

**WOMEN'S Problems**

By VIRGINIA LEE

A girl writes signing herself Wondering and Waiting. She went with a man for six months and then found that he was a married man. She had fallen in love with him, of course, and her dad also had liked him. His divorce soon will be final, she says, but now her father says she should not see him.



Virginia Lee

The girl believes this is very hard and misses the man very much. She hasn't seen him for four weeks, and wants to know whether I believe her dad is right, and should she send the man a gift for his birthday, or at least a greeting?

This is my answer:

It wasn't honorable for the young man to go with you and keep you in ignorance of the fact that he was a married man, was it? It might have gotten you talked about unpleasantly and harmed your reputation.

I suppose he thought you would not go out with him if you knew; in that, he was correct. I do think your father is right and that until the man has his final decree of divorce and is therefore free to court another girl, he should not be seen in public with you. I wonder whether his family knew that you were ignorant of the facts?

Yes, I think he ought to phone or write you and apologize for his deception and ask his forgiveness. He has no right to be hurt that your father feels as he does. You are the victims; he the offender.

There would be no great harm in sending him a birthday greeting if your father does not object, but I still think he should make the first move.

"Dear Miss Lee:—I am a girl of 17. When my boy friend brings me home from an evening's entertainment about 10.30 p.m., is it correct to ask him to come in for a few minutes? Up to what time do you think I should ask him in?"

"A DEVOTED READER."

I think if the boy friend brings you home at 10.30 it would be as well to say good night at the door and go in to bed. If you get home around nine, it would be all right to ask him in for a while.

Judy's boy friend gave her his school pin some time ago. Her parents think she is too young to be tied down to one boy, and so she's in a dilemma. If she wears the pin the boys think she's taken and do not try to date her. If she does not she is asked for dates. She still likes the boy best, so doesn't want to give the pin back.

Tell the boy friend exactly how it is, Judy. Tell him that your parents feel you are too young to go out with only one boy, but assure him that you like him best of all. See if you can get him to be willing to let you go out with other boys, to satisfy your parents. Let him go out with other girls, too. Your love will last if you really care. It really will be wiser, for then you can be much more sure that you DO prefer this boy to all others.

RXH: Maybe there are home circumstances that make the boy you like unhappy and so he doesn't feel like going out with a girl. By this time he may have come back and explained. There would be no harm in writing or phoning him and asking him if he would like to come to see you or to go somewhere with you or a crowd; if the latter would not cost him anything. It might help him to know that you have missed him.

**NEW PRINTS LOVELY IN CLEAR, GAY HUES**



LEFT—PRINTED SILK MAINBOCHER FROCK; RIGHT—GOUPY MODEL

Without any reservations it may be said that prints this season are lovelier than ever. They are colorful and the colors are tastefully combined, clear and bright.

The Mainbocher dress, left, has a beige ground, with red and green floral designs and a touch of black. Notice the flare of the

long skirt, in the hem of which whalebone is inserted to create that hoopskirt effect so popular in grandmother's day.

Interest is centered in the front of the Goupy model, right, which has a bright light blue for its outstanding color. Sashlike drapings are reminiscent of the Japanese kimono. Designed by Lisbeth.

**Household Hints**

By MRS. MARY MORTON

**TODAY'S RECIPES**

**Surprise Potatoes**—Select large-sized baking potatoes, scrub thoroughly and bake as usual in the skins. When tender, remove one end to provide an opening, scoop out and mash the inside, seasoning with salt, pepper, butter and a bit of hot milk. Place a generous cube of cheese into each potato shell, refill with the mashed potato mixture and return to the oven until thoroughly reheated. If preferred, a bit of chopped meat can be used instead of the cheese.

**Cottage Pudding**—2 cups cake flour, 3 teaspoons baking powder, 1/2 teaspoon salt, 3 tablespoons butter, 1 cup sugar, 1 cup milk, 1/2 teaspoon vanilla. Sift flour, measure and sift with baking powder and salt. Cream butter, blend in sugar and cream together. Add dry ingredients and milk alternately as in baking a cake. Add flavoring. Turn into well greased muffin tins and bake in a moderate oven 375 degrees Fahrenheit, about 30 minutes, or until done. Serve hot or cold

with the following chocolate sauce.

**Savory Cheese Spread**

One package cream cheese, two teaspoons tomato ketchup or chili sauce, one teaspoon of evaporated horseradish (soaked for 10 minutes in one tablespoon cold water). Cream cheese and mix with other ingredients until soft enough to spread on potato chips or thin wafers.



A mother says she cuts out the large letters from empty boxes that have contained soap chips, cereals, etc., and labels on soap, and her children have fun arranging them to spell words. This also helps a small child to learn to spell, says this mother.

**GOOD FOOD**

IS ESSENTIAL TO



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**HEALTH**

by *Richard Bright M.D.*  
A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

Questions concerning health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

**FILTRATION**

Almost complete and efficient filtration system is at work in every normal human body. The kidneys contain several thousand filtration units through which the blood flows in order that waste materials may be filtered out and any excess of one or other chemical removed so as to maintain the proper chemical balance of the body.

These filtration units may be disorganized by changes which occur in them. This disturbance of the kidney function is called nephritis or Bright's disease. Richard Bright was an English physician who first described this condition; this is why his name is associated with the disease.

There are several forms of nephritis but they may all go into either of two groups, acute or chronic. The acute form, seen in children and young adults, is due to an infection (germs causing an inflammation). It is commonly seen following an attack of tonsillitis or scarlet fever.

Acute nephritis is recognized by the pallor of the patient with puffiness of the face and ankles. An examination of the urine shows that the kidneys are not able to do their work, and so waste material and an excess of fluid collect in the body. Acute cases usually recover under proper treatment. The most important item in treatment is rest in bed until the infection has cleared up entirely. Some cases pass into a chronic nephritis.

Chronic nephritis in early adult life is usually the result of an acute nephritis. After that age, it is a part of a general change which includes the hardening of the smaller arteries of the body. For this reason, chronic nephritis is commonly associated with high blood pressure and arteriosclerosis or hardening of the arteries.

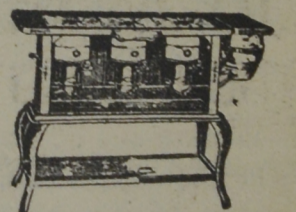
Chronic nephritis is not curable but, under proper treatment, the progress of the disease is checked and the patient may live for many years. The earlier the disease is detected, the more can treatment accomplish. Chronic conditions steal up on the victim and their presence is likely not suspected. A periodic health examination is desirable because it reveals the presence of unsuspected chronic disease, including nephritis.

An accurate diagnosis of the articular form of the disease present must be made in order to institute proper treatment. Self-medication is, to say the least, highly dangerous. Plain simple foods; the avoidance of any excess in food or drink; the use of plenty of water; a quiet life with freedom from worry are essential in treatment.

From the point of view of prevention it is known that, after 40, most people eat too much, put on weight and overwork their kidneys in the effort to get rid of waste materials.

**THEY STAY PUT**

Casters that are always falling out of a piece of furniture when it is moved are a nuisance, but they can be put in to stay by first removing the caster, then pouring plastic wood into the opening and as it starts to set, forcing the caster into its place. Allow it to harden well before placing furniture back on feet.



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