

How Can I!!!

By Anne Ashley

Q. How can I make a knife polisher?

A. Try using a large cork for a knife polisher. Dip the cork into water, then into scouring powder, and rub it on the blades of your knives. In this way you can apply all the pressure you wish without danger of injuring your hands.

Q. How can I remove soot from my chimney?

A. One of the oldest methods is the use of the old dry-cell batteries. These contain the required ingredients, and when thrown into a hot furnace, the soot usually burns.

Q. How can I clear away a fever blister?

A. Sprits of camphor is usually effective in helping to clear away that nasty fever blister.

Household Scrapbook

By Roberta Lee

Biscuits

The secret to light biscuits is to add just enough liquid to make a soft dough. Then mix it lightly, and just enough to combine the flour and liquid. Any handling after that has a tendency to toughen the dough.

Hiccoughs

Hiccoughs can often be stopped by taking a small sip of hot water, holding it in the mouth until it is felt that the hiccough is approaching, then swallowing quickly.

Damp Shoes

If a little sweet oil is rubbed on shoes while they are damp, it will keep them from cracking.

Alice Brooks Designs



7033
SIZES
6-14

by Alice Brooks

MOM! WHAT VALUE!

Mom! Look at all you get! Sewing princess jumper, puff-sleeve blouse — and the sweetest, simplest flower embroidery to give the costume a fashion touch! Pattern 7033; tissue pattern, instructions, embroidery transfer. Sizes 6, 8, 10, 12, 14. State size.

Send Twenty-five Cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

Morning Smile

ried Up

A man who had been advised by his solicitor upon the matter of making everything over to his wife in case he was killed, later wrote to his legal adviser thus: "Dear Sir—Having as you advised put all my possessions in my wife's name, regret to say I now have no money to pay you for your services."

They'll Manage

The young engaged couple were gazing into each other's eyes and sighing soulfully. Suddenly a thought occurred to Donald. "Ye ken, Maggie," he murmured. "I'm no much the look at."

"Aye," agreed Maggie, "but ye'll be out at work most o' the day."

That Body Of Yours

By James W. Barton, M.D.

FACTORS AFFECTING BLOOD PRESSURE

We hear less about operations these days as with use of the new drugs and latest surgical methods, the death rate has been greatly reduced. What we do hear most about is high blood pressure and the frequent attacks of brain strokes (apoplexy) and heart strokes (coronary thrombosis) due to high blood pressure.

While the individual with high blood pressure may always have high blood pressure, the height of the pressure may vary from day to day or even from hour to hour.

As there are so many patients with high blood pressure, it would be thought that the cause or causes would be well known but in his book "Control High Blood Pressure and Live Longer," Dr. Herman Pomeranz visiting physician, Manhattan General Hospital, states that the cause in 95 per cent of cases is unknown but that studies have been made of at least twenty factors which may influence the development of high blood pressure, but none of these is reported as a cause.

Some of these factors are:

1. Age. 90 per cent of all high blood pressure patients are about the age of 40, but it can occur at any age.
2. Effect of animated speech — lecturing, public speaking and the like, may raise blood pressure.
3. Effect of position of arms. Raising and lowering the arms, affects blood pressure from vertical to horizontal. Blood pressure is higher in the leg than the arm.
4. Body build. The stocky individual has a higher pressure than the slim or slender one.
5. Effect of the day. Blood pressure is lower in the morning than in the evening. Blood pressure is lower on a warm, humid day.
6. Emotion. Anger, fear, excitement, worry, general nervousness or other emotional influences greatly affect blood pressure, causing it to rise.
7. Environment or surroundings. The way we live in the home or at work influences blood pressure. Tense work at home or work raised the blood pressure.
8. Effect of exercise. Severe muscular exercise has a tremendous influence in raising blood pressure. Immediately after the exercise, the pressure drops for a short time and then gradually rises to normal.
9. Heredity. About 40 per cent of the patients with high blood pressure, not due to kidney or other diseases, have a family history of high blood pressure.
10. Sleep. Blood pressure normally falls during restful and sound sleep, unless there are unpleasant dreams or nightmares.
11. Weight. Excess weight puts a strain on heart and blood-vessels and raises the blood pressure.

Marry In Englehart, Ont.



Mr. and Mrs. Leo E. Howatt are at a former resident of Charslow following their marriage in Englehart, Ont., on November 17th. Mr. Howatt is a former Doris Smith of Englehart. Photo by Eddie Duke.

DOROTHY DIX'S COLUMN—

Ex-Soldier's Problem

Married, He Misses Girl And Child Left Oversea

DEAR MISS DIX: Shortly after World War II, I was sent abroad. I met a girl, as so many of us did, and about a month before I was to return home, she told me she was going to have my child. We didn't expect that I would be sent back to the States so soon. When I came home, I met a girl; we fell in love and were married. I had told her of the girl abroad.

My wife and I wrote to the girl and sent clothes and other things. We are still writing to her and I wonder if it is all right for one reason. I am constantly dreaming of the girl and the baby. We have had pictures of the child, who resembles me. I love my wife dearly, and she is very understanding about the whole thing. What could you suggest I do?

D. D.
ANSWER: There are many ex-GI's living with the same problem. In any triangle of this type someone obviously has to suffer, and it is usually the unwed foreign mother. However, she realized at the time of your alliance that there were complications involved and, since she entered into this affair with full knowledge of possible consequences, she is not entirely innocent of blame.

You are right to continue contributions of food and clothing for the child, but a prolonged correspondence, under the circumstances, is not wise. Your allegiance now is due your present wife, and anything from the past that infringes on her happiness should be shelved. Your major trouble is that you are a daydreamer rather than a practical person and are actually reliving the past with more romance and sentimentality than you experienced in actuality. It is unfair to your wife to continue reminding her of the past, though she has certainly shown remarkable charity in her acceptance of it.

Why not turn over to her the job of sending packages, while you learn to put the entire episode out of your mind? To some extent, this may seem cruel advice, but it is the fairest way in view of your present responsibilities to your wife and family.

Perhaps some readers who have had similar experiences may have solutions to offer. Problems along the same line are now coming in from our Korean servicemen, and the job of solving them, in due fairness to all parties concerned, presents many triangles.

DEAR MISS DIX: I am 20 years old and have been going with a young man of 22 for over a year. Although we haven't had much time together in the past year (he's in service) we are very much in love. We have discussed marriage several times, but he insists he isn't the marrying kind and doesn't want to be tied down. If I wait, he says, he may in time decide to settle down, but can promise nothing.

CORA D.
ANSWER: From all the details in your letter, most of which I omitted for space consideration, I'd say your young serviceman certainly isn't interested in matrimony now, but is quite likely to change his mind in the future. He is very young yet; few men of 22 are ready to settle down. Suppose we say that you may be trying to rush him into something he's a mite afraid of at present. Of course, it's quite likely that when he does decide on matrimony he may choose someone else—a chance that a very young sweetheart always takes. Why not get yourself into circulation, and acquire some other beaux just in case? Don't give up dating, but let your present heart throb know that you're not spending lonely hours mooning over him.

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

ELLEN'S DIARY

By An Island Farmer's Wife

Sunshine today... and along the fields a gentle wind; and last plowing at Alderlea. We, a part of it, heaved a sigh of relief at the news. It is good to have the year's pattern of farming completed before the winter sets in. And today as in summer though the green is gone from the pastures, cattle browsed on the slopes, up to the blue of the sky-line; horses freed from their overnight stabling cantered blithely to the stream to drink.

And breaking the lovely serenity of morning though only adding to its interest, neighbor-lads hied to school, following a short-cut of field; the mailman took to his route of morning-miles, and ours and the farmers about to the care of their day. While Rob goes now each day to lend competent assistance at the pipe-fittings and suchlike at Alderlea, James continues the busy round here. With characteristic foresight, not unlike the canny instinct of the engaging squirrels that haul us of late from the streamside trees, he prepares now for winter-banking a building against the coming of frosts and snows, digging a drain to turn their course away from these hideous buildings, such winter brooklets as may run.

Calling to us should we venture away from the doortop: "Those white pullets are looking mighty pert, Ellen. If you'd give them a little extra care, they'd soon lay. It's not altogether the feed that encourages them; it's the bit of extra attention... the chaff carried, the mangel, and warm drink that brings the reward."

And the sun covered the fall-damp of the farmhands touching them brightly but the gentle rambling wind spoke of things to come. "There's snow in the western states, Ellen," James volunteered at dinner, "there just could be snow back of this! Along about this time of year, it usually comes..." And Jamie turned away with obvious longing from the meal, fearful to attempt the chore of eating. But presently "an hungered" slipped into his usual seat and was agreeably surprised to find the task less arduous than he had anticipated.

It was a favorite of Jamie's though sometimes not received so well by others of the family: a boiled dinner, the beef, potatoes and more colorful vegetables cooked together to make a tasteful and nourishing ensemble. "Good boy, Jamie!" Gage exclaimed with a smile when finally Jamie's plate was empty. "The first bite was the hardest to take, wasn't it?" he asked curiously. "Think," he continued sagely, "are mostly like that! You're afraid at first but when you get going, it's a lot easier than you expected."

There was more noticeable improvement in Jamie's condition by bed-time, and it is comforting to know that the worst is now past.

Popular Knitted Accessories



Knitted hat and mitten sets are popular with teen-agers. This pretty Dutch bonnet, with matching mitts, can be made up, quickly for gifts. The set is knitted from heavy wool for extra warmth and smart twist stitch is used for trimming. If you would like to have directions for making the DUTCH BONNET AND MITTS, send a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. CW-43.

Anne Adams Patterns

SEE THE DIAGRAM!

DOUBLE VALUE for your sewing time! It's a jumper — it's a wrap — make it also in a brief version for a cover-up apron that really protects you! No fitting problems, it opens flat. Check that diagram — it's easy sewing! Pattern 4803: Misses' Sizes 12, 14, 16, 18, 20, 22. Size 16 takes 3 1/2 yards 35-inch fabric. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number. Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto, Canada.

Better English

By G. C. Williams

1. What is wrong with this sentence? "When we called him, he climbed down the ladder."
2. What is the correct pronunciation of "liturgy"?
3. Which one of these words is misspelled? Retrograde, retrospect, retoric, reminiscence.
4. What does the word "galore" mean?
5. What is a word beginning with ant that means "before in time; prior"?

ANSWERS

1. Say, "When we called him, he came down the ladder." "Climb" means to ascend, and you cannot climb "down." 2. Pronounce lit-er-ji, both 'i's as in it, accent first syllable. 3. Rhetoric. 4. Plentiful; numerous; abundant. "Last night at the banquet we had food galore." 5. Anterior.

"What will become of me?" Gage chuckled then, looking into his future which from our point of view may be all too serene. And "Will he take too?" is a question which is now of concern to the adults. Meanwhile there is no visiting between these and the children at Alderlea.

"And isn't it good, Ellen, to have the plowing all done?" James, our best of company, puts down his reading and lowers his glasses to comment. And is it not pleasant too, at day's end to have an earned rest?

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



4803
12-20-40

by Anne Adams

Modern Etiquette

By Roberta Lee

Q. What is really the correct position in which a person should hold his head while eating at the table?

A. The head should be held in an erect position, without appearing stiff. The body can lean slightly forward, but the head should never be bent at a right angle.

Q. How should the acceptance of a formal invitation to a wedding reception for breakfast be worded?

A. "Mr. and Mrs. Bruce R. Campbell accept with pleasure Mr. and Mrs. William Otis Brown's kind invitation for Saturday, the twenty-seventh of December."

Q. Is it correct for a man to use green ink for his correspondence?

A. No; his ink should be either black or navy blue.

for beautiful stockings

GOTHAM GOLD STRIPE



8-2

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Cook's Corner

DINNER IN A DISH

- 1/4 pound sausages
- 1 tablespoon shortening, heated
- 1 1/2 cups shredded raw carrot
- 1 can (15 ounces) kidney beans
- Salt
- Pepper
- 1 cup tomato juice
- 1 cup coarse soft bread crumbs
- 1 tablespoon butter or margarine, melted.

Cut the sausages into small pieces; fry in the heated shortening until richly browned.

Prepare the carrot. Turn half of the can of kidney beans into a greased six-cup casserole; sprinkle with half of the sausages, then half of the shredded carrot; sprinkle with salt and pepper. Turn in remaining beans, sausages and carrots and again sprinkle with salt and pepper.

Pour in the tomato juice. Cover and bake in a hot oven 400 degrees 30 minutes.

Toss the bread crumbs with the melted butter or margarine; sprinkle over bean mixture. Return to oven and bake uncovered until topping is golden — about 15 minutes.

Crisp relishes or salad, and hot rolls make a good accompaniment to this dish.

The Stars Say --

By Genevieve Kemble

For Tomorrow THE augury is for an extremely lively, perhaps exciting day, with much stirring in new grooves of accomplishment. It is advised that constructive plans in relation to putting over big deals be well developed before submitting them to higher-ups for collaboration and financing. Get in line for deals of major significance, assured of hearty and substantial aid for genuine initiative and ingenuity, as well as practical skills. Funds are ready for "the real thing."

For the Birthday Those whose birthday it is urged to drive ahead with might and main to reach high goals of achievement, especially on really constructive propositions put over with ingenuity, vim and determination. Ready funds are available, with high-powered financial cooperation for promotion. Push with vigor and assurance for high goals. Favours may be had for the asking. A child born on this day has much skill, ingenuity and creative ability, with power to enlist support from its superiors.

SCALDS • BURNS Dab on a paste of Baking Soda and water and cover with a damp cloth. COW BRAND BAKING SODA

Just add boiling water..

the milk and sugar are already in

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