

## Morning Smile

Coods have to be mighty careful with their flirtations these days. We heard about one pert under-graduate who turned her charms on the school's football hero one day, and met with apparent success.

"Look, we've never been formally introduced," the athlete stammered, "but I've seen you around a lot."

"I've noticed you too," she admitted.

"Are you doing anything tonight?" he offered.

"Why, no," was her excited reply. "What did you have in mind?"

"Well, my wife and I want to go to the movies, and I wondered if you'd be free to sit with our baby."

## Household Scrapbook

By Roberta Lee

### Plane Keys

To clean piano keys, moisten a cloth with lemon juice and dip in whitening, then clean. A cloth moistened with vinegar will whiten the keys. Alcohol is also good for whitening the keys of the piano.

### No Tarnish

If you will rub the brass once a week or oftener with a flannel moistened with sewing machine oil or olive oil, it will prevent tarnish.

### Wet Shoes

When the children's shoes have become stiff from being wet, kerosene will soften them, making them pliable. Castor oil also renews leather. Saddle soap is still another remedy.

## How Can I!!!

By Anne Ashley

Q. How can I rectify furniture on which too much oil polish has collected?

A. Mix one-fourth cup of vinegar with a half-cup of water, dip a soft cloth into this, wring it out, and rub the furniture with it. Dry immediately with another soft cloth.

Q. How can I remove scorch stains from heavy woolen materials?

A. Wet the scorched area with water, sprinkle cornstarch over it, and rub the cornstarch in well. When dry, brush the powder off.

Q. How can I make an attractive and efficient bath tub mat?

A. Tie a number of jar rubbers together with strong thread, letting them overlap to make the mat strong, and making rectangular in shape.

Q. How can I prevent candles from bending or drooping in hot weather?

A. Give them a couple of coats of clear shellac or varnish.

Q. How can I keep the red beets a bright red in color?

A. By adding a tablespoon of vinegar to the water after they have been peeled and diced.

### MEASURE OF GROWTH

Canada's right to form her own legations in foreign capitals was established in 1920.



## Cook's Corner

SALMON CHOWDER

- 1 cup cubed raw potatoes
  - 1/2 cup diced celery (optional)
  - 1 medium onion (peeled and sliced)
  - 1/4 teaspoon salt
  - 1 1/2 cups water
- Cover and simmer until potatoes are tender. Then add one 1/2 lb. can salmon as well as the juice. Also 2 1/2 cups milk
- 1/4 teaspoon pepper
  - 1/4 teaspoon dry mustard
- Heat thoroughly and stir in 1 1/2 cup crushed soda biscuits. Serves six.

—Mrs. Cecil Campbell, Whim Road W. I.

## CLEAR YOUR SKIN

If ugly, disgusting blemishes, pimples, eczema, itching, itchy skin, freckles, acne, athlete's foot, blackheads, or red blotches worry you, try NIXODERM tonight. Works while you sleep to help bring you a clearer, softer, smoother skin. Cures itching, burning, smarting in 7 minutes. Kills many germs, often the real cause of skin disorders. 3. Helps heal the skin. Ask your druggist for NIXODERM today. Satisfaction or money back.



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They're New - - - They're At

**HOLMAN'S**  
Little Shop Ladies' Wear  
Ch'town S'side

## That Body Of Yours

By James W. Barton, M.D.

### REMOVING CERUMEN (WAX) FROM THE EARS

Now that physicians and dentists have health-minded people consulting them twice a year, it might be well for all of us to visit an ear specialist at least once a year to have the cerumen (wax) removed from the ear canal. This cerumen may be present in such a large amount that it blocks the passage of sound to middle and inner ear, by preventing the ear drum vibrating. Why some individuals have an excess of cerumen is not clearly understood; the shape of the outer end of the canal sometimes helps to retain the wax mass. The impacted cerumen is a mixture of wax, dust, hair, and scales from outer coat or surface of the skin.

The symptoms of impacted cerumen are (a) decrease in hearing ability, (b) full feeling in ears making many think they have high blood pressure, (c) sometimes ringing in ears and head noises, (d) cough, sometimes slight dizziness, symptoms after swimming or in a showerbath may occur, the water causing swelling of the cerumen mass.

As the removal of this mass with the disappearance of the symptoms usually requires about one visit to the ear specialist this is well invested time and money as the patient's attempt to remove the mass by means of the use of hairpins, paper clips, and toothpicks with serious results. The old saying that nothing smaller than the elbow should be put up into the outer ear still holds good.

While there are proprietary preparations which soften the cerumen so that it can be removed by syringing with half-strength peroxide of hydrogen, the force or strength of the syringe used may not be properly controlled by the patient himself so that the ear specialist with a controlled pressure syringe is best able to remove the plug.

He first puts in the peroxide and water, half and half, in one ear, has it remain in for a few minutes, patient placing his head on a towel so as to hold in the peroxide, olive oil, or other preparation to soften the plug, and then syringes the ear with a hot solution of boric acid, a half teaspoon to a glass of water. This usually removes the plug in one piece. If not, the process is repeated. It is free of pain.

I write about this cerumen plug at least once a year because it gives so much relief from symptoms noted above and also as a warning to the patient not to try to remove the plug himself.

The afternoon and evening hours favor social life. Sports, recreation, group activities of every sort should be exceptionally pleasurable.

### For the Birthday

If tomorrow is your birthday, you may, at present, be entertaining some doubts as to the outcome of your ambitions, but stop and reflect. There is no reason for discouragement. If you know that you are pursuing the right course and doing the best that you can, you should find great joy in that fact alone. Success is not an overnight affair, so keep plugging; get as much pleasure as possible out of each day's work, secure in the knowledge that your innate talents and abilities will eventually see you through.

Toward the end of the year you may, quite unexpectedly, find a way to cut down on expenses and there is also the possibility that you will be given an opportunity to make some spectacular financial gain. If so, consolidate them and start off the new year with the happiness that comes from an ever-increasing sense of security. Domestic, social and romantic affairs are under excellent aspects. A child born on this day will be self-confident, intense and determined to achieve.

Patience pays too, when you launch baby on his first solid foods. (Remember textured cereals. Food is quite different from easy-to-slide-down liquids.) A "trial run" at solids may well be easier with Gerber's ready-to-serve Cereals. For Gerber's have the nicest-to-the-tongue texture . . . the bland, pleasing flavors infants respond to. Even more important, they're enriched with the vitamins and minerals growing bodies need. Five for mealtime interest: Mixed, Rice, Barley, Oatmeal, and Wheat.

Cries from stinging eyes during shampoo time can often be eliminated if you rub a bit of vaseline over baby's eyebrows and nose. Wonderful how it stops suds from trickling into little eyes.

Big #1 large plastic bits really cover baby, keep clothes cleaner. And once over with a damp cloth, food dribbles disappear.

Send for this lovely Baby Spoon! Famous Winthrop design in heavy silver plate! Regular value \$1.25.

Yours for only 25 cents plus one box top from any of the five Gerber Baby Cereals—Mixed, Rice, Barley, Oatmeal, or Wheat. Address Mrs. Dan Gerber, Box 17, Toronto 18, Canada.

POPULAR 200  
The famous zoo at London, England, has more than 3,000,000 visitors each year.

**MORSE'S TEA**

## DOROTHY DIX'S COLUMN—

HEARTLESS SON

### Sister Complains That Brother Refuses Aid To Her Or Mother

DEAR MISS DIX: All my life my chief object seems to have been to please my parents. My brother, on the other hand, always did everything to upset them. He'd never give anything—but was always on the receiving end. He's five years my senior and was always my mother's pet. Dad died when I was 10, and during his long illness, Elmer, my brother, wouldn't even run errands for us. That was ten years ago. Since then Elmer, my mother and I have lived together, Mom and I working to keep the home going, my brother working to keep himself in good clothes and build up a fine bank account. Mom works out, then works at home for her son, doing his washing, getting up early to get him off to his job, and catering to his every whim. I recently had an operation and need another son, yet I know I can't depend on my brother for one cent of help.

AGATHA

### MONEY-MAD INDIVIDUAL

ANSWER: Seldom have I heard of a man so brutally heartless, completely selfish and money-mad as your brother is described in your long letter. It's a shame that your mother can't see the truth as you do. Of course, her desire to please him at every turn, her pathetic efforts to win at least one kind word from him, her futile hope that some day he'll change and grant some reward for her years of devotion—all have contributed to the production of one completely self-centered male. There's little hope that after 35 years of spoiling, she'll alter her attitude toward her son, yet this is the only hope either of you has for decent living.

Elmer is undoubtedly a case for a psychiatrist, but since he certainly won't admit it, there's no hope of getting him to go to a doctor for treatment. You might take your story to a family counselor, but I doubt if either you or your mother would act on any advice you received, the main point of which would be that you both leave the house and Elmer. Your future is bleak, since your mother won't do anything to hurt Elmer, and you, naturally, won't do anything to hurt your mother.

DEAR MISS DIX: I'm a divorcee of 27, with a six-year-old son. I have been going with a divorced man a few years older than myself. Though he is very much in love with me, and adores my child, my feelings for him consist more in deep respect. I can't seem to forget my husband. Should I marry this man, try to forget the past and be happy, or would it be a mistake?

GLENNA

ANSWER: It is always a mistake to marry one man when your heart is with another. Very rarely does marriage dull the yearning; usually it increases the heartache for a lost love.

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

### The Stars Say - -

By Genevieve Kemble

For Tomorrow

THE lunar vibrations are especially good today and will help you in the solution of many problems that have beset you in the past. Also, you may be quite surprised at the simplicity of the solution you have been seeking, so take advantage of the situation and prepare to go on to new and bigger projects with complete self-confidence.

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### Better English

By D. G. Williams

1. What is wrong with this sentence? "Keep me posted, and I will be back in a few days."

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

3. Which one of these words is misspelled? Receive, acheive, percieve, bereave.

4. What does the word "paranoic" mean?

5. What is a word beginning with tu that means "clouded; not clear or translucent"?

ANSWERS  
1. Say, "Keep me informed, and I shall return in a few days." 2. Pronounce boo-ka, oo as in boot, accent second syllable, and not bow-kay. 3. Achieve, A. A model or pattern; a type of excellence or perfection. "She was a paragon of chaste womanhood." 5. Turbid.

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## ELLEN'S DIARY

By An Island Farmer's Wife

So you're still at the harvest, Ellen?" a friend settled long years now in another Canadian Province wrote yesterday in a dainty and interesting letter. "I've been wondering why James allowed it to continue so far into October this year. Now I know, Ellen" there is a smile here "he's smart at any work, but maybe he didn't commence soon enough! Seems to me this is potato-time down on The Island. In fact the early varieties I would venture to say are 'saved' by this."

"Looking back to those years when you and I were young, Ellen, I remember our school-holiday began about the tenth; three weeks we had to help gather the 'reds' and the McIntyre blues. . . Can't you see some of those mornings yet? The white frost of night lingering along the shadowed side of the row; the sun not yet climbed very far above that rise by the school—and a breeze blowing in from the Strait."

"Wouldn't it be nice to come back to it again, Ellen, though I'm afraid there wouldn't be many potatoes gathered, there would be so much in the long long time between to chat about! What tales we should tell! And what of those who could not return now . . . those gone to 'that echoless shore'? Knowing whom the years had taken . . . and supposing things were again as they had been in those olden days, would we not look closely to see if we could sense any shadow of what was to come—in face or speech or manner of those now 'lost awhile' to us? . . ."

"Now what could have happened to him?" we said today laying aside the newspaper which had announced the passing of a boy we had known and respected much in our young years. . . a quiet, thoughtful fellow, naturally good and kind. And the younger farmer hearing laughed—perhaps only to lighten our temporary gloom—and offered, "Well, Mother, you can't expect everyone to live to be a hundred, now can you?"

"I guess we'll have to blame it on the weather!" James put his finger on the cause of our extended harvest season this evening. "We got at it in fair-good time, in fact as soon as it was ripe. And ever since, when we had good weather, we kept things moving as best we could. . . And aren't we making good headway these days, Ellen! Another day or two like this will see the last of it."

At mid-afternoon in a neat procession led by one little truck and ended by the other, the scene of the threshing was moved from Alderlea to the quiet of "the other farm" beyond this place. We caught James' wave in passing. The gesture was not altogether in token of steadfast fidelity to us, but a signal to indicate that once more we were to assume the responsibility of feeding this flock!

"I suppose we'll have about the same acreage of grain next year, Ellen," James said in reply to our question tonight, "a patch more

## Anne Adams Patterns

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I'm hoping, if we can get that piece of stumped land cleared. You know, to farm, right, there should be no idle corners lying about." If James had ten sons, or even five instead of two, what farming he and they should have done! Until tomorrow . . . Diary . . . Good-night . . .

### WHAT ABOUT COOKING

A great deal of the vitamin C content of vegetables can be removed or destroyed if improper cooking methods are used or if cooked vegetables are allowed to stand before being eaten. To obtain the most vitamin C for the money, vegetables like cabbage and turnip, which are excellent sources, should be used raw in salads or in wedges. When vegetables are boiled they should be left in fairly large pieces and placed in boiling water. As little water as possible should be used and the cooking water should be saved to be used later in soup, gravy, or vegetable drinks. Vegetables taste skin or baked.

better and vitamin C is retained to a greater extent if the cooking time is shortened and if the vegetables are served as soon as possible after cooking. Potatoes have more nutritive value if boiled in the vegetable drinks. Vegetables taste skin or baked.



4508 SIZES 12-20

by Anne Adams

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