

Cook's Corner

BAKED STUFFED SQUASH

This nicely flavored stuffing is pleasantly moist without being at all wet. The seasoning is good. An attractive light main dish.

- Yield—4 servings.
 2 large pepper squash
 4 teaspoons butter or margarine
 1½ cups coarse soft bread crumbs
 ¼ pound cooked ham, coarsely chopped
 1 tablespoon chopped parsley
 1 tablespoon finely chopped onion
 ¼ cup pulp from canned tomatoes
 ½ teaspoon salt
 Few grains of pepper
 Pinch of powdered sage
 ½ cup shredded nippy cheese

Wash the pepper squash and cut each in half, crosswise; scoop out seeds. Cut a thin slice from the base of each half, so that it will stand steadily.

Spread inside of each piece of squash with butter or margarine.

Prepare bread crumbs and sprinkle with the chopped cooked ham, parsley, onion, tomatoes, salt, pepper and sage. Mix lightly. Fill squash halves with bread crumb mixture, then place in a



WAITS FOR DAD—Cured of her ailment, this three-year-old girl, whose name was given by her father as Mildred Hall when she was admitted to an Ottawa hospital October 8, still waits for her daddy to return and claim her. She has been ready since October 28 but her father, who gave his name as Raymond P. Hall of Cornwall, Ont., hasn't showed up. Efforts to find him so far have been unsuccessful. (CP Photo).

Modern Etiquette

By Roberta Lee

Q. Is it proper for people to greet each other in church before the service begins?

A. No; the babel of voices in a church just prior to the service shows an extreme lack of good breeding on the part of those who are creating it. If you do see a good friend in church, a pleasant smile is quite enough—and any speech should be reserved until after church service is over.

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

A. In most circumstances — no. Only if the writer is unable to procure pen and ink.

Q. Is it proper for a person to butter an entire slice of bread at a meal?

A. No; the bread should be buttered only a small piece at a time.

roasting pan (choose one that has a cover). Pour ½ cup water into pan around squash.

Cover closely and bake in a hot oven, 400 degrees, until the squash is almost tender — about one hour. Sprinkle tops with shredded cheese.

Return to oven and bake, uncovered, until the squash is tender and the cheese nicely browned — about ½ hour longer.

The Stars Say

By Genevieve Kemble

For Tomorrow

THE astral tempo of yesterday continues unabated, with accelerated action toward a high degree of attainment. In many practical and constructive efforts, all plans and propositions develop along lines of cherished hopes and wishes. While intensive concentration may build with skill, energy and exceptional initiative, there is also aid from influential quarters, perhaps with surprise angles or revised techniques. But the same lack of domestic sanction obtains.

For the Birthday

Those whose birthday it is are assured of a high pinnacle of achievement, with promise of cherished goals in all aspirations, ambitions and also professional distinction. The status quo remains on a firm work basis, although it may be found advisable to revise the point of view, or to make changes of benefit in the way of improved technique. There is no letdown in the realm of attainment, with special tokens of appreciation from high places, excepting possibly in continued lack of support from family or friendly associates. Nevertheless, promise of fulfillment is high.

A child born on this day is assured a vivid, constructive life, with high place and distinction.

That Body Of Yours

By James W. Barton, M.D.

SURGICAL TREATMENT OF DUODENAL ULCER

One of the commonest ailments in these days of turmoil is ulcer of the stomach and ulcer of the first few inches of the small intestine—the duodenum — into which the stomach empties its contents. This ulcer (stomach and intestine) is called peptic ulcer. Until a few years ago operation to remove the ulcer was considered the best treatment, but as the patient did not change his disposition or personal make-up, that is continued to worry, he grew another ulcer.

However, by reassurance, diet, alkalies, the medical treatment of peptic ulcer has replaced treatment by surgery, except in cases where complications have arisen, and as there appears to be a great number of these cases, physicians and surgeons are again using surgery and obtaining excellent results.

In Nebraska State Medical Journal, Lincoln, Dr. George Crile Jr. of the noted Cleveland Clinic, states that during the past five years over 400 patients have been treated at the Clinic by vagotomy (cutting of the vagus nerve supplying the stomach and small intestine) and by gastroenterostomy (making an artificial passage from stomach to intestine).

Seven of the first 154 patients could not be traced, but the remaining 147 have been followed for from two to four years. Good results have been obtained in 90 per cent of the patients followed. Another 3 per cent had no return of the ulcer symptoms, but have side effects of the operation or stomach and intestinal symptoms arising from causes other than the ulcer severe enough to require some diet and medical treatment. In 10 patients (7 per cent) the results are classified as failures.

"The 90 per cent of patients in whom satisfactory results were obtained are following no diet, taking no medicine, and are permitted to eat, drink or smoke as they please. They have been informed that they no longer have the tendency to ulcer (ulcer diathesis) and that they can forget they ever had an ulcer." The patients themselves state that they have never felt better in their lives.

Because the death rate of these operations — vagotomy and gastroenterostomy — is less than 5 per cent, because the illness and side effects of operation are lower than with gastric resection (removal of stomach) and because in 95 per cent of the cases there is no evidence of recurrence or return of the ulcer for from two to four years after operation, Dr. Crile believes that vagotomy combined with gastroenterostomy is the best operation for patients with complicated duodenal ulcer."

Marriage Of Interest Here



—Photo by Vincent Thomas

MR. AND MRS. RALPH CHARLES LALIBERTE

Gladioli and ferns formed the setting in the Assumption Church, Eastview, Ont., for the marriage of Miss Margaret Mary MacKinnon, daughter of Mr. John MacKinnon and the late Mrs. MacKinnon, formerly of Prince Edward Island, and Mr. Ralph Charles Laliberte, son of Mrs. Evelina Laliberte.

Rev. J. E. Brennan performed the ceremony, and Miss Mary Grimes was the soloist. Given in marriage by her father, the bride was attended by her sister, Miss Bernice MacKinnon. Mr. John Laliberte was best man for his brother and the ushers were Mr. Sylvester Corkery and Mr. Reginald MacKinnon.

The bride wore a redingote white satin over a gown of white net, and a pearl crown held her full length veil. She carried a semi-cascade bouquet of Better Time roses, stephanotis, and chrysanthemums. Following the ceremony the reception was held at the Eastview Hotel, Montreal road. Later the couple left on a honeymoon trip to Lake Kasagawigamog, Ont.

To travel the bride wore a two-piece dress of pure silk in turquoise and navy with navy accessories. Her corsage bouquet was of deep pink gardenias. Mr. and Mrs. Laliberte will live in Westboro, Ottawa.

Out-of-town guests were Mr. and Mrs. John Laliberte, of Norman, Ont.; Mr. and Mrs. S. Roger, Smith's Falls, Ont.; Miss Couture, Fort William; Miss Margaret Laliberte, Mr. Dean McShane and Miss Rita MacDonald of Toronto.

DOROTHY DIX'S COLUMN

Privileged Male

Marriage Is Entirely One-Sided According To This Husband

DEAR MISS DIX: We have been married seven years. About four years ago my husband began dating another girl. We broke up our home but, after a year's separation, he promised he would never be untrue again. For the children's sake, and because I love him, we went back together. Everything was fine until six months ago when he stayed out all night. The same thing has happened since and, although he says I have nothing to worry about, he refuses to tell what he does on these occasions.

Furthermore, these are his viewpoints on marriage: As long as he brings home a pay-check, he has no other obligation to us; he is entitled to come and go as he pleases, doesn't feel he should take the children or me out at all and accuses me of being a nagging wife if I ask where he has been. He has told me many times the only reason he married me is to have someone to take care of the house and have children for him. He has suggested that I get your viewpoint.



Muriel Nissen

ANSWER: Did your husband have a special marriage ceremony written for him? Apparently he did, since his idea of marriage differs so radically from any I have ever heard. I'd love to see his privately issued, specially privileged edition. When he married you, he promised to love, honor and cherish, and, by any interpretation of the English language, that involves considerably more than bringing home a pay-check and treating a wife like a hired hand. In fact, he seems to take considerable pride in pointing out to you that your status is exactly that of an unsalaried underling.

INSIST ON YOUR RIGHTS

You have every right to know where your husband goes when he stays out night after night; the fact that he is unwilling to disclose this information gives you every reason to doubt that his actions are above reproach.

If your husband is at all interested in establishing his home on a firm foundation, which, of course, should have been done seven years ago, he'll give up these liberal notions of the right to unlimited freedom, settling for a little more give and take. No one-sided marriage can be happy; compromise and concession must be equally divided. Your husband would apparently be just as happy, if not happier, with a paid houseworker to care for his home. Of course, she'd cost a bit more than you do, but on the other hand her status would preclude any possibility of nagging, as he calls it.

You certainly are not being treated as a wife and probably never will be. Your husband is an essentially selfish and egotistical person. He is probably incapable of sharing anything with anyone, since he has inflated his own ego with the assurance that no one is on a par with him, therefore no one is worthy to be accepted into partnership with him. This attitude is not uncommon in marriage, and, of course, with it no home can be a happy one.

DEAR MISS DIX: My husband is in service and I write to him every day. I tell him everything I do. He is jealous and gets mad over small things. I have been told not to be so frank with him. I never do anything I think is wrong, but he seems to try to read things into my letters that aren't there.

ANSWER: If your husband has a naturally jealous nature, his absence from home is bound to augment it. Read your letters over carefully, and make sure that you have left no opening for his suspicion to latch onto. If you know that it annoys him to be told certain things—as for instance, that you visited friends he doesn't like, or something of that sort—omit the item. I certainly hope you aren't doing anything you shouldn't, in which case, of course, you have your own conscience to tell you what to do.

DEAR MISS DIX: I have been going steady with a boy for about two months and would like to give him a birthday present. What would you suggest?

ANSWER: Since I assume you are very young, and probably don't have much money to spend, I think records would make a nice gift. If he plays a musical instrument, sheet music would also be welcome. Almost all young people like music.

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

Better English

By A. G. Williams

1. What is wrong with this sentence? "I had rather be safe than sorry."
2. What is the correct pronunciation of "cliche" (a trite phrase)?
3. Which one of these words is misspelled? Dispar, disparage, dispatch, dissideance.
4. What does the word "sinuous" mean?
5. What is a word beginning with la that means "to rend, or tear"?

ANSWERS

1. It is better to say, "I would rather be safe than sorry." 2. Pronounce klee-sha, e as in clean, a as in shay, accent second syllable. 3. Dispar. 4. Bending in and out; of a serpentine or wavy form. "The slender woman walked along the street with a sinuous grace." 5. Lacerate.

How Can I

By Agnes Ashley

Q. How can I make use of left-over oatmeal?

A. The cup or two of oatmeal left from breakfast will make delicious muffins for luncheon. To one cupful of cooked oatmeal add one and a half cupfuls of flour, three tablespoons of sugar, four teaspoons of baking powder, a little salt, one egg, half a cupful of sweet milk, and two tablespoons of melted butter. Bake in buttered muffin tins in a hot oven.

Q. How can I remedy a pair of kid gloves that are too small in the wrist?

A. They can be stretched by dampening the wrist on the inside with water, and stretching them on a glove stretcher until they are dry.

Q. How can I clean chinchilla furs?

A. They can be cleaned with borated talcum powder.

Household Scrapbook

By Roberta Lee

Fur Coats

The principal enemies of fur coats are heat, moisture, friction, and moth. Keep the furs away from radiators, avoid as much as possible wearing them in the rain, and don't make a habit of carrying the purse in the same position or leaning against automobile parts. Put the furs in cold storage for the summer.

Clogged Drain

A drain will not clog if, about once a week, three or four tablespoons of soda are placed at the opening of the drain, then washed down the pipe with boiling water.

Enamelware

One of the best cleansers for enamelware pots and pans is a paste made of salt and vinegar.

Morning Smile

Don't Cheat

A very stout man was walking along the promenade of a seaside town when he noticed a weighing machine with the notice: "I speak your weight."

He put a penny in the slot and stood on the weighing platform. A voice answered: "One at a time please!"



Besides drawing covert glances following her arrival at Quebec City aboard the SS Atlantic, the "appearance" of Ayesha Silverstone, a sloop-eyed Ceylon beauty, marked a new era in Canadian-Ceylon relations. For she became the first Ceylon to immigrate to Canada since the restrictions on Oriental immigration this year. Under the new scheme, Canada will accept 50 Sinhalese, natives of Ceylon, annually. Born near the temple of the Tooth in Kan-

Anne Adams Patterns

WEEK'S SEW THRIFTY

Save dollars! Sew these smart separates. ONE YARD 54-inch for skirt. Pattern 4508 in Misses' Sizes 12, 14, 16, 18, 20 and that magic yardage is for all these sizes! Sew TWO new wonderful separates to mix and match with each other and other separates. Belt-slots on skirt, flaps on weskit are news! Be smart, sew several!

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, care of The Guardian, 60 Front Street West, Toronto, Canada.

She Was Laid Up With RHEUMATIC PAIN

"I had been afflicted with rheumatic attacks ever since I was a girl," writes Mrs. F. Rose, Selkirk, Man. "Four years ago I was in bed tormented by rheumatic pain and unable to work. Then I heard about Templeton's T-R-C's. Soon after I started taking T-R-C's I was able to get out of bed, and walk about and do my work. I only wish I had learned about T-R-C's years ago, for I feel they would have saved me a great deal of suffering. This welcome relief from nagging pain can be yours. Don't suffer another day from Rheumatic, Arthritic, Sciatic or Neuritic pain. Get Templeton's T-R-C's — Canada's LARGEST-SELLING proprietary medicine for quick relief from such pain. Only 65c, \$1.35 at druggists. T-449



4508 SIZES 12-20 by Anne Adams

FRUIT COBBLER
This luscious dessert is a luxury that becomes easy and economical when you use Tea-Bisk for your basic mix. The other ingredients are fruit or berries, Monarch Pastry Flour, butter, milk, sugar and cinnamon. You'll be delighted with the results.

BUTTERSCOTCH PINWHEELS
Here's an easy-to-prepare treat that is downright delicious. Using Tea-Bisk—the time-saving basic mix, with milk, butter, brown sugar, you can make a dozen mouth-melting butterscotch pinwheels in just a few minutes. Try some soon.

LIGHT, AIRY DUMPLINGS
It's so easy to make light, airy dumplings when you use Tea-Bisk. In addition to this basic mix, you need only milk or water—that's all! Just follow the simple directions on the Tea-Bisk package.

CRISP, HOT MUFFINS
Surprise your company with a plateful of crisp brown Muffins, served piping hot! You can make them easily in minutes. Just use milk, sugar, one egg, and Tea-Bisk—the basic mix that shows you a dozen's one baking short cuts.

Here's a surprise package that will please you in dozens of ways. With this one basic mix, you can quickly prepare the recipes mentioned here—and many more besides. Tea-Bisk is an ideal mix for Sausage Rolls or Meat Pie, Waffles, Cheese Biscuits, Scones and Tea Biscuits, too! All these recipes are on the package. And dozens of your own recipes will be just as successful with Tea-Bisk. For a grand variety of tempting treats, made in a jiffy, get a package of Tea-Bisk today. It's a penny-wise buy!

Meal time thrills... for the whole family

TEA-BISK
MELANGE PREPARE POUR PATISSERIE
PREPARED BAKING MIX

"I'd love to show you to HEINZ today"

*Ruth Parsons
Baby Counsellor
Heinz Home Institute*

Dear Miss Parsons:
I would like to thank Heinz for the guidance I have received in raising my baby.
Our son Robert is just 4½ months old but my doctor says his development is more like a six-months child. He was started on Heinz Cereals and now has graduated to Heinz Strained Foods. We have you to thank for a great deal of his rapid progress.
Like many other new mothers I hadn't the vaguest idea about raising and feeding a new infant but your informative literature has made meal time a happy occasion in our house. Happy healthy babies are a blessing to the home and a constant joy to their parents.

When Canadian women are downright pleased with a product they have a gracious custom of saying "thank you" to the maker. That is why Heinz receives so many hundreds of letters from mothers across the country—letters like the one shown here, full of sincere, unsolicited praise for Heinz Baby Foods.
Feed your baby digestible, natural-flavour Heinz Pre-Cooked Cereals, now available in both 4-oz. and 8-oz. packages. Later Heinz Strained Baby Foods and Junior Foods will help the pounds pile up.

SPECIAL OFFER—New Baby Tumbler, an attractive plastic supported top specially designed for babies. Regular 49¢ value for only 25¢ and six labels from any Heinz Baby Food or 3 Heinz Cereal labels. Available at all Food Stores. Write H. J. Heinz Company of Canada Ltd., Dept. S.P., Leamington, Ontario. State colour desired.

HEINZ BABY FOODS

HEINZ BABY CEREAL
HEINZ OATMEAL CEREAL
HEINZ RICE CEREAL
HEINZ PEAS
HEINZ JUNIOR FOODS