

Modern Etiquette

By Roberta Lee

Q. What are the correct birthstones?

A. January, garnet; February, amethyst; March, bloodstone, aquamarine or jasper; April, diamond; May, emerald; June, pearl, moonstone or agate; July, ruby or onyx; August, sardonyx, peridot, or carnelian; September, sapphire; October, opal or tourmaline; November, topaz; December, turquoise or lapis lazuli.

Q. Is it proper to sop one's bread into the gravy at the dinner table?

A. Yes, but it must be done properly—by putting a small piece down on the gravy and then eating it with knife and fork as though it were any other helping on your plate.

Q. Is it ever permissible to write a social letter with a lead pencil?

A. Only if the writer is in such circumstances that he cannot procure a pen and ink. Otherwise, no.

Household Scrapbook

By Roberta Lee

Dry Hair Tonic

Make a tonic for dry hair as follows: Mix 3 ounces of coconut oil, 1/2 drams tincture of nux vomica, 2 ounces Jamaica bay rum, and 40 drops of bergamot. Melt the two oils together over gentle heat, cool and add the nux vomica and then the bay rum, stirring constantly until well mixed.

Avoid Rings

To avoid rings after cleaning with cleaning fluid, rub the spots on washable goods with a strong solution of salt before applying the gasoline.

Linen

When purchasing linen, select the half-bleached. It is stronger than the bleached, and after washing several times it will become perfectly white.

Chocolate and Cocoa Stains

If these stains can not be removed with soap and water, sprinkle with borax and soak in cold water. Rinse thoroughly in boiling water, if material is washable. For silk or wool, sponge with lukewarm water.

To Spade Or Not To Spade Depends On These Factors

Whether your vegetable garden should be spaded this fall depends upon several factors. If the garden is on a slope where washing and erosion are to be feared, loss of fertility may result and fall spading does more harm than good.

It does not take much of a slope to cause serious washing during the winter in a cultivated garden; and it will pay to guard against it, wherever there is sufficient difference in level to cause heavy rains, or water from melting snows to run off quickly.

Heavy soils, not subject to serious erosion, benefit from fall spading, because the frost action during the winter breaks down the clods. But such soils should be spaded again in the spring, and if only one turning is to be given them, it is better to wait until spring.

The importance of contour plowing on sloping gardens is much stressed by farm advisors. This means running furrows at right angles to the slope, rather than up and down it. The effect is to check washing, and hold water in the depressions between furrows. The same effect can be produced in spading a garden

The Stars Say

By Genevieve Kemble

For Tomorrow

WHILE the aspects for action are accentuated on this day, it is doubtful if any particular progress would be made. Judgment and initiative are not dependable, possibly due to lowered vitality or energy, with negligible support from friends or family. In fact, confusion and treachery are to be reckoned with. Nevertheless there are compensations, perhaps in a sudden romantic adventure. A stranger may give inspiration.

For the Birthday

Those whose birthday it is may anticipate a year of the challenging, strange and intriguing, although with the elements of romance and surprising adventure. Health and personal contacts should be given particular attention. Keep alert to all forms of duplicity and sinister relations. A child born on this day, while adventurous, romantic, ambitious, may be inclined to accomplish matters in the easiest way. Its health should be given particular attention.

How Can I!!!

By Anne Ashley

Q. How can I press suits properly?

A. Try this method: Fold a large piece of newspaper lengthwise, wet one side of it, and fold the dry side over the wet side. Place the wet side against the suit and iron on the dry side. This also prevents shine.

Q. How can I remove wall paper easily?

A. One good method is to add alum to warm water as long as the water will dissolve it, and apply this solution with a white-wash brush. After it has dried, the paper will come off easily.

Q. How can I tighten the blades of scissors which are loose?

A. Try pressing a hot poker on each side of the rivet which holds them. The rivet will expand and fit the hole, which tightens the blades.

That Body Of Yours

By James W. Barton, M.D.

MORE ABOUT PAIN IN THE NECK

I sometimes used to wonder where and when the expression "pain in the neck" started, but when we look at the symptoms of pain in the neck and see how many different conditions can cause this pain, there is no need to wonder any more. Physicians and surgeons are finding so many causes that they do not need to invent the saying "It's your nerves" because it is only too true that our nerves, which tense all the muscles of the body, very often cause this pain in the neck.

In his book "Headache," Dr. Louis G. Moench, Assistant Clinical Professor of Medicine, University of Utah School of Medicine, states, "One of the most common of all headaches is that caused by hypertonicity (severe tightening or contracting of the neck muscles). Any pain in the head, neck, shoulders, chest, or heart (under breast bone) aggravated by movement of the spine muscles at back of neck by stretching or holding neck muscles in the extended position forward, coughing, sneezing or straining, is apt to be arthritis of the joints between spine bones of the neck."

The pain in back of head and neck found in 40 per cent of early morning headaches is thought to be caused by spinal arthritis. In middle and advanced age groups they are found as often as headaches caused by eye disturbances and migraine — one sided headache.

Bookkeeping, typing, proofreading, dressmaking and other occupations in which the head is continually bent forward are frequent causes of back of head and neck pain.

Dr. Moench suggests that in addition to the already known headaches due to strain and arthritis, there is a physical allergy, due to the formation of too much histamine in the blood. During the past year the number of cases of pain and other symptoms due to allergy caused our drug manufacturers to develop new drugs (almost one new drug a week) to fight off these pains caused by too much histamine in the blood.

The role played by emotional tension cannot be overstressed. All higher animals, including man, beset by physical dangers, raise nose, ears, ears as high as possible and lifting the face is done by contracting neck muscles. Instead of dangers of ferocious animals, there are other conditions today that cause most of us to be alert and to tense neck muscles.

Treatment for pain in neck is heat, massage, a high collar injection of pain-killing drugs. When no infection, eye disturbance or nerve tension is causing the headache, it would be worth while to remember that too much histamine may be the cause.

Morning Smile

A Laugh

After having worked his way up to a high Government position, a man visited the village where he was born.

"I suppose the people here, Tom, have heard of the honour that has been conferred on me?" he asked an old schoolfellow.

"Yes, was the gratifying reply. "And what do they say about it?"

"They don't say anything," was the reply, "they just laugh."

Fifty-Fifty

Husband: "You women make me laugh. You say you've been shopping, but you haven't bought a single thing."

Wife: "It was only yesterday, dear, that you said you had been fishing."

Gene!

Speaking about hatred, a preacher asked those members of his congregation who had conquered this sin to stand up.

A very old man—the oldest man in the county—got to his feet.

"You don't hate anybody at all?" asked the preacher.

"No, I don't," said the old man. "That's wonderful. Tell us how you did it."

"Well," piped the aged one. "All those skunks who did me wrong, all those blankety blanks I hated—and he cackled triumphantly—"they're all dead!"



YOUNG VICTIM — Nurse Lois Deeden tries to make Diane Shaughnessy, 45 days old, comfortable in Iron Lung in Chicago Hospital. Infant, whose left leg is paralyzed, contracted Polio when six weeks old and had to be put in Iron Lung.

DOROTHY DIX SAYS—

Early Dating

In This Case, Mother Is Wise To Sanction Daughter's Beau

DEAR MISS DIX: My oldest child is a daughter of 14, very mature, and to my knowledge, a girl highly respected by all who know her. Here is my question:

There is a boy about a year her senior who is very much interested in her. Of course, I realize they are young but my belief is that it's far better to allow them to chum together openly than to refuse them, which might cause a secret correspondence. What is your opinion?



He is a nice boy, and while I don't want them to go steady, I believe I am right in not drawing the line too close.

A. C.

ANSWER: The greatest responsibility a parent has—and one which is too often neglected—is to help a child's development through the various phases of life. Admittedly, the most difficult transition is into and through adolescence. Guiding a youngster through the various phases of life usually leaves a parent limp and gasping. Questions arise of bewildering variety and complex situations become almost commonplace in their frequency.

REPRESSION MIGHT BE HARMFUL

For a 14-year-old girl to show interest in the opposite sex is part of the normal pattern and judiciously handled, it soon becomes part of her life. Such an interest occupies an abnormal part of the child's life when unwise parents repress her natural instincts and make the boy-girl relationship an object of scorn and a reason for undue discipline.

So you are very wise, A. C., to allow your daughter to have boy friends. Dating, of course, should be kept well within bounds as to frequency, places attended and hours of homecoming. It is amazing to see how readily teen-age girls (and boys, too), who are given the privilege of dating, set standards for themselves in these matters. Very few high school students habitually date on school nights; their own attitude toward study, marks, school activities and the like puts the tab on indiscriminate dating during the week.

Keep a wary, though unobtrusive, eye on your daughter's activities; win and keep her confidence. You are setting her well on the road to becoming popular, poised and well-adjusted young adult.

DEAR MISS DIX: For three years I went with Andy, and during that time we became engaged. I broke the engagement and I began going with Roy but have not been at all contented with him. I would so much like to go with Andy again. I know he has no other girl, and think he still likes me. How can I let him know my feelings?

ANSWER: Andy's pride is undoubtedly too much hurt for him to try to date you again, so the only alternative is for you to mend the breach. Could you plan an "accidental" meeting, perhaps at the home of some mutual friend? An opening might occur to give you the opportunity of showing how you feel. The most direct means is often the best; write and invite him to your house for an evening. If he refuses or ignores the invitation, at least you know what your position is.

DEAR MISS DIX: Some time ago I met a man with whom I fell deeply in love. He has told me frankly that because he was divorced he is afraid of marriage and never intends to remarry. We see each other occasionally and I can't get him out of my mind no matter how hard I try. I am a widow and appreciate the meaning of loneliness. I hate to think of giving him up altogether, but I cannot keep up this relationship.

ANSWER: Divorce very often puts a man on the defensive, and fear of further matrimonial entanglements make him very wary. Eventually they get over the fear of marriage, and if you have the patience to wait for your beloved to reach that stage, stick around.

DOROTHY DIX cannot reply personally to readers but will answer problems of general interest through her column.

ELLEN'S DIARY

By an Island Farmer's Wife

Now, along our extent of valley and hilltop, summer's fires burn low. One may catch a glimpse of dying embers, bright spots amid the sombre dark of spruce and fir, where a maple still flames in the sunlight, or a slim poplar, husbands its burnished leaves. And here and there are the copper tones, and golds of the birches, and the bronze of the rowans and odd wildings of apples in the hedge-rows, to remind one of how swiftly the days have fled since these were crowned with blossom.

Fallen leaves, each one we like to fancy an enchanting note in the year's requiem, in their drifting rustled as we disturbed them in passing, when we returned the lane in the dusk... stirred and then settled back to that enveloping silence which to rural folks is part and parcel of the season at hand.

We saw a coldness in the first stars and it came to mind that at morning we should find the nearer waste-gate on the dam, white-spread with frost. And we breathed deeply of the incense of the hundred scents fragrant and distilled which belong only to autumn, and resolving to gather last ends of our garden to shelter tomorrow, came to the general warmth and comfort within.

This is the time of year when farmsteads on such byways as ours withdrew to a seclusion and calm unknown through the warmer seasons, and commence to settle down for the winter. Now the surrounding hills seem to draw nearer as though to bind us more closely within the family circle. And our hearth-fires burn and glow, and summer past, indoor living is accepted again.

No more may the queer ones of the fold linger idly on a verandah or on the everlasting substance of the old doorstep, watching the magic and enchantment of dusk filling valley and upland... touching the mill-pond to liquid silver, lighting a sentinel star in the blue "up the creek," setting quiet whispers of night in vines and flowers and trees about, clothing all in fresh beauty.

Nor again this year shall a gray-haired woman and a girl with old lights in her braids and eyes full of wonder come there to bid the day farewell... lingering while the rich shades of the after-glow faded to pastels, and a distant and increasing rumble brought last loads of hay or sheaves home from the fields—and the workers to day's end, and rest.

For another season is here and is passing, one quite beautiful indeed a veritable "second breath" of summer, yet withal a bit sad with the year's dying. "Did you see these currant bushes?" granddaughter asked when we came this afternoon to the garden to search there for an onion to spice a supper-dish, "the leaves are gone, but the branches are covered with buds. I think" she nodded with a gay smile "we may not have to wait too long for spring!"

... And what of our holidays? These unripe, before us in memory, not unlike a quilt newly made, one composed not of fine lengths of extraordinary material but only of bits and pieces, the light and the darker, yet in its entirety, satisfying and good. There was the morning we talked of it...

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

Better English

By G. C. Williams

1. What is wrong with this sentence? "We expect to be finished with the work inside of a week."

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

3. Which one of these words is misspelled. Notary, sanctuary, gallery, culinary.

4. What does the word "pertinent" mean?

5. What is a word beginning with pro that means "serving to produce abundantly"?

ANSWERS

1. Say, "We expect to finish the work within a week." 2. Pro-

Anne Adams Patterns

WHAT SMART LINES!

THE NECKLINE is fashion! So are the scallops! This is the casual that is a beautiful sport dress in a beautiful sport-fabric—or a dressy date-dress in a dressy date-fabric! All details stitched for emphasis on the season's smartest all 'round dress.

Pattern 4842 comes in sizes 12, 14, 16, 18, 20; 40. Size 16 takes 3 1/2 yards 39-inch fabric.

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Cook's Corner

LAYER COOKIES

Bottom Layer—1/2 cup butter, 2 tablespoons sugar, 1 cup sifted flour, 2 tablespoons grated orange peel.

Cream butter, add grated orange peel and sugar; mix flour. Pat in the bottom of an eight-inch pan and bake in moderate oven 375 degrees F. for 15 minutes.

Top Layer—1 1/2 cups brown sugar, 2 egg yolks, beaten, 2/3 cup chopped nuts, 1/2 cup shredded coconut, 2 tablespoons grated orange peel, 2 egg whites, beaten stiff.

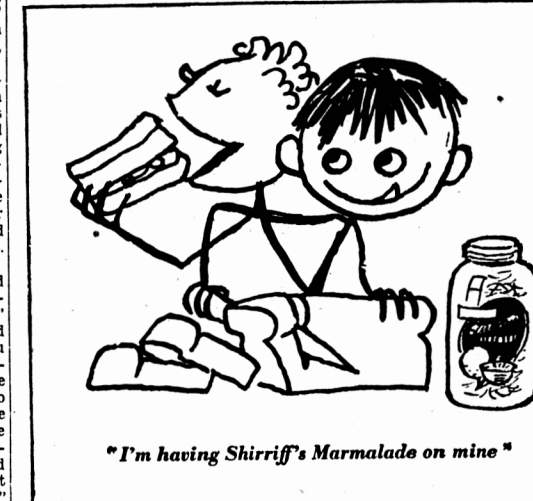
Add brown sugar to beaten egg yolks. Stir in nuts, coconut, and grated orange peel. Add beaten egg whites and spread over the baked bottom layer. Return mixture to oven and bake about 20 minutes. Dust with powdered sugar and cut in desired shapes.



4842 SIZES 12-20: 40 by Anne Adams

"FOWL PSYCHOLOGY"

MELBOURNE, Australia — (Reuters) — Fred Haynes no longer is wakened by early crowing roosters. He built their perches high against the roof or his chicken house. "Now when they want to crow they bump their heads against the roof and change their minds," he said.



Alice Brooks Designs

SET FOR WINTER!

LESS THAN ONE yard of 54-inch fabric for this cozy set! Use remnant of tubular jersey or any soft wool. Prettiest way to brave wintry weather, warmest too.

You want these! Mittens and hat have gay tassels! Pattern C7258: pattern pieces; directions. 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, Pattern Number.

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C.7258

by Alice Brooks



Garden Soil Spaded in Fall Should Be Left With Rough Surface

COCA-COLA AT YOUR PARTY



Thunderbird Braves Paint Up For Royalty

Remember COLGATE Cleans your teeth Cleans your breath Helps prevent decay

NEED A NEW BRUSH? COLGATE TOOTHBRUSH Nylon bristles—Never soggy Firmly set—Don't fall out Reach hard-to-get-at places MAN'S, LADY'S, CHILD'S SIZES EXCELLENT VALUE!