the 24th. of February at 8:15 p.m.

The meeting was opened with hymn no. 558, and prayers led by Rev. Canon Moffatt, acting chairman. The President, June Dickson, presided.

The minutes were read, and adopted. The programme for the month of March was approved.

The Corporate Communion of the A. Y. P. A. will be held on Sunday, March the 13th., with breakfast in the Guild Room after the Service. Eileen MacKenzie, and Frances MacPherson will prepare breakfast.

Rev. W. G. Hogg gave a very interesting talk on Lent, which was enjoyed by all.

The meeting was then closed with a very enjoyable sing-song, and prayers led by the President.

The fourth weekly meeting of St. Peters Cathedral A. Y. P. A. has been held in the Guild Room on Thursday the 17th of February, with twelve members, and four guests present.

The meeting was opened with hymn no. 549, and prayers led by Rev. Canon Moffatt, acting-chairman.

After the short meeting in the Guild Room there was a sing-song, with Roma Korrey at the piano, then a Valentine Social in the hall. Many different dances, and games were enjoyed, with approximately twenty members, and guests in attendance.

Mr. A. E. Breedon was chaperon, and helped make the evening an enjoyable one.

Refreshments were served, the latter part of the evening, then the party was brought to a close with the singing of the National Anthem.

YORK EVENING AUXILIARY

The monthly meeting of the York Evening Auxiliary met at the home of Mrs. William Crockett on February 8th.

The meeting opened with the worship period, under the leadership of Miss Francis Vessey, assisted by Mrs. Lloyd Vessey, Mrs. Reuben Watts and Mrs. Richard Vessey, the theme being, "The Church Universal In India." Hymns sung were: "Glory Be To God the Father," and "O Spirit of the Living God." The Growing Together of the Church in India," was the theme of the very interesting study period. Benediction by the leader brought the devotional period to a close.

The minutes of last meeting were read and approved. Roll call was answered by 19 members and two visitors. Eight hospital and 19 home calls were reported.

Our delegate, Miss Frances Vessey, gave her report on the W. M. S., Presbyterial meetings which were held in Summerside.

Very interesting letters from two of our missionaries, Miss Dulcie Cooke and Miss Violet Stewart were read by Mrs. Sproule.

The members were invited to the Manse for the March meeting, with Mrs. Peter Proude and Mrs. Howard Watts on the lunch committee.

Meeting closed with the Mizpah Benediction.

Lunch was served by the hostess and committee in charge.

SPRINGVALE W. I.

The February meeting of the Springvale W. I. was held at the home of Mrs. Dale Proude with an attendance of 17 members and one visitor. The president opened the meeting in the usual maner. The minutes were read and approved and roll call was answered with an "Exchange of Valentines". One membership fee was paid.

The committees had no report but the sick committee was asked to send fruit to two shut-ins. Mrs. Dale Proude was to purchase wax for the school. New committees were: Sick, Mrs. L. Johnstone and Mrs. H. Waite; school, Mrs. D. Proude and Mrs. H. Dollar.

Business arising from the minutes was discussed. It was decided that the W. I. would not send in membership fee for Musical Festival Assn. as members were not given a right to vote at meetings held the previous years. Plans for a music recital to be held in the spring was left until next meeting, and anyone having material such as: readings, dialogues, etc., were asked to bring it to the meeting.

Correspondence consisted of letters from — Red Cross, P. E. I. March of Dimes. Education Week literature, Arts and Crafts Centre and News.

It was moved and seconded that $5.00 be sent to the March of Dimes. Members were to bring their donations for Red Cross to next meeting and Wayne Proude was to collect from non-members. Mrs. Herb Dollar was asked to answer the letter from Arts and Craft Guild.

Collection amounted to $1.10. Mrs. Austin Sentner invited the members for the March meeting when roll call will be answered with "An article for an auction sale, the value of 25c to $1.00". Lunch committee will be Miss Miriam Dollar, Mrs. Howard Waite, Mrs. Omar Neil, Mrs. Frank Crabbe. Meeting closed with the Queen. Lunch was served by the hostess and committee in charge.

GREENVALE W. I.

..*The February meeting of the Greenvale W. I. was held at the home of Mrs. Earle MacRae with an attendance of five members. Meeting opened by singing "Juanita" followed by repeating the Creed in unison. Minutes of last meeting were read.

The First Aid Class was discussed, but it was decided to leave over for another meeting. The Pantry Sale was held and the sum of $23.26 was realized. Sick committees had no report. It was reported that towels and toilet paper had been purchased for the school and it was moved and seconded that this bill be paid. It was moved, seconded, and carried that $12.00 be given the teacher for the Science kit

Correspondence was read and it was decided to write Premier Matheson regarding the Arts and Crafts Guild. It was moved, seconded and carried that $5.00 be given to the P. E. I. March of Dimes.

Next meeting will be held in the school if no invitation; with Mrs. MacRae on the program. Roll call will be answered by a "Health Hint".

Meeting closed by singing "God Save the Queen"; after which Mrs. John Carew conducted a contest which was much enjoyed. Lunch was served by the hostess.

PLEASANT GROVE W. M. S.

Eleven members and one visitor were in attendance at the February meeting of the Pleasant Grove United Church W. M. S. which was held at the home of Mrs. Wallace Clow, with the President, Mrs. James MacNabb presiding. The meeting opened with the hymn No. 249, "Jesus Shall Reign" and prayer by Mrs. J. M. Sproule. The devotional service, the theme being, "The Church Universal in India," was led by the President, Mrs. MacNabb, assisted by Mrs. Clarence Fanning, Mrs. Garfield Clow, Mrs. Alfred Clow and Mrs. Charles Watts. Scripture readings from 1 Corinthians by Mrs. Roy Keizer and from Gospel of John by Mrs. Ernest Coles followed the circle of prayer and Lord's Prayer in unison.

A report of the P. E. I. Presbyterial was given by Mrs. Sproule, who also read interesting and informative letters from the adopted missionary in Japan, Miss Delsey Cooke, and from Miss Violet Stuart, Missionary in Korea.

The minutes of the last meeting were read and approved. Collection amounted to $1.75.

It was decided to accept the invitation of York W. M. S. to attend the World's Day of Prayer being held in York United Church on February 25th., with two of our members taking an active part.

Roll call was answered by a passage of scripture containing the word "love" and with convalescent and sympathy cards and is to be answered with scripture word "hope" at the next meeting to be held at the home of Mrs. Roy Keizer, on March 9th. Singing of hymn No. 164, "The Church's One Foundation" and prayer by Mrs. Fanning brought the meeting to a close.

Greetings, accompanied by a two-tier cake, were extended to the president, Mrs MacNabb on the anniversary of her birthday, followed by a period of social chat and lunch being served by the ladies of the lunch committee.

HAMILTON W. I.

Mrs. Denton Hogg entertained the members of the Hamilton W. I., with a small number of members from the Indian River Institute. Mrs. Harry Taylor occupied the chair and the meeting opened by singing, "The More We Get Together." Minutes of previous meeting were read and approved. Roll call was answered with "My First Recitation."

Mrs. James A. Ramsay in a few well-chosen words welcomed the visitors from Indian River. Mrs. Hubert Gillis replied.

The reports of the various committees were received. Finance reported $53.87 from card party. School, bookcase repaired and black board brush bought for teacher. Sick, three treats sent.

Bills were presented and on motion ordered paid. It was moved by Mrs. Neil Simpson seconded by Mrs. Preston Ramsay that we send $5.00 to March of Dimes. A letter was read from Arts and Crafts, this letter was not supported by vote. Shur-Gain Cavalcade is to be held in Hamilton Hall and Mrs. Alton Ramsay moved and Mrs. James M. Ramsay seconded. A motion that the March finance committee have charge of this show. One "thank-you" letter was received. One member paid fee. Meeting adjourned.

The entertainment committee put on an interesting program of singing and contests. Three beautiful Scenic Films were shown Lunch was served by the hostess and committee in charge. Meeting closed by singing, Goodnight Ladies and the National Anthem.

EAST BALTIC W. I.

..*Mrs. Harry Dixon was hostess to the members of the East Baltic Women's Institute on Monday night Feb. 14th for their regular monthly meeting.

The President Mrs. Colin Dixon presided, and the meeting opened by repeating the "Creed" in unison. Roll call was answered by eight members. The minutes of the last meeting were read and approved. Correspondence was read and it was decided to send $5.00 to March of Dimes also $1.50 to C.A.C. The secretary was asked to write the Arts and Crafts Guild approving the continuance of their Radio Art Class; also any member who was interested to write to the Public Utilities Commission concerning electricity in our district.

It was decided to take used clothing to the next meeting to be packed for the Unitarian Services of Canada. Plans were made to have films and sale of home made ice cream in the school on a later date; proceeds from the ice cream for the W. I.

Collection for evening amounted, to 80 cents. The programme consisted of a very interesting contest won by Mrs. John Dixon; also a reading by one of the members. The programme for next meeting will be on education — March the 6-12 being Education Week.

The meeting was adjourned by was served by hostess assisted singing the "Queen". Then lunch by Miss Ruth Fay.

MOUNT HERBERT W. I.

On February 15th the Mount Herbert Women's Institute held their monthly meeting at the home of Mrs. Ralph Raynor.

The president called the meeting to order. This was followed by singing the Ode. Roll call was answered by eleven members, the majority of whom repeated the Creed individually. Valentine cards were also exchanged.

Three members gave their ten dollars towards the music fund.

It was moved by Mrs. Kenneth Jenkins and seconded by Mrs. Robert Watters that we buy a piano with the music fund money and whatever money is needed from our regular funds.

A "thank you" letter was written by the recipients of a gift at Christmas. The special collection taken is to be divided between the Cerebral Palsy Group and the Mentally Retarded Children.

A school committee was appointed as follows: Mrs. Ralph Raynor, Mrs. Sterling Campbell and Mrs. Arthur MacLean; programme committee, same as last month. Next meeting will be March 15th at Mrs. David Mutch's; roll call to be answered by "ways of making mohey." The hostess served a lovely lunch. "The Queen" brought the meeting to a close.

NEW ANNAN W. I.

—Mrs. Elmer Moase was hostess for the February meeting of the New Annan Women's Institute which opened with the Ode followed by the creed. Fifteen members answered roll call with a riddle. Three visitors were welcomed by the President.

Donations from Eatons and Simpson - Sears were displayed and a member offered to put a quilt top together from these materials. Other members volunteered to put another top together and have it ready for quilting. The ladies of the lower road had completed a very nice quilt which will be offered for sale along with one or two more of the ones to be made up in February. $2 was voted to be sent to the March of Dimes.

The secretary is to send for more C.L.O. Capsules and also to Homer Warren for cards. Three Institute members volunterred to collect for Red Cross in March. Red Cross work of knitting and sewing was handed in and more given out to be made up. Collections amounted to $2.46; cards sold $2.75.

Bills were moved paid as follows: Sick 35cents; School $1.53.

A contest and a reading were put on by the program committee. Next meeting is to be held at the home of Mrs. Charles Waugh, with Mrs. Robert Moase and Mrs. John McInnis on lunch committee; roll call to be answered with something for an auction or Bazaar.

School committee is Mrs. Don Schurman; sick committee, Mrs. Delbert Raynor and Mrs. Albert Moase; program, Miss Gladys Murray and Mrs. Richard Wall. Lunch was served by the hostess assisted by the committee. Meeting closed with "The Queen".

SHERBROOKE W. I.

—Mrs. Martin Dekker entertained the members of the Sherbrooke Women's Institute at her home, Thursday evening, February 3rd.

The president, Mrs. Edward Laughlin presided. The meeting opened by singing "O Canada," followed by repeating the Creed in unison. Mrs. James Harris acted as secretary treasurer in the absence of Mrs. Frank Townsend and read the minutes of the previous meeting which were approved and signed.

Roll call was answered by a Valentine verse. The sick committee reported one sick call was made and treat was given. Mrs. Fred MacDonald will act on the school committee for the next three months and Mrs. Robert Milligan and Mrs. Ray Laughlin on the sick committee.

Articles of sewing for the Red Cross were brought to the meeting.

Programs for the coming year were passed to the members. These programs had been arranged by the program planning committee who met at the home of Mrs. Prowse Chappell early in January. The president reported that she and Mrs. Elmer Warn had solicited $8.00 for the Polio Post.

In a letter from Miss Estelle Bowness members were reminded to observe Education Week again this year. A paper on Adelaide Hoodless, Founder of the W. I. movement, was read by Mrs. Charles Yeo.

A donation was voted for the March of Dimes. Several members had also contributed previously through either of the two Farm Forums in the district.

Mrs. Adrian Dekker was in charge of the drawing for the grab bag. A travelling apron is journeying through the district and it is hoped that its circuit will be completed before the next meeting which will be held at the home of Mrs. Ray Harris when roll call will be answered by an Irish Joke.

The meeting adjourned with the singing of God Save the Queen, which was followed by the serving of a delicious lunch when the hostess was assisted by Mrs. Ray Laughlin and Mrs. Fred MacDonald.

KEEP IN TRIM

Food Habits Bring Overweight?

By Ida Jean Kain

Corpulent calories sneak up on us . . . and the pounds ease on unnoticed. When over the years, five, ten, fifteen or twenty pounds come on, they seem so much part of our person as to lull us into complacency.

This is reflected in almost all the letters. In today's letter, our overweight was blithely unaware of the steadily accumulation of fat,

until one fine day just a year ago, she suddenly realized she was fifty pounds heavier than when she married.

"I didn't gain much at a time — maybe five pounds a year, but the years go by so fast. Last February I woke up to the unbelievable fact that I was up to 170 pounds, with a 33 inch waist. When I married I weighed a neat 125 pounds and wore size 12. By the time I decided to take action, I was lucky to be able to squeeze into a size 20.

"Then one fine day toward the end of February, there was just a hint of spring in the air. Perhaps that is what did it, for I suddenly became painfully aware of the shape I was in. I realized that my husband had to look at that shape! Although he never once said anything about it, I knew he couldn't be proud of the way I looked — any more than I was.

"That day I started eating to reduce and exercising to get a better shape. By July I was able to wear a size 14 with a 27 inch waist. I weighed 125 pounds. Did I ever feel better too!

"But to go back a bit . . . I purposely didn't mention my reducing plan to my husband. It wasn't until I got down to 145 pounds that he suddenly realized I really had been overweight, and I could see he was pleased that I had decided to be normal weight again.

"When I reached 125 pounds which is pleasing weight for my height, he was so proud and happy. If women would only realize that their husbands love them, but they want to be able to take them out and be proud of them too . . .

"I can tell overweights from my experience that you do not have to starve to reduce. I had plenty to eat and lost two pounds a week."

There is a woman with that rare quality, common sense. She saw what her daily food habits were doing to her figure and quietly and firmly set about to change them. She didn't look for some magic pill — she simply followed the scientific pattern of eating that reduced her weight two pounds a week and changed her food habits. With her new food habits, keeping normal weight will be a pleasure.

Household Hint

Place lamps at the sides and to the backs of chairs to provide better reading light.

There are only two classes in society: those who get more than they earn, and those who earn more than they get.

COLDS
CUT FROM DAYS TO HOURS — For 35¢
BUCKLEY'S CINNAMATED CAPSULES

MORNING SMILE

"You haven't looked so fit for years, old man!"

"Ah, it's the exercise I get tossing about in bed at night worrying about the business."

There are only two classes in society: those who get more than they earn, and those who earn more than they get.

Luscious HONEY BUN RING

Quick to make with the new Active Dry Yeast

● Hot goodies come puffin' from your oven in quick time with new Fleischmann's Active Dry Yeast! No more spoiled cakes of yeast! No more last-minute trips — this new form of Fleischmann's Yeast keeps in your cupboard! Order a month's supply.

HONEY-BUN RING

● Scald ¾ c. milk, ⅓ c. granulated sugar, 1½ tsps. salt and ¼ c. shortening; cool to lukewarm. Meanwhile, measure into a large bowl ½ c. lukewarm water, 1 tsp. granulated sugar; stir until sugar is dissolved. Sprinkle with 1 envelope Fleischmann's Active Dry Yeast. Let stand 10 mins., THEN stir well.

Add cooled milk mixture and stir in 1 well-beaten egg and 1 tsp. grated lemon rind. Stir in 2 c. once-sifted bread flour; beat until smooth. Work in 2 c. (about) once-sifted bread flour. Knead on lightly-floured board until smooth and elastic. Place in greased bowl and grease top of dough. Cover and set in warm place, free from draught. Let rise until doubled in bulk. Punch down dough and roll out into an oblong about 9" wide and 24" long; loosen dough. Combine ½ c. lightly-packed brown sugar and ½ c. liquid honey; spread over dough and sprinkle with ¼ c. broken walnuts. Beginning at a long side, loosely roll up like a jelly roll. Lift carefully into a greased 8½" tube pan and join ends of dough to form a ring. Brush top with melted butter. Cover and let rise until doubled in bulk. Bake in moderately hot oven, 375°, 45-50 minutes. Brush top with honey and sprinkle with chopped walnuts.

IMAGINE! **Cough Relief Without Stomach Upset!**

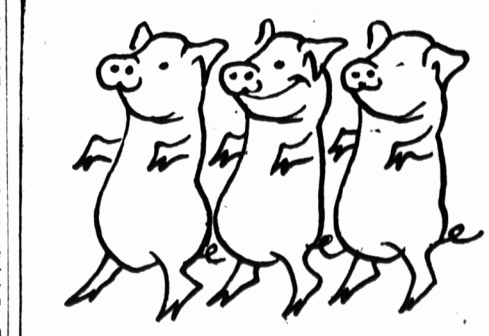
Here's Answer to Your Child's Coughs of Colds Problem

Here's a cough syrup children *like* to take — one that works quickly and effectively — and agrees with their stomachs! It's new Vicks Medi-trating Cough Syrup!

It's different! A combination of a new penetrating ingredient with a medicating formula. The penetrating ingredient carries medicine to irritated crevices of the throat, where the medicating ingredient can go to work. That's why it's named Vicks Medi-trating Cough Syrup. It *medicates* as it *penetrates*. Everybody likes the flavor!

VICKS *MEDI-TRATING* COUGH SYRUP

It Medicates as it Penetrates



"Which little piggie had Shirriff's Marmalade?"

Next time *you* go to market—take home a jar of Shirriff's Seville Orange Marmalade — the marmalade with the *extra* measure of sunny Seville oranges. Try . . .

Shirriff's *Seville Orange Marmalade*

FOR PERFECT WASHINGS

of WOOL, NYLON, SILK, RAYON

KEEPS WHITES SNOWY!

GLORIFIES COLORS!

SOAKS OUT STAINS!

SUCH GENTLE ACTION!

ODORLESS! SAFE!

USE EVERY WASHING!

LESS SOAP NEEDED!

TRY A PACKAGE AND SEE!

AT YOUR GROCER'S