

### How Can I!!!

By Anna Ashley

Q. How can I correct soup that is too salty?

A. Slice a raw potato into it and bring it to a boil for a few minutes. Then, before serving, take the potato out and you will find that the salty taste has disappeared.

Q. How can I make an oak stain?

A. Mix one quart of boiled lard with three gills of turpentine, six tablespoons of raw umber, and six tablespoons of whiting.

Q. How can I strengthen new stockings?

A. Wash them before using in lukewarm water, to which a few drops of ammonia have been added.

### Better English

By G. C. Williams

1. What is wrong with this sentence? "If this data is correct, either you or I are going."

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

3. Which one of these words is misspelled? Arsenal, argument, arrogance, aria.

4. What does the word "futile" mean?

5. What is a word beginning with am that means "friendly"?

ANSWERS

1. Say, "If these data are correct, either you or I am going." 2. Pronounce rez-er-vvoo, o as in or, accent first syllable. 3. Argument. 4. Useless. "His struggle was futile." 5. Amicable.

## Anne Adams Patterns

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### Modern Etiquette

By Roberta Lee

Q. When carving a turkey, should the host ask each guest which piece he prefers?

A. Merely ask if he prefers light or dark meat. If there is but one turkey and everyone would request a leg, there would be quite a problem.

Q. If one has a house guest, who is in the home on Christmas Day, should there be a gift for this guest?

A. Yes. And, of course, the guest should have gifts for the host and hostess and their children.

4703 WAIST 25"-29"  
by Anne Adams

### That Body Of Yours

By James W. Barton, M.D.

#### HEART FAILURE

A middle-aged man, working hard mentally and physically, had a "heart attack" and was ordered to bed for several weeks. He was greatly surprised and asked his physician if he had had a coronary thrombosis. The physician said not. "Then why am I ordered to bed for several weeks?" The physician told him that he had been working so hard that his heart was tired and needed a rest and that the ideal way of resting the heart was to lessen or lighten the amount of work the heart had to do.

The heart has to do some work because the blood must carry oxygen and food to all the cells of the body and remove wastes from these cells. Being up on the feet and walking around requires five times as much work out of the heart as when lying down resting, and standing and sitting two to three times as much work. It can be readily seen that an individual used to being up and around on his feet can certainly rest his tired heart by putting the least possible amount of effort on it.

What causes heart failure or tiredness of the heart?

Heart failure occurs when too much load is put on it or when the reserve strength of the muscles of the heart wall begin to weaken. This loss or lowering of reserve strength of the heart muscle can be brought about by various drugs and certain diseases of mankind.

In Clinical Problems of Advancing Years, Dr. Tinsley R. Harrison, Professor of Medicine, Medical College of Alabama, states that "our effective measures of treating heart failure act either by increasing the muscular strength of the heart or decreasing its load. Digitalis and digitalis preparations represent our own means of strengthening the muscular power of the heart."

The old illustration of the strength of a bridge is applicable to heart failure. A bridge built to carry ten tons can, through weakened by age and erosion, safely carry five tons for a number of years.

In summarizing, Dr. Harrison states that "we know little about the aging process in the heart muscle. The mechanical alterations occurring within a few hours in the heart removed from the body are similar to those which occur over a period of many decades in the heart beating in the body."

We can all see, then, the logic of the physician's treatment of heart failure; he decreases the load or work of the heart by complete bed rest, which lessens the load both in arteries and veins, and he strengthens the muscle fibers of the heart by digitalis and its various preparations.

Then, or one gift that they all can enjoy.

### DOROTHY DIX SAYS—

#### Parents' Duty

##### Self-Supporting Teen Must Be Curbed For Own Good

DEAR MISS DIX: My daughter, who will be 16 this month, has left school to take an office position. She is doing very well, but seems very nervous and is quite thin and pale. During the last few months she has been going with a girl friend with whom she spends every possible minute. The girl has only been to our house once, but Edna, my daughter, takes every opportunity to meet her. I have a feeling the girl is not very straightforward. Edna meets her after work, coming home an hour later than she should, which upsets our dinner schedule. She spends Friday evening at her friend's, is there all day Saturday and Sunday, usually not getting home until 11:30 at night. We never have Sunday dinner together.

She doesn't lift a finger to help me in the house, to which my husband objects. However, I feel that since she is working and paying me almost half her earnings, I cannot ask her to do anything in the house. I could use some help though, as I am expecting a baby soon.

Should I expect more of her? Should she be permitted to spend so much time away from home on week ends? How much right have I to curb her? I feel afraid to ask too much when she is paying her way here. Please let me have your advice.

M. M. M.

ANSWER: The clue to your whole difficulty is contained in the phrase you use yourself, "I am afraid to ask too much of her." Since when should a parent be afraid to ask anything of a child not yet 16? Who rules your home? The parents or the child? In this case apparently it is the child, and she's doing quite a disastrous job of it. Your problem calls for quick and strong measures. Complacency in the face of your daughter's behavior will result in a complete break-up of your family with ultimate consequences to your daughter that will not be happy.

#### CONSULT A DOCTOR

As a first step in getting her straightened out, I suggest a thorough medical examination. Her nervousness may be due to the tension of friendship, to the demands of her job or many other causes. Have it investigated.

Most emphatically she should give a helping hand around the house. Since she finishes her day's work at 4:30, she has plenty of time to get home and assist you with dinner preparations. The fact that she is "paying her way," as you put it, is no excuse for her to shirk family responsibilities. What child can ever "pay her way" to the family that has reared her with affectionate care? These things are not paid for.

You are also very wrong in permitting her to spend the entire week end away from home. If you prepare a family Sunday dinner, she should be there to have it with you, unless something special intervenes. I certainly advise you to curtail her inordinate visiting. Friday evening, and a few hours Saturday or Sunday should be enough.

You are thoroughly spoiling your child, harming both you and herself in the process. There is still time for you to take a firm hand and exercise parental authority; wait a little longer and it will be too late. Edna will be the chief sufferer of your laxity; it's your duty to her to exert a little discipline.

DEAR MISS DIX: I am in love with a man who is 20 years

### ELLEN'S DIARY

By an Island Farmer's Wife

With a tender smile over the surprise it will presently occasion and the joy it will give, Jeanie brought a sled to this house today and tucked it from right behind the door in the parlor.

It is a small thing, matching in size Mack for whom it is destined. If he is not yet old enough to understand the significance or enchantment of Christmas, he has already learned to recognize his own from his sister's possessions.

This gift will be particularly his. And watching the mother plan for the happiness of her little son, we were more than ever aware of the words: "It is more blessed to give than to receive." In taking some joy to others, it reflects and glows in the giver's heart.

It appears to be a natural trait this giving, not getting, at least with children. "If you had as much money as your hands could hold, what first of all would you buy?" we asked granddaughter, who had come in as we sat at breakfast this morning. She is not usually so early in her visiting but sometimes when the weather is especially inviting, she is out on the heels of her father when he goes to early choring. She calls at this house and stops to enjoy a taste of our fare, before her out-of-door interests beckon again.

"Well" she deliberated "if I had that much, I'd buy a right nice present for mother for Christmas!" We water repeated the query to Gage, our guest of today. "If I had a million dollars" he said dimpling engagingly "I'd buy something for everybody . . . and then—do you know what I'd buy? I'd get a great big dump-truck for myself."

"I'd take you to town in it sometimes to shop but you'd better get it done pretty quick, because" he chuckled, "if you weren't ready to come home when I was, I'd just drive off and leave you!" And James chuckled and patted him on the head. "I'd have to" he explained, "because who would be doing the work on my farm . . . and the cows bawling for something to eat?" That would teach her to loiter her time away!" James agreed smiling.

And granddaughter's eyes shine as she whispers certain Christmas secrets to us. "And won't he be surprised! And," with some concern "will he like it?" "Of course he will—he'll think it the best gift in all the world, because it came from you!" . . . In "The Heart of Midlothian" Jeanie Deans tells the Queen: "It is not when we sleep soft and wake merrily ourselves that we think on other peoples' suffering. Our hearts are waxed light within us then and we are all for righting our own wrongs and fighting our



Mrs. Frank L. Ross, Charlottetown, gives top marks to Fleischmann's Yeast.

### College Teacher Wins Baking Prize at 1951 P.E.I. Fair

A teacher of teachers-in-training at P.E.I.'s Prince of Wales College, Mrs. Frank L. Ross dons the apron at home each Saturday morning for a whirlwind session of baking! Each summer she takes a whirl at baking for the Women's Institute exhibit at the Charlottetown fair—with prize-winning results! And here's the gist of her lesson on home baking. "You may have a lot of skill and experience," says Mrs. Ross, "but you couldn't get anywhere without fine, dependable ingredients. If you start with Fleischmann's Yeast you know you're going to get fast-rising action and light, tender baking. That's my experience with Fleischmann's—that's why I recommend it."

Mrs. Ross speaks from experience. Prize-winning bakers everywhere depend on Fleischmann's Yeast.

## CHRISTMAS TIME

### SUNTER'S LADIES' WEAR

... and there's Christmas Morning Magic in gifts that compliment her feminine charm, her fashion sense, her exquisite taste! Here are the things she treasures . . . dainty lingerie, filmy hosiery, a stunning blouse, beautiful gloves and other smart accessories . . . selected for the loveliest of ladies on your list!

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### Cook's Corner

SPECIAL COMPANY CASSEROLE (6 generous servings)

One pound hamburger, 1 tablespoon butter or margarine, two 8-ounce cans tomato sauce, 8 ounces noodles, 1 cup cottage cheese, 8 ounces cream cheese, 1/3 cup chopped green onions, 2 tablespoons butter or margarine, melted.

Brown the hamburger in the butter or margarine in a heavy skillet. Stir in tomato sauce. Remove from heat. Boil noodles in salted water 10 minutes. Drain. Combine cottage cheese, onions and green pepper.

In a buttered 2-quart casserole spread half the noodles. Cover with cheese mixture, then cover this with the remaining noodles. Pour the melted butter over the noodles. Put the hamburger sauce mixture on top. Bake in a moderate oven (350 degrees F.) 20 to 30 minutes. Serve hot.

### Household Scrapbook

By Roberta Lee

#### Killing Trees

To kill or get rid of a tree, cut it down close to the ground and from then on prevent growths from developing on the stump or suckering from the roots. Bore holes in the stump and fill these with salt and water, and this will hasten the decay.

#### Eyelashes

Promote the growth of eyelashes by dipping a soft brush in pure lanolin and touching the edges of the eyelids with it. The application should be made before retiring for the night.

#### The Goldfish

If the gold fish has become ill, the probability is that it is either due to overfeeding or lack of fresh water.

confronted by a year of high accomplishment, not only in established grooves and ventures, but also in fresh lines of endeavor and achievement. Plans and ambitions are under spur of exceptional versatility, with all forces and faculties well equipped for advancement and rich fruition. The objective mind is vivid and dependable, while deeper subtlety or creative urges may be inspirational, incited by the emotions, intuitions or ideas. Check these before assuming too much responsibility. Use discrimination before any action.

A child born on this day, while practical and objective in its outlook, as well as subtlety, inspiration and intuition to ignite to action. Its advancement is interesting, intriguing.

### The Stars Say - -

By Genevieve Kemble

For Tomorrow

AFFAIRS generally, new as well as soundly established, may move into excellent grooves for accomplishment. All efforts, plans, perhaps inspired ideas or "hunches" could flourish, if reason as well as sound logic are employed. The inner forces and faculties are highly stimulated, making for exceptional achievement, with promotion, recognition and much emotional gratification. But use restraint, discretion, in this.

For the Birthday

Those whose birthday it is are

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