

Household ScrapBook

By Roberta Lee

Clothespins
Soak new clothespins for about a half hour in a vessel of boiling water...

Thin Eyebrows
If the eyebrows are too thin, apply warm olive oil or Vaseline jelly every night before retiring...

Washing Sweaters
The buttonholes of a sweater will not stretch if they are sewed shut before washing...

How Can I...
Q. How can I stop a leak in a gas plate?
A. If you are using a gas plate with a tubing that leaks or smells, melt some paraffin wax and dip the leaky part into it...

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That Body Of Yours

By James W. Barton, M.D.

REHABILITATION PAYS DIVIDENDS
It should give us all a thrill as we see the number of men and women who would have been so handicapped by illness, accidents or war wounds that they might not be able to earn even a partial living, restored to complete health or to a degree of health that enables them to do some useful work for which they receive pay.

For years we have watched Workmen's Compensation Boards do all that is possible to restore the injured workman to health sufficient to return to his old occupation or a lighter one. For this service the employer and the government furnish the funds.

Then there is the wounded or injured member of the armed forces who, after raving his health restored insofar as this is possible by our military hospitals, then receives treatment for any handicap such as a lost arm or leg, weakened lungs or heart or other defect, and during or immediately following this is taught a new occupation or trade for which he is fitted.

In a paper read last June before the Section of Physical Medicine and Rehabilitation at the 101st Annual Session of the American Medical Association, Dr. Howard A. Rush, of New York, reported that there were 476 patients discharged from the physical medicine and rehabilitation services from the four hospitals connected with New York University-Belleue Medical Center. Of this group, 342 lived within 25 miles of New York City. Of the remaining 134, one-half were disabled miners sent to the Institute of Physical Medicine through the United Mine Workers of America Welfare and Retirement Fund.

What were the results of this rehabilitation treatment, aside from the great life in morale of the handicapped individual being able to do some useful work in his community?

Ninety per cent of the entire number derived some benefit and when fourteen who did not complete their program are not counted, the number benefited is increased to 87 per cent.

The number confined to wheelchairs and beds decreased from 67 per cent to 32 per cent of the total, and the number bedfast, included, decreased from 36 per cent to 11 per cent. The number able to do some kind of work increased from 18 per cent to 59 per cent, and the number unable to look after themselves decreased from 63 per cent to 18 per cent. When we think of what being able to look after themselves means to these individuals and thus releases beds and those who had to care for them, it means much to the finances of the institution.

Thus Dr. Rusk states: (1) Rehabilitation pays dividends in dollars as well as in social returns; (2) Rehabilitation of severely disabled persons who are not physically employable is no less valuable commercially than the employment of the less severely disabled who are rendered employable.

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ELLEN'S DIARY

By An Island Farmer's Wife

We like the aroma of soup these winter days, as it simmers in a combination of stock and vegetables, and it is fragrant as a summer bouquet; and water to provide wholesome and tasteful fare for the lads from their school and the farmers home from the woodlands...

Slivers of cabbage too, we hide there, of those grown in Jennie's garden, planted and weeded in brief spells off from the household, for at Alderlea last summer the cook's days were very full. She would be attended to the field by the two children, one chatting blithely of little-girl interests, the other broadish, plump lad seated presently, mounding earth about his busy bare toes. And James saying one day as he has so often reminded us: "Don't neglect to salt your cabbage—they won't head good without it!"

The carrot we place therein and, we think, to a mother-in-law, humble and sometimes plain, yet full of good works, is product of Mr. A's field. In the cool of the morning and across a river of mist, we have rested our housework to watch him team there at the cultivating. Unhurried, yet steadfast, the farmer guided them at the work. And we were happy, in this restless and ever-changing and hurrying world to have left to us still something from the past—something extremely good.

For years a team was an integral part of the farming—and an over-all man: plowing smooth-set furrows, cultivating, sowing, reaping, gathering, taking time to do the work well and proudly; finding in the peace and quiet of the endeavour at hand a fitting time and place to contemplate deeply on the often imperponderable verities of life.

Potatoes-of-late, we have used those of the McIntyre variety, some of the yield from a few rows of field grown at Alderlea and brought to us by the younger farmer to have James remind our buyer to "fetch home a few herings to go with them." And the fishing boats of our girlhood went out again along the Strait, prows cutting paths in the trackless dark waters, a ripple of foam in their wake.

A bit of parsnip we added for subtle flavor, of those secured by James on an evening excursion which took him abroad. Then after the manner of Reynard who brings tidbits to the little woman and children in the hollow log, these came though in gift to this Family. Little else did we contribute than the salt and water and the fire? Was the end of left-over peas a negligible quantity? The tomato and breadcrumbs? And the satisfied air of the cook who knows that in the last analysis she has provided excellent fare for her household?

Nae looses or crosses today. But the safe arrival of a lassie of a calf to swell the number of Rob's smallest pure-bred herd. And at the good tidings it came to mind that this might be a favorable sign and good token of the spring increase of farm to come.

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

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DOROTHY DIX'S COLUMN

Impetuous Suitor

Three Dates Weekly With Girl Not Enough For Young Man

DEAR MISS DIX: Three months ago I was transferred from a position in my native city to one in this town about four hundred miles away. When I took over my new duties here, I met several women my age, 24, some of whom I dated until I met Peggy, upon whom my interest has centered for the past two months. I have dated her two or three times a week since, and am quite content to attend a movie or a ball game alone when I can't be with her. I know she isn't dating anyone else. We see each other at work, usually have lunch together, but for some reason I can't get her to consent to more than two or three nights a week dating. She lives with her mother and an older sister; I have a furnished apartment. I know I'm in love with her, but don't know how she feels. Should I tell her of my love? I don't want to do anything that will cause a break-up. I want to marry the girl, but don't want to do anything rash.

NED N. EXCELLENT PROSPECTS

ANSWER: Working up to a proposal after a friendship of two months is a bit precipitate, Ned. You have made terrific progress in a short time, and I do think it wise to remain in status quo for at least another month or two. Surely you can't expect the lady to be more responsive, at this stage of your friendship, than she is! She gives you a very liberal share of her spare time, and quite probably has home duties that occupy most of the remainder. You certainly have nothing to worry about as to Peggy's feelings for you at present. From all indications she regards you, at least, as a very good friend, pleasant companion, and acceptable suitor. Can you ask for more? Wait a while, then tell her about your love for her and I'm sure the response will be all you wish. Best of luck!

DEAR MISS DIX: What is your opinion of people who allow their daughter to go to her husband without a touseau? There was no objection to the match, no lack of money since the daughter was sent through college, and she stepped into a home fully furnished by the groom. She, however, had to start buying clothes on her honeymoon, and had no linens at all. I'm sure the girl feels humiliated. She had no time to make her own money since she married the day after graduation.

CATHY

ANSWER: The task of collecting a girl's touseau is no longer the responsibility of the parents, as it was in time past. Today, when most girls do work for a time before marriage, and when the high cost of living makes the education of a daughter quite a financial drain on the family budget, young people themselves have taken over the job of furnishing the required items for setting up housekeeping. The family of the girl to whom you refer (and I bet you're on the in-law side of the fence) undoubtedly did incur considerable expense in giving the daughter a college education—which is a much greater asset to bring to marriage than a few friveries. Since the girl married immediately upon graduating, she certainly realized, as did her fiancé, that there would be no money earned for a touseau. Certainly, she had no cause for humiliation at the lack of one.

DEAR MISS DIX: I am a young girl, fairly attractive, living near an army base. I met a boy from the base and we dated each other quite some time. Then, I discovered he was already married. Now I'm uncertain whether to wait for him or not. He says he will get a divorce.

TINA

ANSWER: Wait if you like, but I assure you it will be a long, long wait! You provided amusement and diversion for the young man while he was away from home, and his interest in you has by now ceased to exist. He'll make fools of other girls, just as he did of you, but always he'll go back to the wife and kiddies—as long as she'll have him.

Morning Smile

An Interpreter

The sweet young thing stepped up to the counter of the chemist's shop, blushing prettily, and asked, "I wonder if you would read this letter for me. It's from my fiancé. He's a doctor."

they are safe and she won't forget them.

Q. Which is correct, when a man and wife are signing a greeting card with their first names, Mary and Bob or Bob and Mary?

A. "Mary and Bob" is the correct form.

Q. Is it permissible or proper to use the handkerchief at the dinner table?

A. Yes, if necessary, but it should be used as inconspicuously as possible.

Itching, Cracked Toes and Feet

Here is a clean, stainless anti-septic oil that will do more to help you get rid of your trouble than anything you've ever used.

The action of MOONE'S EMERALD OIL is so powerfully penetrating that the itching is quickly stopped and in a short time you are rid of that bothersome fiery pain and soreness. Two or three applications before bedtime will ensure a good night's rest.

You can obtain MOONE'S EMERALD OIL at any modern drug store. It is safe to use—and failure, even in long-standing cases, is rare indeed. Sold satisfaction or money back.

HUGHES DRUG CO. LTD. JENKINS PHARMACY REDDIN BROS.

Modern Etiqu