

Maritime Home Ec. Conference To Open In Amherst Tomorrow

Prominent home economists from Nova Scotia, New Brunswick and Prince Edward Island met in Amherst, N.S., recently to plan the Maritime Home Economics Conference taking place tomorrow and Saturday. Presiding was Miss Elizabeth MacMillan of Acadia University, Wolfville, N.S.

Representing the New Brunswick Home Association was Miss Florence Swan, Senior Nutritionist, Department of Health and Social Services, Fredericton, while the Prince Edward Island Association was represented by its president, Miss Doris Anderson. Dr. J. H. Archibald was the representative for the Nova Scotia Association.

Present also at the meeting was Miss Norah Hogan, who reported that arrangements had been made with hotels and tourist homes in Amherst to accommodate guests and delegates attending the Maritime Home Economics Conference

this week-end. Miss Hogan also reported a large increase in the number comprising the Hospitality Committee in order that the two-day conference would be made an enjoyable and social event, as well as a professionally stimulating one for those attending.

Miss Ruth Binnie, Department of Education, Halifax, reported that several new and different exhibits would be on display during the Conference week-end this week-end. These should prove most interesting as well as educational to home-makers, dietitians, teachers and extension workers.

The highlight of the Planning Committee meeting was the report of the Program Committee, headed by Dr. J. H. Archibald. Among those who are scheduled to speak are Dr. L. B. Pett, Chief Nutritionist, Dept. of National Health and Welfare, Ottawa; Dr. John B. Hardie, Pine Hill Division, Halifax, and Dr. Dora S. Lewis, Hunter College, New York City.

DOROTHY DIX'S COLUMN-

In Service—And In Love

Girl, 20, Engaged To Boy, Months Younger, Advised To Delay Marriage For A Year

DEAR MISS DIX: I am a 20-year-old girl engaged to a boy a few months younger. I have finished high school and a business course. He has completed a year of college before going into the Air Force. My fiancé is now attending school in the service; if he marries, he could live off base, except for school hours. We've been going together for more than two years, and have been engaged almost a year. We would like to get married now. What do you think of the plan? CLARICE

FIANCE'S YOUTH A DRAWBACK

ANSWER: The problem of service marriages will doubtless be with us for a long time, even though our country is not presently engaged in active fighting. Their success or failure depends pretty much on the same factors that make or mar any marriage—with additional complications. It's these extra involvements that must be considered in your case, Clarice, since you seem otherwise to have a very firm foundation for a good future. The chief drawback to your marriage lies in the youth of your fiancé. The double responsibility of married life and military obligations is about enough for most young folks, but he has the added burden of completing his education—and all at an age when one phase of living is enough to occupy a young man.

Two people of exceptional character, intelligence and emotional stability could make a go of the marriage you contemplate. Judging from your letter I'd say you had the required qualities; if your fiancé is as well-balanced as you, there's a good chance for marital happiness, though a year's delay is advisable.

DEAR MISS DIX: I'm 14 years old, and in serious difficulty for my age. My boy friend, Dick, wants to drive his car wherever he goes, and troopers have stopped us twice because he's too young to drive. My parents don't know of this and Dick's folks seem to think it's all right for him to drive.

ANSWER: There's no compromising with right and wrong, Marcia. Both you and Dick fully realize, and have been officially told, that it's illegal for him to drive. Time will change his status within a year or two, and in the meantime it's shanks mare for your mode of transportation. If the boy is stubborn about the car, refuse to go with him and make it stick. Better a little difficulty with a headstrong lad now, than serious trouble later.

That Body Of Yours

By James W. Barton, M.D.

DUPLICATIONS (EXTRA PORTIONS) OF STOMACH AND INTESTINE

A few years ago a patient accompanied by his physician went to the X-ray department of a large hospital to look over the X-ray films because of pain in lower abdomen. It was found that the patient had an extra twelve inches of large bowel which, under certain circumstances, caused considerable pain while at other times he was free of pain.

As patient and physician were looking at the film and the physician was pointing out the extra twelve inches of bowel, a suggestion of surgery leaned over and jokingly suggested that he remove the extra twelve inches of bowel as this would prevent the pain which he thought must be present.

The patient looked, expectantly at the physician who shook his head and said it could be removed, if necessary, as surgery could always be done but perhaps medical treatment would be sufficient. The pain and distress had been present for several months. He learned that the patient, a field mining engineer, had spent most of his time walking in the bush, paddling a canoe and carrying the canoe at times, but for the past few months had spent his time in the office making maps. During the time he was doing field work he had had no pain or distress. His physician pointed out that it was the exercise taken that prevented his symptoms and sent him to a gymnasium for regular exercise. He obtained relief from his symptoms and surgical removal of the extra twelve inches of bowel was not done.



Cook's Corner

HEALTH BREAD

1 cup white flour
 1/2 cup oatmeal
 1/2 cup wholewheat flour
 1/2 cup all-bran
 1 teaspoon baking powder
 1 teaspoon soda
 1 teaspoon salt
 1/2 cup molasses
 1 1/2 cups sour milk
 1/4 cup shortening melted

Mix all dry ingredients together; add molasses, sour milk and melted shortening. Pour in loaf tin. Let stand for 15 minutes before placing in moderate oven to bake.

—Mrs. Charles Murray, West Royalty W. I.

"In 'Annals of Surgery,' Philadelphia, Drs. J. J. Nolan and J. G. Lee report that the fact that

(Continued on page 17)

Household Scrapbook

By Roberta Lee

Wet Books
 If you have spilled some water on some of the pages of a book, slip a blotter on each side of the wet pages and press them with a medium-hot iron until they are dry. This will prevent the leaves from crinkling.

Floor Polish
 A good floor polishing liquid can be made from equal parts of olive oil, vinegar and gasoline. Shake well and apply with a wool

Morning Smile

By Roberta Lee

Tycoon—Be off with you at once. Beggar—You don't need to be so snooty. Only difference between us two is that you're making your second million and I'm still working on my first.

Polish—Polish with a dry, clean cloth, and you'll get good results. Take the usual precautions—this is inflammable!

Baby's Shoes
 By sandpapering the soles of the toddler's shoes before they are worn, you can prevent a few slips and falls.

"SALADA" ORANGE PEKOE

Tea at its best



Let TUFFY make dishwashing easier!

When you're stacking the dishes beforehand, a quick whisk with Tuffy will take off the worst of that stubborn gooey food. For the actual washing, Tuffy in the dishwasher finishes the job quickly and pleasantly. Your precious dinnerware is absolutely safe with Tuffy, too; this non-metallic "wonder-mesh" just can't scratch the most delicate glass, silver or china. Tuffy is a real help at dishwashing time; or any time.

- TUFFY** rinses clean under the tap... can't stain sink or drainboard.
- TUFFY** does the job of dishrags, mops, scrapers and brushes faster and better.
- TUFFY** is a patented plastic mesh that wears like iron yet is kind to your hands.



for easier, faster dishwashing try...

LADIES! Look At This!

ONE RACK, ASSORTED SIZES
FALL DRESSES
 Reg. to \$21.95—Clearing \$5.00

Reg. \$4.98 All-Wool **CARDIGANS**
 Sale Price \$3.98

DARK SHADES, NYLONS
 Reg. \$1.35—to clear \$1.00
 Reg. \$1.50—to clear \$1.15

NORMA'S LADIES' WEAR
 160A Kent St. Dial 3058

for lovelier legs...

Whisper
 nylons

Modern Etiquette

By Roberta Lee

Q. Is it proper to seat a husband and his wife side by side at the dinner table?
 A. No; it is customary to separate them.

Q. Which is the proper expression, "The boy was named for his father," or, "The boy was named after his father"?
 A. The preferred form is, "The boy was named for his father."

Q. Is it necessary for a bereaved person to return all calls of condolence?
 A. No; this is neither required nor expected.

Q. Is it necessary for a woman to say "please" and "thank you" to her servants?
 A. While not necessary, this courtesy could never be called out of place.

YOU MAKE THE TEST!

Here's what your neighbours say about "The finest wax that money can buy"

HAWES'

"CANADA'S FAVOURITE" WAX

London, Ont.
 Dear Sirs:
 Fifteen years ago, we bought our own home, and we laid hardwood floors downstairs.
 They have never had anything but Hawes' Wax on them, and we still get compliments from strangers who take them for new floors.
 Yours sincerely,
 Mrs. M.G.

Norwood, Man.
 Dear Sir:
 Last week I used Hawes' Wax on our in-linoleum—and I know how very pleased and happy I am with it.
 Yours truly,
 Mrs. D.G.

Collingwood, Ont.
 Sirs:
 Just thought I would like to let you know how much I appreciate your Floor Wax. For some time now, I have used it exclusively as I find it to be very superior to any other wax.
 Thanking you again for a wonderful floor wax.
 Sincerely,
 Mrs. H.L.M.

Shannon Pk.; N.S.
 Dear Sir:
 I am writing to tell you of your wonderful Liquid Wax. I now feel so pleased that I have found a wax that makes my floors really shine.
 Yours truly,
 Mrs. G.M.

Only Robin Hood fresh-egg Cake Mixes

give you such richness such velvety tenderness

Robin Hood White Cake mix

Robin Hood Chocolate Cake mix

because you add your own fresh egg

because they're made with the finest cake flour ever milled

That's why more people buy Robin Hood Cake Mixes than any other brand.

When you add your own fresh egg you know it's fresh.

Listen to the Robin Hood Musical Kitchen starring Cliff McKay
 Monday, Wednesday, Friday — Trans-Canada Network