

Modern Etiquette

By Roberta Lee

Q. What should one take into consideration when planning the centerpiece of the dinner table?

A. That tall ornaments which obstruct the view are not in good taste, as the guests naturally like to see each other across the table. It is far better to have a simple, flat bowl of flowers or fruit, flanked perhaps with a pair of candlesticks.

Q. Is it all right to answer a formal invitation by telephone?

A. Never. A written reply should be sent, and in the same style as the invitation—that is, in the third person.

Q. Whose place is it to cut the wedding cake?

A. Usually the bride cuts the first piece, and then allows one of her attendants or relatives to finish the job.

Cook's Corner

COFFEE GELATINE CREAM

This velvet-smooth dessert has both coffee flavor and sweetness in a very nice degree.

Yield—6 servings.
1 tablespoon plain gelatin
1/2 cup cold milk
3 eggs, separated
1/2 cup granulated sugar
1 1/2 cups rather strong hot coffee
1/2 teaspoon vanilla
3/4 cup fine granulated sugar.

Soften the gelatin in the milk. Beat the egg-yolks slightly, then gradually beat in the 1/2 cup sugar; slowly stir in the hot coffee.

Stirring constantly, cook over hot water until the custard will coat a spoon.

Remove from heat at once and stir in the softened gelatin; stir until gelatin is dissolved. Add vanilla.

Stirring occasionally, cool until the mixture begins to thicken.

Beat the egg-whites until stiff but not dry; gradually beat in the granulated sugar, beating until the meringue will stand in peaks after each addition.

Fold meringue into thickened coffee mixture. Turn into individual serving glasses and chill. Serve with pouring cream.

How Can I

By Anne Ashley

Q. How can I brighten furniture?

A. First wash with a pure soap, using a soft cloth; then rinse and dry. Mix equal parts of linseed oil, turpentine and vinegar. Shake well, put several drops of liquid on a cloth, and apply to the furniture. Finish with a good rubbing with an old piece of soft silk. The furniture will be as bright as if varnished.

Q. How can I make a serviceable laundry bag?

A. Use an ordinary wooden coat hanger for the top of the laundry bag, and sew the goods neatly over this hanger. Then make a slit near the top to insert the soiled clothes.

Q. How can I make a polish for black or tan shoes?

A. A few drops of lemon juice dropped on the shoes followed by a brisk rubbing with a soft cloth will give a splendid polish.

Better English

By V. G. Williams

1. What is wrong with this sentence? "Only three or four people were present when I finally got to the meeting."

2. What is the correct pronunciation of "chignon"?

3. Which one of these words is misspelled? Idollary, ignominious, illiterate, idiomatic.

4. What does the word "solicitous" mean?

5. What is a word beginning with co that means "existing at birth"?

ANSWERS

1. Say, "Only three or four people were present when I finally arrived at the meeting." 2. Pronounce shen-yon, e as in sheen, o as in on, accent first syllable. 3. Idollary. 4. Full of desire; eager. "He is solicitous of the good will of every person." 5. Congenital.

Household Scrapbook

By Roberta Lee

The Tape Measure

Sew a piece of strong tape about four inches long to one end of the tape measure. Wrap this end around a small spool and fasten securely with a tack. When the tape measure is not in use it can be wrapped neatly around the spool and placed in the work basket. A loose tape can prove quite an annoyance in a work basket.

Blouses

A fine blouse can be dampened evenly for ironing, by wringing a towel from water, rolling the blouse tightly in it and leaving for about ten minutes before ironing.

Sugary Jam

To make hard and sugary jam almost as good as ever, place it in the oven until the sugar melts, then take out and allow to cool.

Morning Smile

A Habit

"Is that man annoyed with you about something? He didn't even return your greeting."
"Oh, him. He's my neighbor—never returned a thing in his life."

ELLEN'S DIARY

By an Island Farmer's Wife

"It's all very fine and nice —this weather we're having" —the Family commented on it this morning, "but we'll still have our spell of mud!"

"It may not be long this spring," we offered.

"And it may be longer!" he smiled, "you never can tell!"

The new day — and week was spread calm and lovely on the hillsides; on a roof the sun wove a coverlet of gems out of the hoarfrost; smokes from the neighboring houses mounted prettily into the serene blue and quiet lay the farmhands about. "Then," we laughed, "we'll have to look up!"

We look away sometimes from the serenity of these Island farms in winter to those far-away places where summer still reigns. We hear of them in descriptive word-pictures from a native son or daughter of this Province — those who even after lengthy absences can still yearn for these green meadows and red soil of Home which "run down to keep a nightly tryst with the sea."

Remember too, as do so many of us, a loved old house, a Church, a school where friendships were made, links forged for a lifetime; and all those happenings of the young years which in some way were woven into the fabric of our thought often without one's intention or awareness.

One such daughter of The Island, in her own rights a gifted writer, looked back in a recent letter to us to the girlhood days to recall fishing at a mill of memory — "in both the upper and lower pond, on spring and summer evenings."

"What are you reckoning," we inquired of Jamie this evening when he turned a leaf on the calendar.

He smiled.

"I was adding the days to find out how many there are before the trout season opens. I guess," he said with some longing, "the time between will soon slip away."

Gage should know more about fishing this year, not that he wasn't good for his age, but sometimes he was a little bareless — not quite patient enough, to my way of thinking."

So many lovely scenes she still cherishes from the young years, not erased by the charm and wonder of that Californian city where she now resides. "The passing of the horse and buggy is good, but I loved the slight rickety, but I think I would still get a thrill dashing along to the music of bells under the silvery moon and stars — with all the countryside a wonderland! I still miss the snow at Christmastide although it is years since I last experienced a White Christmas."

She "remembered how to knit" warm woollens for beloved grandchildren in a colder State she had mastered, we are sure about a first "Home Comfort" in the light of a "coal-oil" lamp, while wintry winds made light of the snow then falling, heaping it in ever-deepening drifts.

"Well, I don't know very much about you yet, my lass," a Scottish Elder smiled down on the new Minister's little daughter, when she with her mother came one chilly day to shop at his store.

"But I do know that somewhere you've got a Grandmother after my own heart. She knit those bonny woolen stockings you are wearing — now didn't she?"

The youngster nodded eagerly. "And these gloves too!" she explained, holding out her hands proudly.

"Aye," he said, "mine used to too. It's great, to have a Granny who knits!"

Bonny letters we get, which afford us intimate glimpses of fascinating places we may never visit and a sight into the very hearts of folks we may meet only "on paper."

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

Wake Island, American outpost in the Pacific, is on a direct line from Hawaii to Hong Kong.

The Queen Fends For Herself



Queen Elizabeth had to fend for herself as she removed her white fur coat when attending a benefit concert for British and Netherlands flood relief in London. Dirks

U. Stikker, Dutch ambassador, on Queen's right, was more intent on the stage show. Elderly lady, left, is Princess Marie Louise, granddaughter of Queen Victoria.

DOROTHY DIX'S COLUMN

A Helpful Grandma

Young Mother Would Do Better To Realize Her Own Duty

DEAR MISS DIX: I am 22 years old, the mother of three boys, and we have the upstairs apartment in my mother-in-law's house. Since it's easier for the children to go into her apartment from the backyard where they are playing, they go to her for drinks and cookies during the day. She seems to be willing to have them. It's okay with me, and saves me a lot of running up and down stairs.

Also, my husband works nights, and I don't see any harm in my going into town for the evening after the children are in bed, since their grandma is in the house to keep an eye on them. I don't believe in the saying, "Grandma raised her kids—you raise yours." If she's willing to watch them and doesn't say anything, why not take advantage of her good nature?

YOUNG MOTHER
ANSWER: I can't blame the busy young mother of three small boys for availing herself of grandma's help, but I certainly deplore your attitude. You should be grateful for a co-operative mother-in-law who is willing to lend a hand with the children. You are being most unfair in trying to take advantage of her good nature, as you so crudely put it. You assume that, at 22, you are entitled to all the freedom you can get, but at the same time you deny the privilege to an older woman who has well earned a rest.

Your mother-in-law is a woman of infinite patience and forbearance. Her occasional services as baby-sitter should be accepted with appreciation; the entire burden of watching your children is asking quite a bit too much.

DON'T NEGLECT YOUR CHILDREN
You aren't fair to your husband, in going out so much. You certainly aren't fair to the children in leaving them to someone else's care so often. You need a revised sense of values.

Of course, I can understand that you married very young, and have acquired quite a family for a 22-year-old. The children are your responsibility; however, and not their grandmother's.

Grandma might decide to get a job and you'll have lost the best help you'll ever have. I hope you repay some of her devotion, at least with kindness, but your general assumption of "I come first" rather belies that hope.

DEAR MISS DIX: I'm a sadder but wiser middle-aged woman, who, a year ago, married a younger man. He was nice looking, dressed well, was handy around the house, and had a pleasant disposition. He had no money, but I thought that didn't matter since I had a home, car and a small income. Immediately after our marriage he became an entirely different person. He thinks only of himself, has tantrums every time he's crossed, and wants to drive the car everywhere himself. I so wanted someone to love, and to love me, but I was sadly fooled in him. He isn't well, and I know he needs me.

ANSWER: Of all the despicable men in the world, I rate high those who take advantage of the loneliness of older women. Your husband obviously needed someone to support him, and you were his choice. The undertones in your letter lead me to believe that, car or not, he supplies a need in your life for someone to care for, and perhaps you feel better with him than without him.

DEAR MISS DIX: I'm 25, the mother of three children, and have recently left the hospital after an operation. The doctor says I must go away for a rest, but I don't see how I can leave the children. Besides, I don't believe a wife should go anywhere without her husband and children. If my husband knew of the doctor's advice, I know he'd insist on my going away. I am very nervous.

ANSWER: While your ideas on leaving husband and children are commendable, there are times when separation is necessary, as in your case where a serious matter of health is involved. For the good of all the family, you should follow your doctor's advice. The Social Service Worker at the hospital you attended will help you find a place to go, and suggest someone to care for your children.

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

Alice Brooks Designs

Sixteen ovenware motifs! Just once over lightly with your iron — and look at all the pretty aprons, tablecloths, sheets and cases for the guestroom you have! In sunny yellow, blue and green — they're washable, quick and easy to transfer. No embroidery!

Pattern 7315: sixteen motifs 1 1/4 x 1 1/4 inches to 5 1/2 x 2 1/2 inches. Easy! Washable!

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.

She Was Laid Up With RHEUMATIC PAIN

"I had been afflicted with rheumatic attacks ever since I was a girl," writes Mrs. F. Rose, Selkirk, Man. "Four years ago I was in bed tormented by rheumatic pain and unable to work. Then I heard about Templet's T-R-C's. Soon after I started taking T-R-C's I was able to get out of bed, and walk about and do my work. I only wish I had learned about T-R-C's years ago, for I feel they would have saved me a great deal of suffering. This welcome relief from nagging pain can be yours. Don't suffer another day from Rheumatic, Arthritic, Sciatic or Neuritic pain. Get Templet's T-R-C's — Canada's Largest-Selling proprietary medicine for quick relief from such pain. Only 65c, \$1.35 at drugists. 7-449

TRANSFER DESIGNS IN 3 COLORS



7315

By Alice Brooks

That Body Of Yours

By James W. Barton, M.D.

MOST HEART PATIENTS CAN SAFELY UNDERGO ELECTRO-SHOCK TREATMENT FOR MENTAL SYMPTOMS

It is known that many individuals with heart disease, by care and medical supervision, and living on a lower level of physical activity, can live as long as if they had no heart disease. However, when a heart patient begins to show mental symptoms, it is a question whether he is capable of withstanding the shock treatment that helps so many early cases of mental disturbances.

All shock treatments — insulin, metrazol, shock — put a strain upon the patient because shock treatments cause a convulsion. It can readily be seen that a patient who has to live a quiet life physically can become depressed mentally, and has more time and more inclination to think "inwardly" about his physical and mental symptoms. The question then arises as to whether it is safe for the psychiatrist to use shock treatment.

In the Bulletin of the New York Academy of Medicine, Drs. Curtis T. Prout and Donald M. Hamilton report that 87 per cent of a group of 104 psychiatric (mental) patients between the ages of 60 and 82 benefited from electro-shock treatment. Although serious heart and blood-vessel disease existed before treatment in more than two-thirds of the patients, electro-shock treatment proved a safe procedure after careful medical evaluation of the patient's condition. The following factors should be considered in deciding to use electro-shock in the psychiatric treatment of patients over 60:

1. The patient should be suffering from a fundamentally functional disease (not an organic disease affecting brain structure but a "behavior" disease).
2. In the elderly, such illness may be complicated by confusion and delirium due to exhaustion or poisoning from long use of "quieting" drugs, insufficient intake of food and liquid, and insufficient removal of wastes. Medical attention to these conditions ordinarily results in prompt relief from mental symptoms.
3. The usual or routine treatment of mental symptoms should be tried before giving shock treatment.
4. A thorough physical examination of heart, blood vessels, blood pressure, including electrocardiogram and chest and spinal X-rays. Electro-shock relieves such symptoms as depression, anxiety and tension, resulting in lessening or disappearance of delusions and hallucinations. Patients are then better able to respond to the usual psychiatric treatment.

In Diseases of the Nervous System, Dr. E. F. Kerman reported 93 per cent complete prevention or relief of symptoms from electro-shock by use of the drug Dramamine.

A Genius

"Talking of brilliant ideas, old boy . . . I often wonder who was the married genius who first thought of taking the dog for a run after supper."

Anne Adams Patterns

ARE ON A MATCH!

Mix 'em, match 'em, love 'em from now on right into summer! SEW-EASY separates double your wardrobe — take you to work and out to play, too! Blouse has the briefest collar, skirt — the biggest pockets. Jacket is the new short length! Quick, send now!

Pattern 4874: Misses' Sizes 10, 12, 14, 16, 18. Size 16 jacket, skirt; 4 yards 35-inch; blouse 1 1/2 yards. 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.

The Stars Say . . .

By Genevieve Kemble

For Tomorrow

IT is certain that affairs of consequence on this day are in line for reaching desired goals, with little difficulty or opposition. It is probable that a shrewd and tactful approach to cherished consummations may be desirable rather than forced issues or harsh methods. Far vision and subtlety may promote plans and objectives in connection with those in influential places. Practical results may come from tact, courtesy and keen grasp of hidden factors.

For the Birthday

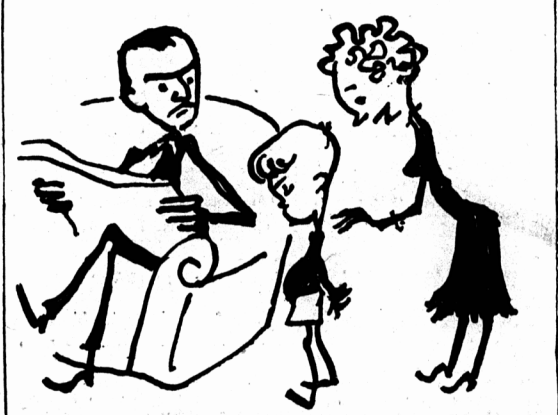
Those whose birthday it is may approach major plans and objectives of high importance by a practical and orderly program, albeit the approach be based on keen vision, backed by shrewd and astute evaluation of underlying factors. An undercurrent of the subtle, intuitive and tactful could win against forced issues. The so-called "power urge" might be tempered by clever use of compromise or yielding a point at the psychological moment in a crisis. Novelty and ingenuity might impress those in high place. A child born on this day may attain influential place in life by its tact, shrewdness and some unique plan of action.



4874

10-18

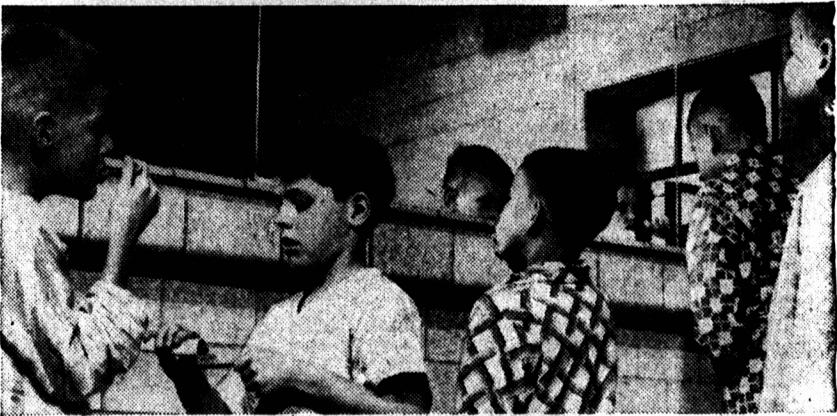
by Anne Adams



"Now tell Daddy what happened to his Shirriff's Marmalade!"

Now — Dental Journal reports:

Chlorodent — in 60 days — brought new mouth health to 158 children at Boys Town



At Father Flanagan's famous Boys Town, Chlorodent proves twice as effective!

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The dramatic Boys Town study of gingivitis — a wide-spread mouth disorder — proves that Chlorodent can bring healthier mouths to millions!

Boys Town co-operated in this research wholly in the interest of child health. Over 400 boys took part. Most of them had gingivitis. One group brushed their teeth only with Chlorodent. A similar group used only a fine white toothpaste.

Results of this research appear in *The Journal of Periodontology*. In just two months, 78% of the boys using Chlorodent showed dramatic improvement in mouth health. Chlorodent was proved twice as effective as the white toothpaste for quickly reducing gingivitis!

Chlorodent destroys mouth odors.

Scientists found Chlorodent's special chlorophyll formula kept twice as many people free from mouth odors for up to four hours! Too, Chlorodent fights tooth decay, keeps teeth cleanest. See your dentist if mouth troubles persist. Use Chlorodent regularly. Buy it to-day.

Lever Brothers Limited guarantees Chlorodent to do more for you than any other dentifrice — to give you a

Clean Fresh Healthy Mouth



Be sure to ask for Chlorodent — World's Largest-Selling Chlorophyll Dentifrice

Aerowax
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ONLY 43¢ per pint

I've switched to Borden's Evaporated Milk! My family prefers the flavor!

Don't let old shopping habits make you miss the true-to-milk flavor of Borden's Evaporated Milk!

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... Add Javex to rinse water, immerse, rinse. (See special directions on label for extra stubborn fruit, ink, etc., stains.)

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most housewives know 20 EASY WAYS Javex MAKES THINGS WHITE! BRIGHT! SWEET! CLEAN!