

Cook's Corner

Foie Cheese Balls
Add half cup grated cheese to 2 cups seasoned mashed potatoes.

Oyster Sandwiches
Place a raw oyster and a strip of partially broiled bacon on each round of bread.

How Can I!!!

Q. How can I remove scratches from silverware?
A. Buy a small quantity of putty powder, put it into a saucer, and add enough olive oil to make a paste.

Nova Scotia Woman Dares to Tell Her Story

Mrs. M. H. Bell, Liverpool, N.S., dared by friends to tell her story, said: "I suffered with arthritic pain in my shoulder, arms and ankles for three years, but it wasn't until I took Sarnak that I got relief."

ELLEN'S DIARY

By An Island Farmer's Wife

"What's on your mind, Ellen?" James inquired with a show of curiosity this morning. A bit past mid-morning it was, when many of the cares of the day lay behind and his anticipations had to do with the hours to come.

And a reassuring call to her as the door closed on a small but extremely resolute figure. "She'll have them the way you want tomorrow, deary — I promise you."

Better English

1. What is wrong with this sentence: "I seldom ever see him, because father dislikes me staying out late."

ANSWERS
1. Say, "I hardly ever see him, because father dislikes my staying out late."

VITAL INDUSTRY

Value of annual coal production in Britain approximates \$900,000,000.

Modern Etiquette

By Roberta Lee

Q. Should a business man rise when a woman visitor enters his office?
A. Busy though he might be, the man can certainly afford the courtesy of rising when a woman visitor enters his office.

Morning Smile

No Place for a Lady

It was the first variety performance an elderly woman had even seen, and she was particularly excited over the feats of the illusionist.

Not Clear

"So it worries you when your husband talks in his sleep." "Yes, doctor—he's so indistinct."

Five! Yes, five years old! Five is one more than four, do you know that! "Huh!" he laughed merrily, brown eyes shining.

"What's on your mind, Ellen?" James inquired, with a show of curiosity, this morning.

CRESCENT CARNIVAL

By FRANCES PARKISON KEYES (Continued)

With his arm around her, he led her through the little house. There were two bedrooms back of the drawing room and further back still a dining room and a kitchen.

"I am glad you came to see me, my child, glad that Andy brought you. He has put so much pleasure into my life that I cannot thank him enough."

"What do you think of my suggestion?" Andy asked, when he and Estelle had gone back to the drawing room.

"It was a great suggestion. But I can't come back, Andy. And of course I can't stay. Andy—I'm going to be married."

"Marry Marcel! You're crazy!" He released her so abruptly that she struck the back of the love seat before she could steady herself.

"Do you want to marry Marcel?" "Oh, Andy, you know I'd rather die than marry anyone except you!"

"I don't want to marry you. But I'm afraid. Are you angry at me, Andy?" Of course I'm angry. I didn't think after you offered to come here, that you were the sort of girl who would let fear stand in her way if she really wanted to marry someone.

"Let's face the fact that your mother and father don't want you to marry me, Estelle. A great many people have married in spite of parental opposition. We can, if you care enough."

"I wouldn't have any dot if I eloped with you. I'd be dependent on you. Besides, there's your little son to think of. You've got to provide for him."

"You needn't worry about Bieck." Andy said, with a sharp ring of pride in his voice. "I'll have money enough again before long. Superpremium is bound to win again sometime, and I can't lose forever on every other horse I breed or back."

"But, Andy, wouldn't it be wicked to live on money that you made in that way, even if you could keep on making it?"

"Wicked! Look here, Estelle. Suppose you try to see things straight." He took hold of her again, not gently this time but roughly, seizing her arms at the elbows and gripping them hard.

"So it's wicked to live on the Lottery, is it? That's what you've been told? That's what you're holding against me. And did anyone tell you that Lottery capital keeps the cotton mills turning and the sugar cane grinding?"

"That it contributes hundreds of thousands of dollars to flood relief? That it supports the Opera House where you and all your fine French friends are so fond of going, and so proud of being seen? That it maintains the hospital you go to when you're sick? If you don't believe me, ask any other man you like. He may beat about the bush, but in the end he'll have to tell you the truth, the way I have. But it is true."

He released her abruptly, sprang to his feet, and strode across the room. Estelle sat very still, her fear mounting by leaps and bounds. Her head was bent, and through the tears that hung on her lashes she could see the red marks on her arm, where Andy's fingers had rested. She rose silently and tried to reach the door without making any noise. But her step, light as it was, sounded on the carpet, and her dress rustled as she moved forward. Andrew turned abruptly and confronted her.

"So you're going?" he said, with more harshness than she had ever heard. "You can't take a chance—you can't stand the truth. Well, I might have known it! You think righteousness and respectability are anonymous, and that neither can flourish in the fetid atmosphere of the Lottery. You poor, weak, silly

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That Body Of Yours

By James W. Barton, M.D.

SOME OF THE DISADVANTAGES AND DANGERS OF OVERWEIGHT

I write often about the disadvantages and dangers of overweight because of its importance to health. The disadvantages are well known: loss of the figure, inability to take part in games and dancing, awkwardness, early tiredness after slight effort.

While these are serious enough, especially to a sensitive person, the real dangers of overweight are that it can cause such diseases as diabetes and high blood pressure, and so greatly shorten the life span. All insurance companies are very careful about insuring overweight men and if they accept them, put up the price of the premium by a number of years.

It would be well to consider again the report from one of our highest authorities, the Mayo Clinic and the Mayo Foundation, as given in the Journal of the American Medical Association several months ago by Drs. Clifford E. Gastineau, Edward H. Ryneason and Alice Karalake Irmisch.

"Even moderate obesity (overweight) in the latter half of life increases the number or percentage of cases of many degenerative diseases including hypertension (high blood pressure), diabetes, cancer, heart disease, nephritis (inflammation of kidneys), hardening of the arteries, cirrhosis of the liver, blockage or stretching of the tiny air sacs, with loss of elasticity, in the lungs (emphysema) and varicose veins."

Overweight in the majority of cases, especially at or after middle age, comes on slowly and often unnoticed until the individual has a good opportunity of seeing himself in the mirror. Overweight can be removed slowly and surely in just the reverse of the manner in which it went on the body.

Excess fat accumulated in and on the body needed for its daily work. It can be removed by eating less food than the body really needs, because the body processes will take the balance of the food it needs daily from the excess fat already there.

If, after two months of cutting down on foods and liquids by not less than 25 per cent, there is little or no loss of weight, the overweight is justified in consulting his physician regarding a metabolism test and the possible use of gland extracts.

Household Scrapbook

By Roberta Lee

To Set Dyes
Dissolve 20 ounces of gelatin in water, then add 3 ounces of bicarbonate of potash. Do this in a dark room. The coloring matter is then added and the goods submerged, after which the goods is exposed to the action of light. The pigment thus becomes insoluble in water and the color is fast.

Hair Tonic

When it is necessary to use a hair tonic try putting it on the scalp with an eye dropper. The tonic will go directly to the roots without getting the hair so oily and greasy looking.

The Pressure Cooker

When removing the lid of the pressure cooker always tilt it towards yourself so that any steam left in the cooker will be directed away from the face.

Little fool. Don't you know there's more to life than being a Carnival Queen, and announcing your engagement at a luncheon with lilies of the valley strewn over a lace tablecloth?"

"Andy, you're terribly unjust. You know those aren't the things that matter. But there are other things that do, and—"

"Being a dutiful daughter, for instance? As if that mattered half as much as being a happy wife! There's only one thing that matters at this moment and that's our love. If you deny that, we're both lost."

(To Be Continued)



DOROTHY DIX SAYS—

Smart Wife's Problem

Complains Mate Won't Let Her Use Brains

DEAR MISS DIX: I have been married twelve years and have two boys, 11 and 9. I seem to please everybody except my husband, although I spend my life trying to conciliate him. He finds fault with everything I do. He says I am a failure as a wife and the reason is because I don't agree to everything he talks about or reads about. How can a woman who has been trained to stand on her own feet, mentally and morally, and who has managed an office for years turn into a clinging vine? Yet this is what this husband of mine expects. He thinks I should agree with him regardless of what I think even when he asks my opinion. How can I guess at what he wants me to say? I can't even lie properly. Can you please make a suggestion? E.M.C.



ANSWER: The woman, who, from having been a sturdy oak herself upon which others leaned, is suddenly called upon to transfer herself into a clinging vine is certainly in a hot spot. Yet this is one of the problems that multitudes of women have to face.

COULD START TROUBLE

The situation is full of portents of war in any household. For here is a girl, intelligent, capable in business, taught to think for herself and stand on her own feet and make her own decisions. She marries and discovers that her husband does not want an intellectual equal, or a wife with any individuality of her own. He wants a slave-spreader, an incense-burner, a humble disciple who will look up to him as an oracle and gasp with awe and reverence at his every pronouncement.

What are the wives who are clever themselves going to do about it? Stand up for their rights as individuals? Try to educate their husbands up to a new standard for wives? It can be done. It is being done. And perhaps our granddaughters will have husbands who will regard them as equals.

The easiest way, however, is the old immemorial way of the wife who never lets her husband find out how smart she is; who asks his advice and then goes along and does the way she had determined to do anyway, and who never wears in exclaiming: "How wonderful!"

DEAR MISS DIX: I have been married more than twenty years and I am less acquainted with my wife now and less able to understand why she does the way she does than the first time I ever saw her. She is, I believe, the hardest working and most sincere woman I ever knew, but she is so devoted to her relatives that she thinks that most of our income should go to their support and that I should be glad to work to give them what they want. We have no children, but we have had lots of experience in raising her family's. Though she sacrificed her own pleasure and neglected her home life for them, none of these relatives appreciate it. It has turned me into a professional grouch and nagger. Should I go on, or use my own judgment? E.D.C.

ANSWER: In dealing with a case of this kind it is generally better to use your heart than your head. Your judgment will tell you how unfair it is that your wife should enslave you to her family and that the wise thing is not to put up with it any longer, but your love and sympathy will tell you that you cannot leave this poor weak woman to the tender mercies of her predatory relatives. Moreover, no matter how much she aggravates you nor how much she is in the wrong, you love her still and cannot be happy without her.

I do not know of any offense that wives commit against their husbands that is greater than that of sacrificing them to their families. But there is no cure for the wife with the family complex. Her husband just has to come across, or get out, when they want things. She will always sacrifice him to them.

DEAR DOROTHY DIX: My wife takes off her wedding ring when she is making cakes or dough in preparing meals and lots of times she puts it in her jewel box and doesn't put it on for a couple of days. Is that the proper thing for her to do? M.H.

ANSWER: Proper and sanitary I should say, but it seems to me merely a matter of convenience. Some women never take off their wedding rings. Others rarely wear them. And one set of wives is just as devoted as the other.

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

-Needlecraft-

FOR THE HOME

DRESS-LIKE FASHION 2109
No. 2109, mother's ruffled pinafore, is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42. Size 18, 4 1/2 yards 35-inch.

which includes complete sewing guide. Print Your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or some number in your address. Address—Pattern Department, The Charlottetown Guardian, Pattern No. 2109 and No. 2110.

Name _____ Address _____ City _____ Province _____

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