

## Modern Etiquette

By Roberta Lee

Q. How should the invitation to a formal dinner be worded?  
A. This may be engraved on a card or written on note paper, and should read: "Mr. and Mrs. James Brown request the pleasure of Mr. and Mrs. Charles Johnson's company at dinner on Thursday the eighteenth of September at eight o'clock—500 Gray Street."

Q. If one is very friendly with a bridegroom-to-be, but has never met his bride-elect, is it correct to send the wedding gift to him?  
A. No. Even though one does not know the bride personally, all wedding gifts are still her property and should be addressed to her.

Q. Is it proper for an office girl to smoke cigarettes at her desk?  
A. This is not a matter of etiquette, but one of her employer's wishes.

## How Can I!!!

By Anna Ashley

Q. How can I keep teacups from slipping about on the saucers when passing them to guests?  
A. It is a good idea to put a few drops of hot water into the saucers before placing the cups on them. This will do away with that clattering slipping of the cups when passing them around.

Q. How can I prevent squeaking casters in my furniture?  
A. Before inserting the casters, dip the shanks into Vaseline jelly and then slip them into place. This not only prevents squeaks, but also greatly facilitates the rolling of the furniture.

Q. How can I skin grease from the top of soup?  
A. Take square sheets of clean white tissue paper, lay one sheet at a time on the surface of the soup, and all the grease will adhere to the paper.

## Cook's Corner

### CANNED TOMATO JUICE

Hot Pack: Use fully ripened tomatoes. Wash well, remove core, cut in pieces, but do not peel. Bring to boil and boil, covered for 5 or 6 minutes. Press through sieve or puree strainer. Bring juice to boiling point, pour into sterile jars, adding ½ teaspoon salt for each pint; 1 teaspoon for each quart. Leave ½ inch headspace. Process in hot water bath for 15 minutes for both pints and quarts. Never loosen seal. Cool as soon as possible out of draughts.

### CANNED TOMATOES

Use fully ripened sound tomatoes to get best flavor and color. Blanch (dip in boiling water) for 15 to 20 seconds, immediately cold dip (dip in cold water), with sharp knife remove core and peel. Quarter or leave whole. Pack into sterile jars with sterile rubber rings (boiled 20

## That Body Of Yours

By James W. Barton, M.D.

### AIR SWALLOWING, AEROPHAGIA

I have written before of the hockey player, a great defense man, who before each game had such a severe pain in his stomach that he felt unable to start the game. By use of baking soda and having him expel gas from lower bowel, he was able to play the entire game. This gas pressure in stomach and intestine was caused by spells of nervousness during which the swallowed air. Swallowing too much air is called aerophagia.

In the question and answer department of Postgraduate Medicine, a typical case of aerophagia is described and a request made for best method of treating this embarrassing condition. The answer is as follows:

"Individuals who have aerophagia frequently complain of passing excessive flatus (gas or wind), the condition caused by air swallowing. Aerophagia most frequently occurs in those patients who eat rapidly, smoke, chew gum or tobacco or have the nervous habit of gulping. Among the foods that produce an excessive amount of gas in the bowel are beans and cabbage, which the patient might refrain from eating if he wished."

The first thought in the treatment of aerophagia or air swallowing is to remember that it is due to nervousness, as shown by the patient's need for gum or tobacco, or eating rapidly. One of the first things these air swallowers must learn if they are to be free of air pressure in stomach and bowel is not to gulp air into stomach. If they can remember their nervous tendency and try to remain calm despite exciting or emotional disturbances and breathe deeply and naturally, they will swallow little or no air. Swallowing air is harmless but can cause discomfort and distress.

Some years ago I quoted Dr. G. Hayne in Minnesota Medicine: "80 per cent of patients complaining of distress in stomach and intestine have symptoms of abnormal fullness, gas and belching. Swallowing air is normal or natural whenever food, drink and saliva (digestive juice of the mouth) are being swallowed. When more than the natural or normal amount is swallowed, it is caused by nervousness, emotional disturbances and tension." In addition to the fullness and belching, there may be dizziness, dull headache, numbness, tingling and heartburn.

minutes or use jars with dome lid with rubber under-rim).

Pack down until tomatoes are covered with their own juice—using sterile spoon or tamper for this. Be sure there are no air spaces, but do leave ½-inch headspace. Add ½ teaspoon salt for each pint, 1 teaspoon for each quart. If pressure canner is used process 5 minutes at 5 pounds pressure for pints and quarts (and for tin cans if used). If boiling water bath is used allow 30 minutes for pints and 35 minutes for quarts.

## Hurst - Currie Nuptials In Summerside



Mr. and Mrs. Richard Hurst are shown with their wedding attendants following their marriage in the Summerside Baptist Church on Monday, September 1st. From left to right are F/L Stuart Martin, R.C.A.F. Station, Chatham, N. B., best man; Mr. David Hurst, Charlottetown, usher; Mr. Hurst, and Mrs. Hurst, the former Barbara Currie; Mrs. S. E. Martin (the former Eleanor Currie) matron of honour; Miss Joyce Currie, bridesmaid; Mr. Chester MacDonald, usher.

## ELLEN'S DIARY

By An Island Farmer's Wife

Our days now have settled into the busy routine of the thrashing, an endeavour which invariably serves to hasten the steps of the farmwife. The steady beat of the gearing reminds us that Time is ticking off our minutes unbelievably fast. Children to school—the morning redding-up—the preparations for dinner... how fast the hours of a thrashing day slip away!

James came in briskly at noon, marks of it on face and shoulders, to comment to those who followed more decorously: "Well, well, she hasn't got it on the table yet! Perhaps, Ellen," he offered with an infectious grin, "you weren't expecting us to dinner?"... It seems as though the Grace before Meat has now taken on more meaning because on every hand farm folks are being made aware of Providential blessings: in lofts, in granaries and bins the saved sheaves and grain, and on tables the gifts of field and garden.

"Bless this food..." — the new of vegetables, colorful, fresh-gathered for the cooking; the loaf of yesterday's baking; the meat and all that goes toward staying the strength of workers in field and barn. The moment's quiet pause while thoughts turn Heavenward, every last farmer and child with head reverently bowed, the scent of the thrashing mingling pleasantly with the aroma of the food about.

"And us to Thy service" — bless us in our round of duties the hours in their turn present: the "Hewing of wood and the drawing of water," of the everyday tasks of our living, commonplace they may be but not menial, these being lifted up and glorified for us by the very spirit of our willing service.

Today's thrashing was at the other farm. Rob came to his share of it after a little lad had been left at school; and the younger farmer, not before the one Granddaughter of all had been set down at hers. Then tractors, grain-wagons, versatile trucks, and helpers foregathered at that place and soon the muted ring of the work halted us over the fields and groves between.

"There's no excuse for not having the meal on the table, Ellen," James smiled teasingly, "you know to a second when the gear stops. No excuse—none at all, except that we had loitered over-long at a window or doorway enjoying the magic spell of September over the farmlands. It's mellow haze along the hills incites leisure rather than haste. "Why hurry?" it asks in irresistible tone. "There will be no other golden month like this. So enjoy this one... see how prettily those fleecy clouds bend to touch the red chimneys of

## Morning Smile

True Happiness

Said the judge to the man in the dock:

"I notice that in addition to misappropriating \$500 you took a considerable quantity of valuables in the form of rings, watches and other trinkets."

"Yes, m'lord," replied the prisoner. "I remembered that money alone can never bring true happiness."

Boss

"Yes," said Mrs. Sharp to a neighbor, "she's accustomed to being master in her own house. In her first husband's will the only thing he bequeathed to her was his trousers press."

## DOROTHY DIX'S COLUMN—

### Nervous Wife

#### Professional Help Needed In This Particular Case

DEAR MISS DIX: My husband and I both agreed to take our problem to you since we can't afford a psychiatrist. I had a hectic childhood and vowed, before I married, that I would never try to dominate my household or make my children and husband as unhappy as I had been.

When I did marry, I don't know what came over me. I began to feel frustrated, fell in love with another man for a brief spell, then had a nervous breakdown. I also suffered a loss of faith in God. That, however, has returned to me. We now have a nice apartment, after five years of marriage, three lovely children, and I feel the worst of the storm is over.

All my troubles, however, are not at an end. My husband and I argue constantly over unimportant things, mostly in front of our children. It's getting to be unbearable. I seem to be repeating the situations of my own childhood—which are the very things I was so determined to avoid. I feel if we continue like this I'll flare up and have another nervous breakdown. My husband and I are 14 years apart in age and both artists. I do portrait painting; he does scenery. While we love each other very much, we don't see eye to eye on bringing up the children, or in what makes life worthwhile. I love to go out—he likes to stay home.

ANSWER: While I do appreciate your confidence in rating my advice so well, I really cannot compete with the personal attention of a psychiatrist—which is definitely what you need. Your problem is, in itself, not insoluble, but you have overlaid it with so many fears, apprehensions and worries over the past that it's almost impossible to extract the meat of your trouble. The effects of your nervous breakdown, coupled with an artistic temperament, make it difficult for you to see things in a good perspective. Actually, your only difficulty now seems to be continual quarreling—and, I suspect, a good portion of nagging on your part—over inconsequential things. A firm resolve to keep these arguments away from the children, and a little patience with your family, could overcome this trouble in no time. However, you cannot achieve the necessary consideration and patience until your nervous and physical ailments are professionally treated and cured.

#### YOU CAN TRY

If you want to try by yourself—and you would certainly deserve a good deal of credit if you could—get to work at once and learn to overlook minor flaws in your husband. You both have interesting work so, if he doesn't take you out as often as you think he should, don't nag! Set aside a definite and limited portion of each evening—or better still, stretch it out to each week-end—to settle your differences. This can be the "argument" period, and should be held entirely away from the children.

Since you had a harried childhood yourself, and are sensible enough to realize the damage you can do your own youngsters by repeating the pattern with them, pull yourself together. It will take

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## Alice Brooks Designs

### BACKWRAP WONDER!

Fun to make, fun to wear... here's a useful skirt for back to school! Easy to fit, wraps! Easy to iron, it opens flat! Embroider by machine or hand. Pattern 7073: Small (24-25 waist); Medium (26-28); Large (30-32). Medium takes 3 ½ yards 35-inch. Tissue pattern and transfers. 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.

### Better English

By V. G. Williams

1. What is wrong with this sentence? "The lecture treated on subjects familiar to the audience."
2. What is the correct pronunciation of "chaste"?
3. Which one of these words is misspelled? Ascension, asbestos, asphalt, asparagus.
4. What does the word "conjunction" mean?
5. What is a word beginning with ju that means "legal power or authority"?

ANSWERS  
1. Say, "treated of subjects." 2. Pronounce the a as in chased, not as in past. 3. Asphalt. 4. Invoking use of magic. "The rain maker's conjuration was deemed to be a hoax." 5. Jurisdiction.



by Alice Brooks

## Anne Adams Patterns

### WEEK'S SEW-THRIFTY

EASY? 1-2-3, and you have her new school wardrobe all finished and ready to put on! Jacket, blouse, jumper—1-2-3 parts to mix and match a dozen different ways for Monday to Friday. Make all three in corduroy or cotton!  
Pattern R4621: Child's Sizes 2, 4, 6, 8, 10. Size 6 jacket, 1 ½ yards 35-inch nap; jumper 2 ½ yards; blouse, 1 yard 35-inch.

This pattern, easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.  
Send Thirty-five cents (35c) in coin (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number. Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Ontario.

### The Stars Say --

By Genevieve Kemble

#### For Tomorrow

THE lunar configurations are intriguing and challenging. Peculiar, novel and unique factors based on strange hidden elements, schemes, may prove baffling. Perhaps there will be aspects that are elusive. Reactions to such intangibles may stimulate the feelings, emotions and behavior to some sort of abnormal expression. While the intuitions or inner leads are responsible and reliable, it is probable that certain novel urges may go through, albeit without benefit of superiors or of executive sanction, although good will is not lacking.

#### For the Birthday

Those whose birthday it is are confronted by a year of the novel, strange, intriguing and challenging, with much to be gained or lost according to the wisdom and discretion used in appraising peculiar predicaments, offers and conditions. Since the intuitions and inner leads or "hunches" are stimulated, and there are tokens of success or unusual ventures, experiments, new lures or indulgences, there is little hope of cooperation in hazardous or questionable schemes. With rare discretion, dramatic success may elate and exalt.

A child born on this day should possess rare talents, acumen and special skills, with inner guidance or inexplicable urges for a strange career.

that white house on the hilltop... and the sky is very blue!"  
"See those ricks a-building, the new lumber glistening in the sun o' morning, and so fetching against the cozy backdrop of green woodlands—the act spelling hopes

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R4621  
SIZES  
2-10  
by Anne Adams

## Household Scrapbook

By Roberta Lee

### Laundering Silks

Light-colored silks should be washed with pure white soap, as ordinary washing soaps will cause them to turn yellow. Silk should not be wrung, but should be hung loosely to dry, allowing the water to drip. And always dry silks in the shade.

### Melting Chocolate

Much chocolate is wasted, while melting, if it sticks to the bottom and sides of the container. But this can be prevented if the container is thoroughly greased before the chocolate is put into it.

### Shoes

Shoes that are rubbed with a soft cloth, lightly smeared with Vaseline jelly every day, will wear much longer, and will not require polishing so frequently.

Wish I Led a Dog's Life!



ONLY COLGATE DENTAL CREAM HAS PROVED SO COMPLETELY IT STOPS BAD BREATH

New Personal Size 25c ALSO 33c, 59c, 89c White!



There never has been, there never will be another offer like this! Wonderful new Breeze washes everything with ease—perfect for shirts, sheets, towels and all the family wash—perfect for dishes too. And inside every box of new Breeze there's a Cannon Tea Towel or Face Cloth! You send no box tops, clip no coupons. Just buy your package of this sensational new detergent and get your beautiful Cannon tea towel or face cloth inside!

**Breeze** thru washday!  
New all-purpose Breeze gets off washables dazzling white... bursts into suds even in hardest water!

**Breeze** thru dishes!  
New all-purpose Breeze dissolves instantly! Cuts grease! Washes dishes sparkling-clean... and glassware dries clean without wiping!

**Breeze** thru everything!  
Yes, new, all-purpose Breeze was specially developed to wash everything.

**ALL-PURPOSE Breeze** washes EVERYTHING with ease!

**NEW! ALL-PURPOSE Breeze** WASHES EVERYTHING

LOOK! CANNON TEA TOWEL INSIDE

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