

Housework Tough Consult Ergonomists

Birmingham, England, (Reuters) — It's all in the way you hold your duster or shorthand notebook, lady. If you do it right, housekeeping and stenography should be a pushover.

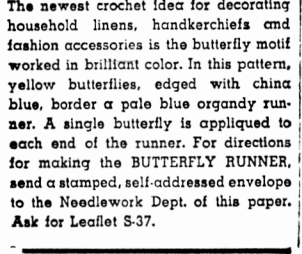
Better English

By B. C. Williams
1. What is wrong with this sentence? "She looks well in that dress because she is taller than myself."

ANSWERS

1. Say, "She looks well in that dress because she is taller than I." 2. Pronounce bad-in-nah, first a as in bad, i as in in, second a as in ah, accent last syllable.

Butterfly Border



The newest crochet idea for decorating household linens, handkerchiefs and fashion accessories is the butterfly motif worked in brilliant color.



"I always use Fleischmann's Yeast for bread or rolls," says Mrs. Fraser.

Twice Cooking Champion at Pictou Exhibition

One of the most capable cooks in Pictou County is Mrs. J. D. Fraser of Bridgeville, N.S. At the 1950 Pictou Exhibition Mrs. Fraser was awarded the highest number of points in the cooking department — for the second time!

"For my bread and rolls I always use Fleischmann's Yeast," says Mrs. Fraser. "It's

Baby Clothes Run Up Quickly On Machine

Is there a baby coming in your family? There was a time when the mother would spend long hours in quiet seclusion, doing yards of tedious stitching by hand.

If one takes the precaution to buy fine sewing thread and use a fine needle and short stitches, most baby things can be run up very quickly on your sewing machine.

When it comes to planning clothes for a new baby there are certain basic requirements. Following is a layette as recommended by Mary Brooks Picken in the Singer Sewing Book.

First clothing needs: diapers, 3 doz.; shirts, 4 doz.; kimonos, 6 doz.; bands, 3 doz.

First comfort needs: cotton wrapping blankets, 4; wool or part wool, wrapping blankets, 1; pads, 4; diaper covers, 2.

Second clothing needs: dresses, 2; slips, 2; bibs, 4; sweater or sacque, 1.

First crib needs: sheets, 4; crib blankets, 2; spread, 1; mattress protector, 1; pillows, 2; pillow cases, 4.

Out-door needs: hoods or bonnets, 2; booties, 2; coat or bunting, 1; carriage robe, 1; carriage pillow, 1.

The Stars Say

AN exciting and stimulating day, with much stirring in all departments of living, contacts and objectives. There may be sudden developments in purely private relations — thrilling and dramatic but also with some measure of the sudden, the startling, and the unexpected.

If It Is Your Birthday

Those whose birthday it is, may find life pleasant, profitable and engaging, even in a romantic sense, with elders and the seriously inclined, susceptible to emotional stirrings or episodes. While great expectations are probable, with real values as well as sentimental, at the same time some sort of unforeseen breach may have to be accepted.

RUSSIAN ORIGIN

The first reindeer in Alaska were brought from Russia in the latter part of the 19th century.

NOW — She's Got Exciting ZIP and GLOW

...and Plenty of Beauz

Don't envy her charm or radiant health! Make it yours the way thousands of pale, listless, anemic people have done — with Dr. Williams' Pink Pills.

DR. WILLIAMS' PINK PILLS



Dependable Quality



BABY BATH GYM (Above) keeps baby occupied during his daily bath. It's the plastic bath exerciser, suitable for children from eight months to three years of age.

That Body Of Yours

By James W. Sarlon, M.D.

RAPID HEARTBEAT MAY BE DUE TO GOITER

During the physical examination of a recruit for military service or a candidate for life insurance, if the medical examiner finds the pulse rate very rapid he has the individual sit or lie down for a few minutes, after which the pulse rate is again taken.

Future Queen Of Egypt's Trousseau Kept Secret

By EDDY GILMORE

PARIS, April 9 — (AP) — The hats of Nourhan Sadek, the future queen of Egypt, "are a millinery secret," Madame Germaine Le Comte said firmly.

The wedding gown and 30 dresses of the trousseau of King Farouk's bride-to-be also are classified. In fact the wedding dress is a better kept secret than France's new 50-ton tank. The tank has been shown to reporters.

Madame Germaine Le Comte is a fashion designer with an exclusive clientele. She has interviewed today about the wedding gown.

"It's a secret, a very great secret. We couldn't think of letting you see it," she said.

Giving off a look as if she were imparting atomic secrets she said "the veil cost over 1,000,000 francs." That is about \$2,800.

"It would take one girl over two years to make the dress, that is, if she were working on it alone." The designer admitted four girls were working on it, and have been for some time. It will be completed in about two weeks. It will take yards and yards of cloth and embroidery. It will be flown to Cairo by a corps of dressmakers and helpers.

The wedding dress required a staff of designers. Every detail decided upon and approved by Miss Sadek.

In addition to this gown, the future queen had Madame Le Comte furnish her with 30 dresses, 30 pairs of shoes, underwear and accessories.

How much does all this cost? Madame was vague. "Many millions of francs."

The marriage of King Farouk and Miss Sadek, whom he first saw after she was engaged to diplomat Zaki Hashem, has been set for May 6, 15th anniversary of the king's rule.

The king's palace spokesman said on March 24 that the king had ordered the ceremony be kept simple and avoid "oriental lavishness" because of today's world tensions.

er value than a single test. Fortunately, the metabolism test is not expensive.

COMING ALONG — Wayne Gideon, 7 of Houston, Tex., a victim of hemophilia, smiles as he recuperates at home. The boy was in danger of bleeding to death following an injury, but a new serum temporarily stopped the bleeding. Readers, who saw the NEA Telephoto picture of the boy, donated rare RH-type blood which replenished blood banks.

ELLEN'S DIARY

By An Island Farmer's Wife

This was the morning our farmers were caught in a sad "predicament", a sorry state of unpreparedness unusual to James' way of farming. In fact as we stop to look back to past years it is to recall how often our day at the farm extended into over-time to have everything in good order before we were willing to come to our beds.

We had been at the threshing at Alderlea — a stack which should write the end of that work for the spring. The farm-engine, a wearily now from long labor, had been moody all afternoon and towards sunset shuffled off some "mortal coil" or another which at the time could not be replaced.

What an evening it was that spread its quiet charm along the length and breadth of the farmsteads! Mild as one of May's, though a coolness came creeping in with the dusk over the hills.

But attended by birds' evensong, the day was drawing then serenely to its rest. And last loads of the stack remained to be threshed, but had been drawn to the barn. It had been fun dismantling that last layer of sheaves. There at the stack, men, lads, dogs and a feminine spectator had foregathered.

Marriage is the most personal thing on earth and picking out a husband or wife is a chore that nobody can do for you. For whether a man and woman are happy together or not depends altogether upon whether they suit each other, not upon what they are. Anyway, there are risks enough in marrying even when you have known a girl from her cradle up, without taking any chances on a lady who was driven to advertising for a husband.

Of course, the women who are husband-hunting exaggerate their charms. Naturally they put their best foot foremost, that is merely good salesmanship and you can't blame them for that. But if you are wise, you will discount their age and their beauty and their money by at least fifty per cent.

The qualities you demand in the girl you marry are sensible and well considered and you should have no difficulty in meeting one who comes up to specifications when you come out of your mountains and down into the places where girls abound. But don't marry any girl wandering foot. Why are there no miracle-workers and after a man is married his nature is even as it was before.

Look over the girls yourself before you pick out one to spend the balance of your life with. Marriage lasts a long, long time and it seems longer if you get the wrong one.

DEAR MISS DIX: How much should one sacrifice for one's family? How much should one let one's family influence one about marriage?

ANSWER: Not much, I think. Self-sacrifice is one of the virtues that lead to vice's side and it more often does harm than good. Especially is this the case where one son or daughter is elected the family goat and offered up on the family altar, thereby encouraging and promoting selfishness, laziness and parasitism in the remainder of the family.

We have all seen this happen a thousand times. We have seen the oldest son in a family taken out of school and put to work to help support the family while he was still a mere child. We have seen him denied an education that the other children might go to college. We have seen him give up all thought of marriage because he had to help take care of the wives and children of the brothers and sisters who were too shiftless to support their own.

We have seen a young girl made a slave to a querulous old mother and father who would let Mary marry or follow a career because they didn't want her to leave them and nobody could boil an egg just to suit them except her. And we have seen how futile were the sacrifices made of their lives.

And we have known how much better and finer and stronger men and women the younger brothers and sisters would have been if they had been forced to bear their part of the family burden.

When one is picking out a husband or wife, one's own heart and judgment should determine the matter, not the prejudices of one's family. Husbands and wives are a matter of taste. Those who are going to have to live with them are the only ones who have any right to a say-so about them.

DEAR MISS DIX: I have been going with a girl who is good-

Continued from page 3

Short and Sweet Bake it with MAGIC!

MACE & ORANGE SWEET BREAD

Mix and sift 3 times, 2 1/2 c. once-sifted pastry flour (or 2 1/4 c. once-sifted hard-wheat flour), 3 1/2 tps. MAGIC Baking Powder, 1/2 tsp. salt, 1/4 tsp. ground mace, Cream 1/4 c. butter or margarine and blend in 1/2 c. fine granulated sugar; beat in 1 well-beaten egg, 1 tsp. grated orange rind and 1/4 tsp. vanilla. Add dry ingredients to creamed mixture alternately with 1/2 c. milk. Turn batter into a loaf pan (4 1/2 x 8 1/2), which has been greased and lined with greased paper. Bake in moderate oven, 350°, about 1 hour. Allow loaf to cool in pan. Spread sliced cold bread with butter or margarine for serving.

Needlecraft

FOR THE HOME

COMFORTABLE BREAKFAST COAT

For breakfast and on through the morning nothing can take the place of an easy-to-slip-into wrap-around. Make this one with a shawl collar, or in a collarless version with flanges instead of sleeves.

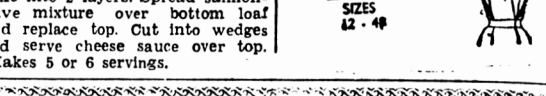
No. 2076 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46 and 48. Size 18, 5 1/2 yards 35-inch.

Send 35c for each PATTERN 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 Charlotte-Town Guardian, Pattern No. 2076

Name _____ Address _____ City _____ Province _____

slowly until tender but not brown. Blend in flour. Add milk and salt and cook and stir until thickened. Pour 1/2 cup of sauce over olives and fish and heat thoroughly. Add cheese to remaining sauce and stir until cheese is melted. Split short-cake into 2 layers. Spread salmon-olive mixture over bottom loaf and replace top. Cut into wedges and serve cheese sauce over top. Makes 5 or 6 servings.



2076 SIZES 12-48

DOROTHY DIX SAYS—

Mail-Order Wife Man Takes Unnecessary Chance On Lady Forced To Advertise

DEAR DOROTHY DIX: I am a young unmarried man. My work is prospecting for ore and developing mines, and it does not give me much opportunity to meet girls. Recently I read in a magazine of a correspondence club and I wrote to it for information. They sent me literature with descriptions of some of the lady members, which is very interesting. Do you think members exaggerate themselves, and do marriages of that kind turn out successfully? The things I look for in a girl are good character, good nature, good health and a good education. I should also want a girl to have the same tastes that I have. Do you think I am asking too much? I can support a wife and I know I would treat one well, but my chief fault is that I am restless and do not stick to a thing till I put it through. In that way I often lose where I should win. But I think if I had the right kind of a wife I would settle down and be better off.

ANSWER: Perhaps a "mail-order" wife might give satisfaction, but the chances are a million to one against it. Buying a pig in a poke is a sure thing compared to marrying a woman sight unseen, and only the foolhardy would risk it.

Marriage is the most personal thing on earth and picking out a husband or wife is a chore that nobody can do for you. For whether a man and woman are happy together or not depends altogether upon whether they suit each other, not upon what they are. Anyway, there are risks enough in marrying even when you have known a girl from her cradle up, without taking any chances on a lady who was driven to advertising for a husband.

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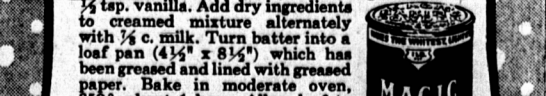
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Melt butter, add onion and cook



MAGIC BAKING POWDER