

## The Stars Say - -

By Genevieve Kemble

### For Tomorrow

A DIFFICULT and possibly disagreeable state of affairs may be hard to compose at this period. Under the impetus of poor judgment, unreasonable attempts to force issues, or to make serious blunders are sure to culminate in loss, not only of funds, but of prestige and good will. A crystallized impasse, or reverse, may block all efforts or could tear down good work already begun. Writings, contracts, journeys, could profit, if freed from such erratic judgment or excitement.

### For the Birthday

Those whose birthday it is may have time in which it may be difficult to keep clear of errors, mistakes, false starts and erratic moves. The astral cards seem stacked against the launching of important projects, or a satisfactory culmination of matters already on the way. It might be advisable to postpone action while affairs simmer.

A child born on this day, while keyed to constructive and important ambitions and aspirations, may be blocked in its efforts by strange circumstances, peculiar reversals and setbacks.

## How Can I!!!

By Anne Ashley

Q. How can I keep butter and lard from sticking to the spoon or measuring utensil when measuring it?

A. The next time you are measuring butter or lard for pastries, dip the spoon or measuring utensil into very hot water before using. This will cause the fat to slip out easily, and you will not have to dig it out.

Q. How can I clean leather upholstery?

A. Wash the leather upholstery with warm soapsuds and rinse with clear water. Rub with the white of an egg to retain the gloss, and when nearly dry, polish with a soft cloth.

Q. How can I make a good bottle deodorizer?

A. Pour a little powdered black mustard seed into the bottle, rinsing it afterwards with water. If necessary, repeat this process.

## NORTHERN POLICE

The Royal Canadian Mounted Police is the only police force operating in the Yukon and Northwest Territories.

## Alice Brooks Designs



### IT'S THE TOP

GLAMOUR SHRUG! Make it easily, thrifflily! 2 pattern parts. 1 1/2 yards 54-inch jersey. Use gay beads and felt with just a touch of embroidery. It's a beauty! Pattern 7369; transfer of motifs; pattern in small 10-12; medium 14-16; large 18-20 included.

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### Morning Smile

It Never Fails

Two hunters, after shooting a deer, found themselves lost in the mountains. Finally, one said, "I know how we can get back to town. We'll just shoot another deer."

"Why would that help?" "Why, you know darned well that if we shot another one, it would be illegal and there'd be a game warden show up within ten minutes."

7369  
by Alice Brooks

## ELLEN'S DIARY

By an Island Farmer's Wife

To hear James mention their names and glories was like reading the inscriptions on so many tombstones. In many instances both steed and owner had passed away. He tapped out his pipe on a stove-cover . . . The daughters-in-law are inclined to look askance at this practice of his but in this old kitchen it seems "as right as rain."

"Horses nowadays, Ellen" he commented, "aren't much good in snow. And how could we expect them to be! They've had little experience—why, you might say there's—no no drifts in recent years."

And we chatted there by the fire of more than one winter of the past bringing to light from them, incidents we had almost forgotten. We saw again white-tunnelled doorways to stables and children coasting on the drifts that had climbed up roofs; we touched telephone wires and looked about from strange heights.

We spoke of winters that stalled trains for days, and somewhere from the past we recalled one of these. The drifts were so wide and high that year "The English Mail" had to be carried by horse and sleigh from The Capes to the city. We especially remember this, not that we were not familiar as a child with seeing the mailman pass or arrive at the corner-store just by, with an important locked sack or more, tucked in his wagon or sleigh. But this was a procession of strange men and horses and the sleighs were heaped with it. To us, this indeed was His Majesty's Mail.

It seemed as if we children, awed to silence by the sight of loads and bearers, had glimpsed in the passing a vision of the cloak of the debonair King Edward VII, even caught the brilliant sheen of the fairy-tale gown of his beautiful Queen. We recall that the grave men, well aware of the importance of their mission, exercised well their privilege of right of way. And recognizing this, other traffic moved respectfully aside to speed them on their long road towards the city.

We remember that winter so well because of an incident that happened, the memory of which shall ever remain with us as a nice, indeed exquisite though intangible souvenir of the years . . . It was refreshed in mind a year or so day afternoon when with some leisure at hand we went to take a book from a shelf in our office of sorts. There our library, only small and comprised of favorite bits and pieces, sits. In searching for the book we fancied, eyes lit on a be-draggled copy of these tucked away in a corner—volumes with faded covers, pages, worn and aged.

These were some that mother-to-us brought to our attention one day last summer when an excursion had brought us once more to the old home by the Strait. . . "Those schoolbooks of yours, Ellen—don't you think you had better take them home with you? Well," she added "they may not be yours any more than the others but I notice your name is on them."

And we laughed at the thought of carrying off such idle baggage and also to remember that these once lightly esteemed volumes should reappear to claim us after so many elapsing years. We picked one up . . .

Until tomorrow—Diary—Good-night . . .

## That Body Of Yours

By James W. Barton, M.D.

### ORGANIZING A DEFENSE UNIT OF PATIENTS WITH HEART DISEASE

As most of us think of any form of heart disease as practically a death sentence, it will come as a surprise to learn that the United States is forming a task force made up of patients with heart disease, to be organized by the U. S. Office of Defense Mobilization under the medical direction of the American Heart Association. It is estimated that the group will number one million and a half.

In a news release from the American Heart Association, Dr. Theodore G. Clump, Chairman of the Task Force of the Handicapped, states that to meet the nation's production goals, it will become vitally necessary to bring into defense work many with various forms of heart disease. The above organization of effort is operated under the Work Classification Unit. This new development is restoring handicapped workers to productive employment.

Heart associations and other groups in several cities throughout the country have developed these units within the past year as part of a cardiovascular (heart and blood vessels) clinic or community rehabilitation center and plans are under way for the establishment of similar units in other areas.

A work classification unit is concerned with finding out the work capacity of its patients, based on medical diagnosis, and matching these abilities to types of job activities for which they are best suited by their physical condition.

After all the country needs these handicapped individuals and it is certainly true that the handicapped want to do useful work. Nothing is more important than the maximum use of our human resources. It is a well-known fact that persons with heart impairments can make an important contribution toward meeting these man power needs if their work abilities are carefully estimated.

The American Heart Association has prepared a guide for the national Cardiac-in-Industry. Commission written by Dr. Leonard J. Goldwater, Chief of the Work Classification Unit at Bellevue Hospital, New York City and his staff associates, Drs. Lewis H. Bronstein and Beatrice Kresky. This guide is being distributed by affiliated heart associations throughout the country to physicians, medical social workers, vocational counselors and others who are interested in establishing a work classification unit or who are now operating one.

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## DOROTHY DIX'S COLUMN—

### A Mother-in-Law Speaks

Woman Gives Her Formula For Success In The Role



Muriel Nissen

DEAR MISS DIX: Accept my five cents worth on this perennial mother-in-law problem taken from the book of life. I am a mother and a mother-in-law to six men and women, and I think I can truly say I am welcome in each of their respective homes. I was widowed at 63, and am now past 75. After the last child was married I sold the family home and bought a simple two-room cottage, new and modern, near the church and shopping center. I kept my books, my car, my sewing machine and have a nice little yard to cultivate.

I go among my children in times of joy and of stress, always glad to help out when another understanding woman is a godsend in the house. When the occasion passes, I am glad to go back to the quiet routine of my own home, and I do not feel hurt to know that they, too, are happy to be all alone by themselves. I have resolved never to carry tales or offer advice unless it is asked for. I like to take over the care of the house and the children and let the girls have an evening or a few days off with their husbands. I do not consider them making a baby-sitter of me, but rather that they are according me a place as a loved member of the family.

By keeping up a life of my own, independent of the children, they do not feel I am a weight about their necks, depending on them for life and entertainment. I keep up with my old friends, cultivate my new neighbors, read, keep a nice yard and go to a good show occasionally. The children know I am never home just chewing my nails and feeling sorry for myself. My means are limited and I am constantly receiving gifts of things I can use or such money as they can give.

The press and radio do a disservice to young folks, playing up the predatory mother-in-law. They go into marriage with their guards up, ready to take offense where none is intended. Truly there are many women who are glad to hand over their children to good partners and do everything they can to promote the stability and happiness of marriage.

MRS. H. K.

ANSWER: The whole secret of your success, Mrs. H. K., is that you have grown—and are growing—emotionally and intellectually with each birthday. May God send you many more! You have accepted each responsibility as it came—wife, mother, mother-in-law, grandmother—and discharged it in a fine, capable, womanly fashion.

### A SPLENDID EXAMPLE

Few women achieve the complete fulfillment you have. What a happy world it would be if your example were emulated by more of them. If, instead of whining for the pleasures of a lost youth, they were content to enjoy the richness of the present! Surrounded, as you are, by the things of the spirit—your church, your books—and the material things—a car, a machine, a yard—that help to make a full life, you have learned to make your own pleasures and pastimes without yearning dependent on the constant attentions of your children.

Of course you have been blessed by God with the fundamentals that make your pleasant life impossible. You have health, and a sufficiently good financial background to make you independent. But, of course, these things would avail nothing if you didn't also possess common sense, tolerance, good humor and faith.

Perhaps too much stress is placed on the domineering, trouble-making mother-in-law, but her number, though small in comparison with the mothers who do try to do a good job as in-laws, is still large enough to warrant frequent warnings. It is true, and encouraging, however, that each generation sees a smaller percentage of mothers who are bent at the thought of acquiring daughters or sons-in-law. The modern woman is becoming more self-sufficient, more alive to the many opportunities around her for activity.

DEAR MISS DIX: I'm in love with a boy I've known for seven years. Recently he married another girl and I can't forget him. I'm 18 and he's 24. Do you think I'll ever get him back?

SHORTHY K.

ANSWER: I realize how heartsick you are, and how tragic life is to you at the moment, but you will never make things better by a week at a time, but you will belong to someone else. It seems impossible, I know, but you must stop thinking of him all the time, and look around for another beau. Whatever you do, don't make any attempt to continue seeing this boy. He's out of your life now, and you'll be committing a great wrong if you try to break up his marriage. Even if he should want to go out with you, prove yourself the stronger and refuse.

DEAR MISS DIX: I'm 14 years old and very much in love with a boy 16. We are planning to be married in two or three years. About a week ago I went to the place where Eddie works and his boss told me he had taken another girl, named Ada, out. When I asked Eddie about it, he admitted he had taken her out and kissed her. The girl is engaged, too, so I don't see why she couldn't leave my boy friend alone.

SALLY IRENE  
ANSWER: First of all, you're too young to be so seriously involved with Eddie or any other boy. Secondly, if he has so little love power that he's going to be easy prey for every girl who looks at him, he's not what you want. Always remember, a man who can't be trusted as a friend or a fiance will never be a faithful husband. You certainly don't want to go through life worrying about the Adas of this world, so let Eddie know that you're no longer interested in him.

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

### Cook's Corner

#### ORANGE-NUT BREAD

Half cup orange rind (3 oranges), 1/2 cup sugar, 1/4 cup water, 1 tablespoon butter or margarine, 1 cup orange juice, 1 egg (well beaten), 2 cups sifted all-purpose flour, 2 teaspoons baking powder, 1/4 teaspoon soda, 1/2 teaspoon salt, 1/2 cup chopped pecans, halved almonds.

Wash orange and dry. Remove the thin orange rind with a sharp knife, cutting around the orange. Cut rind into very thin slices with scissors. Combine sugar and water, add rind and stir constantly over low heat until sugar is dissolved. Cook slowly about 5 minutes. (The peel and syrup should measure 2/3 cup). Add butter or margarine and stir until melted. Sift together into mixing bowl, flour, baking powder, soda and salt. Mix in pecans. Add orange mixture and mix just enough to moisten ingredients. Batter should be lumpy. Turn into greased loaf pan. Bake in slow oven, 325 degrees F. for an hour and a quarter, or until done. Turn out on rack to cool. Garnish with halved almonds.

### Household Scrapbook

By Roberta Lee

#### Loose Tiles

If there are loose floor or fireplace tiles, fix them immediately before they are kicked out and lost. A little plaster of Paris mixed with vinegar to a paste should be smeared on the tiles, and they can then be cemented into place. Do not walk on the tiles until dry.

#### Cockroaches

Powdered borax sprinkled over pantry shelves, under paper in dresser and closet drawers, in any place infested with cockroaches, never fails to drive these pests away. Renew applications every few months.

#### Butter Remedy

Try using butter as a salve. It will take the soreness from many a bruise and often prevents discoloration.

### Better English

By G. C. Williams

1. What is wrong with this sentence? "She was aggravated by her husband's failure to appear on

### Modern Etiquette

By Roberta Lee

Q. What is the proper way to eat bread at the table?

A. It should be broken into convenient sized pieces and each piece is buttered separately. Small pieces of the crust may be used to assist in getting bits of food from the plate onto the fork.

Q. Is it ever permissible for a woman to place her purse and gloves on the restaurant table while eating?

A. Never; she should keep these articles in her lap.

Q. How long before the scheduled time of the wedding should the ushers appear at the church?

A. They should be on hand at least an hour beforehand. It is part of their duty to welcome the guests and conduct them to their seats.



Mrs. Whidden Shaw of Windsor, N.S., and her winning daughter get prizes at the historic Hants County Fair.

## WINS HOME BAKING PRIZES AT HANTS COUNTY FAIR

Winning prizes at the fair runs in the family of Mrs. Whidden Shaw, of Windsor, N.S. Mother, of course, gets her ribbons for home baking! And when daughter switches from carriage parades and school work to rolls and bread, she'll have a success tip to follow! "When I took my first lessons in baking from mother, she taught me to use Fleischmann's

Yeast," says Mrs. Shaw. "I've been using Fleischmann's steadily ever since. It's so dependable for quick rising and light dough—the kind that gives you tender, delicious rolls and bread every time."

It's a tradition! Successful Maritime cooks depend for finest results on dependable Fleischmann's Yeast.

## Anne Adams Patterns

### WEEKLY SEW-THRIFTY

TOPS everything! In denim or print cotton, it's an apron or smock. In a rayon fabric it's an overblouse or jerkin. And do make it in terycotton as a beach-coat. A wonderful idea, and easy to sew—no waist seams. Ties to fit, opens out flat to iron!

Pattern 4784: Misses' Sizes small 10, 12; medium 14, 16; large 18, 20. Medium, 2 1/2 yards 35-inch.

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, c/o The Guardian, 60 Front Street West, Toronto, Ontario.



4784

S-10-12  
M-14-16  
L-18-20

by Anne Adams

time to help her."  
2. What is the correct pronunciation of "lyceum"?  
3. Which one of these words is misspelled? Malefactor, malediction, maleable, malnutritious.  
4. What does the word "biblioclasm" mean?  
5. What is a word beginning with vi that means "disposed to revenge"?

### ANSWERS

1. Say, "She was provoked by her husband's failure to appear in time to help her." 2. Pronounce ly-se-um, i as in lie, e as in see, and accent second syllable. 3. Malleable. 4. Destruction or mutilation of books, especially the Bible. 5. Vindictive.

## Phantom Cover Girl COLOURS

PHANTOM Cover Girl Colours are as light hearted as their names. There are six new shades—Lila, Wanda, Gloria, Donna, Vivienne and Yvonne. See them displayed in the window.

PHANTOM'S elegant new Colour Card!

Phantom NYLONS

NATIONAL HOSIERY MILLS LIMITED HAMILTON ONTARIO

## to bloom at dessert time

### Lemon BLOSSOMS

They're fresh and golden as the first daffodil! Dainty tarts brimming with tingling lemon filling. And they're so easy to make with Shirriff's Lemon Pie Filling. The tart 'n tangy flavour comes from real lemon juice! Get a package of Shirriff's Lemon Pie Filling, and delight your family to-night.

For petal shells cut five 2 1/4" circles of pastry. Put one in the bottom of a custard cup, overlap the rest to form petals.

### SHIRRIFF'S Lemon Pie Filling

SAVE WITH SODA

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COW BRAND BAKING SODA