

Modern Etiquette

By Roberta Lee

Q. When a man is leaving his name with a business friend's secretary so that she can have her employer telephone him, should he give it as Mr. Robert Gordon, Robert Gordon, or just plain Gordon?  
A. The proper procedure is to give the full name with the title.  
Q. When asked to cut the cards in a bridge game, is it proper to complete the cut by returning all cards to one pile?  
A. Yes, this is the most courteous procedure.  
Q. Should the hostess at a cocktail party wait until all her guests have arrived before serving the drinks?  
A. No, this isn't at all necessary.

Morning Smile

Brainwork!

The tramp had been on the go all day, and although hating the idea, he agreed to do some work in return for a meal. The farmer led him to a large mound of potatoes. "All you have to do," he said, "is to put the large potatoes on one side and the small ones on the other."  
The tramp settled down to the job. Half an hour later he knocked at the farmer's door. "I'm sorry, guv'nor," he said, "I can't do that job. It's too hard."  
"What!" cried the farmer. "Why it's child's play. You have only to take hold of a potato and put it on one side or the other."  
"That's what kills me," moaned the tramp. "Every time I have to make a decision."

How Can I!!!

By Anne Ashley

Q. How can I make good pan holders?  
A. Instead of making pan holders in the usual way, why not make them in the form of thick pockets? The hands will then be thoroughly protected against both the hot vessel and the steam.  
Q. How can I dry lettuce quickly after it has been washed?  
A. Put the lettuce into a dish towel and swing the towel in a large circle for a moment or two. The water will be thrown off and absorbed by the towel.  
Q. What is a good substitute for soap when traveling?  
A. A tube of shaving cream is a good substitute for soap, and is often more convenient when traveling.  
Q. How can I break up nuts more satisfactorily than with the food grinder?  
A. Roll them firmly with the rolling pin. This also avoids necessity of washing the food grinder.

The Stars Say --

By Genevieve Kemble

For Tomorrow

IT is probable that something in the nature of a "windfall" may give a dramatic and stimulating lift to the spirits. Sudden events and developments may prove of radical and far-reaching consequence. It might be an unexpected legacy, an unlooked-for promotion, honor or other token of reward and esteem. Advanced science, philosophy, religion, may be the culmination of special talents or efforts, duly appreciated and promoted. Invention, creative skills, speculation, finance are also under benign and expansive stimulus.

If It Is Your Birthday

Those whose birthday it is, may be quite dramatically in line for particular promotion, honors, dignities, perhaps with legacies, prize money or other token of esteem in relation to finance, philosophy, religion, education, coming with surprising aspects and thrilling development. Some unique idea or proposition could call for radical change, much joy also. Be ready for spectacular and far-reaching notice or rewards.  
A child born on this day may find rich returns or conspicuous attention for original thought, discovery, scientific or philosophical ideas.

That Body Of Yours

By James W. Barton, M.D.

DECAY OF TEETH DECREASED DURING WORLD WAR II

We never think that war can bring any good to an individual or to a people, yet figures from Scandinavia show that in one respect World War II was of benefit. In Dental Journal of Scandinavia, Dr. E. Alexander reports on the amount of tooth decay before, during and after World War II, and of how the change in diet affected the teeth of the people. Statistical reports show a decrease in decay (caries) of teeth during the war and an increase in the autumn of 1947. This increase in tooth decay was not due to lack of calcium (lime) in the food, as there was a plentiful supply of milk and milk products during the war.

What prevented tooth decay to a great extent during the war was that there was less "lactic acid" on the surface of the teeth. Lactic acid is one important cause of tooth decay. The lack of it was due to a lack of foods rich in easily fermenting carbohydrates (starches), as well as an increase in the power of the body in neutralizing acid due to a heavier secretion of saliva (mouth digestive juice).

Besides this, the food eaten during the war contained more of the rough foods which cleanse the teeth. As there was plenty of time to build teeth and the surfaces of the teeth were cleansed by rough foods, and saliva did a better job of preparing foods for stomach digestion, there was an actual decrease in tooth decay during the war. The decrease in the amount of sugar eaten was, however, considered the most important factor in decreasing tooth decay. It was noted also that there was less decay in rural communities than in cities.

After the war, the amount of tooth decay increased in proportion to the increase in the use of easily fermenting carbohydrates and a decrease in roughage which stimulates the flow of saliva. There is no question but that sugar is our greatest culprit in causing decay of teeth; this has been shown us for years by dentists and physicians. It is not the sugar eaten but what is left on the teeth after eating that causes decay. By simply rinsing out the mouth well after eating, this damage could be almost completely avoided.

The average person does not carry a toothbrush. Dental research workers point out that sugar need remain on the tooth surface only a few minutes before it begins to cause tooth decay by attacking the enamel or outer covering of the teeth. Sugar is an excellent food and gives energy

Better English

By B. C. Williams

1. What is wrong with this sentence "If Bill was here, he would help us to choose the most beautiful of these two pictures."  
2. What is the correct pronunciation of "contiguous"?  
3. Which one of these words is misspelled? Fusible, fusillade, fulgent, fusilage.  
4. What does the word "inordinate" mean?  
5. What is a word beginning with str that means "strict in requirements"?

ANSWERS

1. Say, "If Bill were here, he would help us to choose the more beautiful of these two pictures." 2. Pronounce kon-tig-u-us, ig as in big, first u as in use, accent second syllable. 3. Fusilage. 4. Not limited to rules or to usual bounds; excessive. "He possessed an inordinate greed and love of wealth." 5. Stringent.

Cook's Corner

TURNIP PUFF

This makes a delightful dish, milder in flavor than mashed turnip and more interesting in every way. It is attractive looking and although it doesn't actually rise very much in the puff it is nevertheless light and dishy to eat.

Yield—4 servings.  
1 small turnip  
2 tablespoons butter or margarine  
1/4 cup flour  
1 teaspoon baking powder  
Few grains cayenne  
Few grains salt  
2 eggs, separated  
1 cup coarse soft bread crumbs  
1 tablespoon butter or margarine melted.

Peel and cut up the turnip and cook until tender; drain thoroughly and mash well. Beat in the two tablespoons butter or margarine. Combine the flour, baking powder and cayenne; sprinkle over mashed turnip and combine well. Beat egg yolks and stir in the hot turnip; cool thoroughly.

Beat the egg whites with the salt until stiff but not dry; add to turnip and fold to combine; turn into a greased casserole. Combine the bread crumbs and the one tablespoon melted butter or margarine and sprinkle over turnip; sprinkle with paprika. Bake in a moderately hot oven, 375 degrees, until set—about 40 minutes.

Quicker than any other foods, but rinsing the mouth after eating is necessary.

Strange But True

By F. H. MacArthur

A brand new gadget named "Omni-range" is to be the air pilot's friend of the future. It is static free and will tell a pilot which way he is heading and how he can arrive at his destination in the shortest time possible. The pilot has two needles to keep his eyes on, one tells him where he is heading. The other needle tells him whether he is to the left or right of the "Track" to the station. By centering it and keeping it there he can fly directly to the station he is tuned to. . . . Canada spends about two-thirds as much on public libraries as on bowling alleys, billiards and pool. Only one person in twelve in the Dominion is a regular user of the library. Six million Canadians never read an entire book from one year's end to another, while 42 percent attend the movies once every fortnight.

The word "Quarantine" is from the Italian meaning forty days, which, for Biblical reasons, was the duration of isolation. . . . King Edward, the Confessor, is credited with starting the practice of touching for the King's evil. Those chosen for treatment were required to submit a certificate that they had never before been touched for the disease. Then the King blessed them and touched their sores, and a gold piece was hung about the neck of each.

An international group of scientists working for UNESCO have issued a report to the effect that Race does not exist. . . . They further contend that similarities among races are much greater than their differences, and given equal opportunities, their potential abilities would give them about equal achievements. The Biblical statement that all humans spring from a common ancestry may be in time accepted at its face value. . . . Devaluation of the pound compels Britain to take from her purse 473,000 pounds additional to pay the U. S. debt forced upon them by Uncle Sam in order to save the Socialist Government from ruin—Money, New York.

Strange to relate, Doctor Du-furke of New York state was branded with a hot iron for stealing indigo, etc. in the year 1776—From the Constitutional Gazette of 1776. . . . The first coffee-house was established in Constantinople in 1654 and in London in 1652; coffee then cost about thirty dollars a pound. Tobacco was then on the laboo list. In 1624 the Pope threatened the users of snuff with . . . .  
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ELLEN'S DIARY

By An Island Farmer's Wife

And so notwithstanding our New Year resolutions to keep more appropriate hours, our bed-time is naturally not hastened. Nor indeed is our rising. When a cheerful sparrow of our winter legion chirps on the creeper outside our eastern window to awaken us to the new day, "Wa! Bet be up, Ellen!" James will murmur sleepily, but instead, and according to the instinct of mankind, we "cuddle doon" cozily to enjoy another nap. So our high resolve and seasonal, is lost to our fancy. . . . But it was nothing even remotely connected with New Year resolutions, good and helpful as these can be, that came to mind while we washed the breakfast dishes yesterday morning, came with a yearning we should have liked to fulfill.

We should have liked first of all in the New Year to put aside, for a time every last care of our household, to fill the kettle and lay a thick stick of maple on the coals; to turn the stove drafts to a controlled angle; to put out granddaughters' kittens and hang the broom in its corner, then slip into our seven-league boots and make ready for a trip. We should put on our ageing fur coat—that which will always remain among our most treasured possessions, no matter what hue or fabric shall ever supplant it. Not for its intrinsic value do we esteem it, worn in places and weakening at the seams as it is, but because it came to us in a gift from James one Fall so easy to recall in the present, dull in contrast. That year stands out in fine relief because then, potatoes commanded a good market and we had been blessed as a family in having had what James termed a "fak-good crop. And out of that piece of prosperity, and in a pleasant and unexpected surprise the gift had appeared.

And so we should wear this. And we should tie a scarf about our head so that we would not be so formal a visitor at a door—and we should allow it to fall away, while we chatted. . . . But there's a question has arisen! Should we beg James to join us on the outing? At that time of day, we think it would be of little avail to ask him. Not that James would not enjoy the trip. He would reiterate with boyish enthusiasm, "It's not that I wouldn't like to go, Ellen—understand that! It's just that I can't spare the time!" And then he would begin to check off the lengthy list of chores that waited: hay to be put down from lofts "in both barns", straw too, and the stables to clean. And we should clean some of those sides—this is such a nice day. If we don't, well, it feels like a change of weather. Oh, perhaps not soon but then again, there were sun dogs last evening—and we can expect a shift after that. There's a grist too, to go to the mill, Ellen—and the cattle to water. . . . And James would continue, until hearing we would be somewhat ashamed for even thinking of deserting the place in the insistent state of work which obtained.

My MAGIC pastry rates cheers!

MAGIC CHICKEN TURNOVERS

Combine and chill 1 1/2 c. finely-diced cooked chicken, 1/2 c. medium-thick white sauce. Mix and sift into bowl, 2 c. once-sifted pastry flour (or 1 1/2 c. once-sifted hard-wheat flour), 3 tsp. Magic Baking Powder, 1/2 tsp. salt, 1 tbs. granulated sugar. Cut in finely, 3 tbs. shortening. Mix 1 beaten egg and 1/4 c. milk. Make a well in dry ingredients, pour in liquid and mix lightly with a fork. Roll dough out to 1/4" thickness; cut into 4" squares. Place about 2 tbs. chicken mixture on each square, near corner. Fold dough over diagonally, making triangles. Seal edges by pressing with fork tines; prick tops. Bake on greased pan in hot oven, 450°, 15 min. or until golden brown.



DOROTHY DIX SAYS—

Test Run

Congeniality During Engagement Sign Marriage Will Be Happy

DEAR DOROTHY DIX: Do you think that the way a boy and girl get along before marriage is any indication of the way they would get along after marriage?

AN ENGAGED COUPLE

ANSWER: Of course it is. It is just the preview of what their marriage will be like. It is a prophecy or a warning, only few of them are wise enough to understand it. If a girl and boy are congenial, if they have the same tastes and like to do the same things before marriage, they can count on being good pals after marriage. If they are amiable and good-natured and unselfish and if they get along harmoniously before marriage, they will live peacefully together until their golden wedding day.



But if one wants to do one thing and the other wants to do another; if one wants to go out and the other wants to stay at home; if one likes the movies and the other hates them; and particularly if they fight and squabble and fall out and make up, and are filled with jealousy of each other before marriage, they will live a cat and dog life as husband and wife. The chances are they will end their ill-assorted union by divorce.

THEIR TASTES ARE FIXED

For, you see, by the time people are old enough to get married their characters are fixed. Their tastes and their habits have hardened into a permanent pattern and they not only cannot alter them, they do not want to change them. And their dispositions are set. They are irritable or amiable. Grouchy or good-natured. Bossy or adaptable, as nature made them. And no husband or wife can make them over according to his or her desires. . . . A lot of foolish boys and girls believe that marriage works some sort of miracle on people that changes them from what they are into what they want them to be. Of course, nothing of the kind happens. There is no hocus-pocus in the words that a preacher says over a couple that alters them one iota. If they were uncongenial before marriage, they are still more uncongenial after marriage because their tastes and habits are brought into daily and hourly conflict.

DEAR DOROTHY DIX: I have been married for nearly fourteen years and have a son just beginning to grow up. In the past number of years I have grown away from my husband and now care very little whether he comes or goes. Our boy has kept us together, but that will not last long for I have lost my husband's love as completely as he long ago lost mine.

My husband goes around with other women. In our early years he was gentle and lovable. But now he has grown bitter and hard and selfish and ill-treats me whenever possible. He has given me plenty of ground for divorce, yet I don't want to break up my home and let him go. I am no longer as attractive as I once was and not brave enough to start a new life alone. He adores the ground our son walks upon. What should I do? Am I wrong in wanting to leave him to find his own happiness and I mine?

BETTY

ANSWER: I should judge from your letter that as your husband pays the piper he is the one who has the right to call the tune, and decide whether your shell of a home shall be broken up or not.

Apparently you are one of the women who think that in the give and take of marriage the wife should do all of the taking and none of the giving. A lot of women are like that. They think that their husbands owe them everything and that all the return that they should make is to be nominally wives. . . . According to your own account, you soon lost interest in your husband and made no effort to hold him. Why, then, should you feel yourself ill-used if he has gone to other women for the affection and companionship that you denied him? As for what he owes you, he has paid pretty well for the scraps you have given him by supporting you during all these years. . . . But if you are unhappy and dissatisfied with the uncertainty of your life and as you still want to hold on to your job, why don't you have a frank talk with your husband and find out where you stand? Perhaps he loves the boy well enough to want to keep a home for him at any cost. Perhaps you can re-establish your relationship on a friendship basis.



Bakes Prize-Winning Bread For St. Stephen Fair

Feeding husky appetites on the farm means plenty of baking for Mrs. Hazen Russell, of Moore's Mills, N.B. And at the St. Stephen Fair, Mrs. Russell's bread and rolls are plentifully decorated with prize-winning tags. Of course she knows a few things about ingredients. "I'm extra careful about my yeast," says Mrs. Russell. "For going on twenty years I've been using Fleischmann's Yeast. I know I can depend on it—it's always good and lively." It's true! Fleischmann's Yeast is made extra active to rise extra fast—to give you grand results every time. No wonder the majority of prize-winning cooks in the Maritime prefer Fleischmann's!

Household Scrapbook

By Roberta Lee

Suede Shoe Cleaner

An ordinary small rubber sponge, the tight sort that has a good resistance, is good for keeping the suede shoes clean. It will remove all the dust and soil without harming the fabric, as so many of the very stiff brushes are inclined to do.

Salad Dressing

A good salad dressing for cabbage or fresh salad greens can be made by mixing powdered sugar in sour cream, with vinegar added to taste.

Grit in the Eye

For relief from grit in the eye, apply a drop or two of pure castor oil, or bathe it well with warm witch hazel, or pure olive oil.

LONG REVERED

Ancient Roman law protected any areas containing monuments of the dead with the utmost reverence.

Proven oil reserves in Venezuela are estimated at 8,000,000,000 bbl.

YES! NO!



YES, I ALWAYS RINSE —AND MY TIDE WASH IS ALWAYS SO SWEET AND CLEAN

NO RINSING FOR ME! LOOK HOW DAZZLING CLEAN NEW TIDE GOT MY WASH WITHOUT RINSING!

WITH—OR WITHOUT RINSING—  
new Tide does a better washing job than any soap on earth!

WITH TIDE'S NEW STEPPED-UP WASHING POWER, every grain does more work . . . gives you bright, white, dazzling clean clothes, whichever way you wash! Yes, New Heavyweight Tide does a better washing job than any soap you can buy.



TIDE, UNLIKE SOAP, NEVER FORMS DULLING SOAP FILM. And Tide actually dissolves the dirt out of clothes—holds dirt suspended in the sudsy water! Wring out the clothes—dirt goes too! And you hang up the kind of bright, white, clean wash that makes your neighbors look twice. Get Procter & Gamble's New Heavyweight Tide today—there's nothing like it!

"Yes, my wash is actually cleaner than any soap ever got it (and I've tried 'em all). My wash dries so sweet and fresh, too. I'm a Tide user from now on!"  
Mrs. P. Robertson  
Winnipeg, Man.

P.S.—It's so thrifty, too!

Never before TIDE could you wash your heaviest, dirtiest clothes SO CLEAN!

- Leaves no soap film ever
- Miracle clean clothes—with or without rinsing!
- Dazzling white clothes—with no bleach or bluing!
- Soap-dulled colors come bright and fresh!
- Clothes dry soft—iron beautifully!
- And Tide is safe for all washable fabrics—rinse or no rinse!

"Thrifty new Tide gets even my grimmest wash dazzling clean!"