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THE CHARLOTTETOWN GUARDIAN

Pattern Dept., Box 13, Old Chelsea Station, New York 11, N. Y. Print Name, Address with Zone, Pattern Number, Size.



CELERY SAUCE

1 qt. cucumbers.
1 qt. onions.
1 qt. cauliflower.
2 heads celery.
3 green peppers.
2 red peppers.
Cut all vegetables fine.
Set over night in hot brine drain in morning.

Sauce
1/2 gal. vinegar (white).
6 cups brown sugar.
2 oz. white mustard seed.
1/2 oz. celery seed.
1/2 cup paste of 2/3 cup flour, 1 lb. mustard, 1 tablespoon turmeric.
Stir slowly into hot vinegar.

—Mrs. Keith Harrington,
Spring Valley W. I.

That Body of Yours

By James W. Barton, M. D.

ALLERGIC EMERGENCIES

It might well be said that no disease is as common as the common cold, yet almost one in every three cases of what is called the common cold is really caused by allergy—over-sensitiveness to various objects about us. A very common cause of allergy is house dust and even road dust.

In the Medical Clinics of North America, Dr. David W. Talmadge states that the seemingly large numbers of allergic diseases are really not varied, in fact, only a few of them are seen about us daily. Those we see often are asthma, difficult breathing, and hives (urticaria). The first sign or symptom of allergic disease is of the erythema type—hives. Between 10 to 30 per cent of patients with untreated seasonal rhinitis, as allergy is called, eventually develop asthma, so often present during the hay fever season.

Asthma may be due to drugs, feathers, foods and other substances. A severe attack of asthma is known as status asthmaticus. The well-known boxer, Tiger Flowers, was a typical case.

Severe persistent asthma is most frequently seen in asthmatics in the older group but it may occur in the young as well, early or late in the course of the disease. It may surprise many to learn that some of these persistent attacks of asthma may be caused by emotional disturbances. Any one or a combination of the following factors may be responsible for the development of status asthmaticus:

1. Overwhelming exposure to an allergen or antigen
2. Infection of nose, throat or lungs
3. Insufficient lung capacity
4. Severe emotional crisis or fatigue
5. Exposure to irritating dust, gas, or smoke.

Irrespective of the immediate cause of the attack, status asthmaticus is clinically characterized by severe shortness of breath, occasionally with cyanosis, lack of responsiveness to the regular treatment—adrenalin (epinephrine) and inability to cough up the large amount of thick mucous material plugging up the small bronchial tubes, and by fatigue, drying of the body tissues and anxiety.

What is the immediate treatment given a patient with status asthmaticus?

1. Providing adequate oxygenation of the blood, giving 10 drops of a saturated solution of potassium iodide, removing the mucous plugs by suction with a bronchoscope.
2. Reassurance, rest, and quieting drugs
3. A search for infections and their removal
4. Inquiry into patient's emotional problems.

Modern Etiquette

By Roberta Lee

Q. When a hostess has waited 15 or 20 minutes for a tardy dinner guest, and the other guests are all there, should she telephone to see why he is delayed?
A. No; she is privileged to go ahead and serve her dinner.

Q. When sending a letter or greeting card to a young man who is sixteen, should one address him as "Mr." or "Master"?
A. Address him as "Mr."

Q. Should one give a tip to a housekeeper of a resort hotel, who seems to be in complete charge of the place?
A. Definitely no.

Household Scrapbook

By Roberta Lee

Berries
For keeping berries fresh take them from the box and dump into a dish or plate, where the air can circulate through them. They will keep much fresher and longer.

Refrigerator Odors
Frequent washing of the refrigerator is important to prevent odors. A small saucer of air-slaked lime set in the bottom of the refrigerator will absorb odors of food.

Chewing Gum on Satin
Chewing gum on satin slippers can be removed by gasoline, benzine, chloroform or ether.

WOMEN

Page 8 The Guardian Friday, April 9, 1954

DOROTHY DIX

Her Child Needs Her Care

DEAR MISS DIX: My 25-year-old daughter has a 4-year-old child, Linda, by a marriage that was of very short duration. We have been keeping the child while my daughter worked away from home. That's the background to the immediate problem. She is now engaged to a former high-school sweetheart, who also has been divorced and is the father of three children, who are with their mother. My daughter and her beau plan a summer wedding. However, he refuses to permit my daughter to have Linda with them since he can't have his own children.

My husband and I feel we've done enough caring for the child so far and, though we love her, the responsibility, we think, is up to the mother. Linda is devoted to her mother and would much prefer to be with her. It seems to me my daughter is headed for a great deal of unhappiness by choosing to leave her child because an irresponsible man does not agree to have Linda in their home. Distraught

STUBBORN DAUGHTER

ANSWER: By this time it should be quite obvious to you that talk alone will get nowhere with your stubborn daughter. You surely must have tried in vain to talk her out of her first marriage, as well as out of this one. Now try action!

Make her accept Linda's upbringing. If necessary, resort to legal measures to force her to take on her obligation. It won't be an easy step for you to take, but if you keep in mind the fact that your action may prevent another unhappy marriage for your daughter I'm sure you'll consider it worth the trouble. You may be sure that the fiance in the case will become quite disinterested when it's apparent that his marriage involves accepting the youngster. Both he and your daughter have an easy knack of shelving responsibility. When she finds that life won't be an endless round of marriage, children, divorce, and discarded children, your daughter may be brought to her senses. The man's background, as given by you in your long letter, certainly shows a person of weak character. There is little or no hope that he will become a good husband.

DEAR MISS DIX: I met Mac last summer and we've become very good friends. However, though I'm sure I love him, he's never said anything about his sentiments for me. I think he still carries a torch for a former sweetheart who is now married. Do you think Mac will ever care for me as I do for him?

ANSWER: Mac needs time and the continued friendship of a sympathetic girl. Do you fill the bill? Of course you do, so do stop worrying. When it becomes thoroughly apparent to him that his ex-sweetheart is beyond his wooing, he'll turn very happily to the young lady who has been such a fine companion. Don't rush him, just be patient.

ELLEN'S DIARY

by an Island Farmer's Wife

"We'll have another day for it," James commented with a smile. "And should we not, well, then we needn't worry about it." The farmers, their number increased this afternoon, and the boys had gathered to supper then. The afterglow tinged the late snow of the fields with rose, and in the windows of the farmhouses on the opposite rise of the valley kindled the fires of the dying day. It made a bright place on the kitchen wall, we remember, halo-like above James' head.

And as we busied ourselves at the serving, we saw other farmers about, come from their barns and their wood-hauling to bear toward their houses, blest as were we to find in these havens, the peace and refreshment of the evening meal.

Our main dish was a humble one: a stew, the mixture comprised of cubes of beef cooked slowly in a covering of water in the frying pan. When almost done we had added bits and pieces of the raw vegetables about—turnip and carrot for color, parsnip for elusive flavor, potatoes for tasteful substance, silvers of onion, and all salted to taste. A homemade relish made a nice accompaniment for it, together with the warm rolls and the baker's loaf that came to the table this evening.

Lone trees were in engaging silhouette then against the rose of the hour and as we moved to replenish a teacup we numbered a pair of belated crows flying homeward toward the near woodlands.

"One for sorrow"—the old world had enough sadness, it came to mind: bereavement of loved ones suddenly taken; never a passing day but somewhere folks mourned. "Two for joy." Aye, that was better. We smiled whimsically as for a moment we watched the solid snow flight.

"No matter how busy I've been or how much worry the day has given me," one of the visiting farmers said, "I always try to put it all to one side while I enjoy my supper. Afterward... there's something soothing. I reckon about the time of day that seems to put everything in a new and more bearable perspective," he chuckled.

Baling straw—this was the endeavour which had foregathered ours and other farmers this afternoon to the barns at "the other farm," there to parcel the contents of a loft into neat bales to make for easier hauling to the home barns. James was there with the rest, doubtless with amazement contrasting present methods of farming with those of the near-pioneer days he had known; besides the fine modern machinery seeing a worn tread-mill of old and remembered teams of those years now long past. "We did well," James said, "even if we didn't see the end of it; and as I said we'll have another day for it."

Another day... maybe... to love the warming spring-shine of sun on the farmlands; to make some dream of old years come true. Until tomorrow... Diary
--- Good-night. ---

French Players Welcomed In Moscow

MOSCOW, (Reuters) — The first performance by Western actors in Moscow since the war was greeted with unprecedented enthusiasm outside the Maly theatre here Wednesday night, where the French Comedie Francaise company presented Moliere's "Tartuffe."

Crowds surged to get in, though all the seats had been sold out weeks before. Ticket scalpers demanded high prices.

It was the first time a French company had appeared in Russia since the 1917 revolution. They will give 20 shows in Moscow and Leningrad.

Russia's foremost theatrical stars crowned members of the Paris company with floral garlands. The first-night audience included Deputy Foreign Minister Andrei Gromyko and French ambassador Louis Joxe.

Stratford Filmed in Color

STRATFORD, Ont. (CP) — The Canadian film "The Stratford Adventure," a 40-minute color documentary of Stratford's inaugural Shakespearean theatre season last year, will have its world premiere here April 12, it was announced Wednesday.

Alec Guinness starred in the two drama's produced—"Richard III" and "All's Well That Ends Well." The film story of the Stratford development made by the national film board will later be given a private showing before Governor-General Massey in Ottawa.

It will open for public showing in Toronto April 16 and later will be shown simultaneously in New York and London.

Morning Smile

Visitor: "These biscuits are lovely, Mrs. Robinson. I don't know how much I've had."
Small Son: "You've had seven."

Better English

By D. C. Williams

1. What is wrong with this sentence? "Many people died from the fever, and the condition of their affairs were deplorable."
2. Which one of these words is misspelled? Harmonious, hayday, harangue, harassment.
3. What does the word "quandary" mean?
4. What is a word beginning with im that means "to urge forward"?

ANSWERS
1. Say, "died of the fever, and the condition of their affairs was deplorable." 2. Pronounce the as in add, accent second syllable. 3. Heyday. 4. A state of perplexity or doubt; a dilemma. "His question puts me into a quandary." 5. Impel.

DISCIPLINE IN LENT

Lenten Meditation

from the columns of the "Times, London"

Lent impresses on the Christian his need of the power which comes from discipline and self-denial. The Christian profession, "to follow the example of our Saviour Christ, and to be made like unto him," involves bringing natural desires and expectations into captivity to his obedience, avoiding the perilous assumption that God will keep us on the sunny side of life; for that is to presume, unconsciously no doubt, that man's natural desires indicate the right standard for God's action.

Discipline is not an accident of life but essential in it, and provided for in its actual conditions. The best instance is life's uncertainties. There is plainly a relatively settled order of nature; but its particular issues, and their precise relation to individual lives, are often as incalculable as they were for men of a less scientific age. In one sense life seems to be involved in uniform law, but the issues of that law for each personal life are unknown. Yet this very uncertainty introduces some leaven of discipline. It is because there is an assured order whose secrets man must learn and obey, while its precise issues can never be counted on with certainty, that discipline becomes a matter of necessity rather than of choice; for risks must be guarded against, and where they cannot be evaded must be met and overcome.

Man grows spiritually through life's uncertainty. There is, indeed, enough certitude to make many easy-going in the matter of character. The ordinary moral equipment may carry men through dangers and temptations which do not make the extraordinary demands of the unexpected. But, tragic though it may often be, it is also fortunate that for few generally, and for none always, is life only a customary routine. Dark days come and life passes into the valley of the shadow, and then a degree of weakness entirely unsuspected is often disclosed. These experiences provide an opportunity. The paralyzing shock of discovery may at first appeal to have come too late, and that is a dangerous moment. Yet it is a divinely appointed occasion of renewal; for then not only may the spirit learn the need of discipline but also gain that power of concentration and effort which is the beginning of discipline. The sting can also awaken the saving awareness to need of the strength and encouragement of a divine grace which always "prevents and follows." Also, through facing danger comes the knowledge where danger can and ought to be avoided. The prudence which knows when and how to retreat is not gained in panic but is one of the ripest fruits of courage often its surest proof.

Lent provides a warning that there is no security in spiritual emptiness and idleness, but only in the increasing spiritual activity which gains the right to self-reliance. Trials come at an hour we know not and in unexpected forms. "As a snare shall it come on all them that dwell on the face of the whole earth." That is a word of eternal wisdom speaking to universal experience. The unexpectedness of the trial lies only in its forms and time. It sifts character always in the same way teaches similar lessons, proves courage, seriousness, loyalty, and winnows away the chaff of superficial and deceiving sentiment of the frivolity of emotion.

It is always a day of the Lord proving men that they may find assured strength in divine grace, and share in the peace of him whose rest is the unceasing redemption of life from what it happens to be to what he meant it to be.

Golden Fish 'n' Batter

Heat shortening (it should be at least two inches deep) to 370° in a deep-frying pan. (If a fat thermometer is not available, test fat temperature with a cube of bread—the bread should brown in 60 seconds). Cut 1 pound fillets of any suitable fish into serving sized pieces and sprinkle lightly with salt. Mix and sift into a bowl 1 c. once-sifted pastry flour (or 1/2 cup once-sifted all-purpose flour), 1 1/2 teps. Magic Baking Powder and 1/2 tsp. salt; stir in 1/4 c. very cold water and beat until batter is very smooth. Dip fish pieces in batter and then fry in heated shortening, turning once, until golden. Drain thoroughly on absorbent paper, sprinkle lightly with salt and keep hot until all fish has been cooked. Yield—4 servings.



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