

How Can I!!!

By Anne Ashby

Q. How should dress shields be washed?

A. Use lukewarm water and a teaspoon of baking soda for washing a dress shield. Rub soap on a small brush and brush both sides of the shield. Rinse in water of the same temperature and dry in a shady place.

Q. How can I prevent bookends from skidding or sliding?

A. Glue a wide rubber band or a piece of inner tube from an auto tire on the bottom of each bookend, and the trouble will be eliminated.

Q. How can I remove rust from the gas range?

A. Lined oil is excellent for removing rust from the gas range.

Modern Etiquette

By Roberta Lee

Q. Must a person who holds a Ph.D. degree always be addressed as "Doctor"?

A. The title of "Doctor" for a Ph.D. is rarely, if ever, used in social circles, unless the affair is in some way associated with the honor he has gained. However, if he uses the degree professionally, he is always "Doctor."

Q. Is it proper for a girl's escort to tell her that her slip is showing?

A. Certainly, and only a prude would resent this. A girl should appreciate being told.

Q. Is it all right for the host to stand at the table while carving?

A. Yes, if he thinks he can do a better job of carving.

The Stars Say --

By Genevieve Kambale

For Tomorrow

WASTE no time on inconsequential tasks this day. Focus, instead, on major ventures, for the sidereal influences favor both mental and manual efforts, and steady endeavor involving the use of all faculties should yield highly satisfactory results.

Where social life is concerned, stick to old friends this day. New friendships are not particularly encouraged and extremely gratified at the result if you put your trust in chance acquaintances. Make no hasty or flighty decisions. Let your "head rule your heart," concentrate on the tasks at hand.

For the Birthday

If tomorrow is your birthday, the year ahead should be one of unexpected surprise. Tedious jobs which you have long given up hope of amounting to anything may suddenly take a turn for the better, and speculative enterprises long regarded as "lost causes" may suddenly prosper.

Do not attempt to initiate changes yourself, but let events move along at their own pace. By year's end you should be not only surprised but extremely gratified at the course things have taken without apparent effort on your part. You should experience exceptionally harmonious relationships with both personal and business associates.

A child born on this day will be talented, affectionate and loyal.

A. Yes, if he thinks he can do a better job of carving.

DOROTHY DIX'S COLUMN-

Page From Past

Woman, Married On "Rebound," Years For Her High-School Sweetheart

DEAR MISS DIX: I married on the "rebound," and a day doesn't pass that I don't think of Jim, the man I really love. He was my high-school sweetheart (I'm 24 now). We broke up because of a difference in religion that my parents wouldn't countenance. Then I brought Bill home, and my folks liked him because he seemed to fit in with the family circle. So I married him. Now after two and a half years I am tired trying to make things work out. Though Bill and I both work, I have bought only two dresses and one pair of shoes since our marriage—he believes in saving. He never takes me out, except to visit his folks (mine, we see once a month, but his every week-end). And always I have this feeling of wanting someone else. Incidentally, I don't even know if Jim is still unmarried.



Muriel Nissen

ANSWER: The state of hopeless resignation into which your marriage has settled certainly holds no promise of happiness for either you or Bill, though apparently your husband doesn't realize it. Your present situation about him would be dispelled. You could then begin some constructive work on the immediate problem of getting Bill interested in getting out and spending money. Jim may be married, which alone should enable you to put him out of your mind.

NO CO-OPERATION

No matter how little Bill is contributing to your marriage, you are giving far less. He lacks the initiative to meet and associate with new people, you seem to be only concerned as to how you and Jim can get together again. Perhaps if you and Jim could meet again, your illusions about him would be dispelled. You could then begin some constructive work on the immediate problem of getting Bill interested in getting out and spending money. Jim may be married, which alone should enable you to put him out of your mind.

DEAR MISS DIX: I am 22, and for four years have been going

Continued on page 11

That Body Of Yours

By James W. Barton, M.D.

THE ARTHRITIS OF THE AGING

A physician reaching the age of 65 and feeling a little stiffness in his knee joint confided to a colleague that as he was now old he could expect to have stiff painful joints for the rest of his life.

The colleague replied that he was 70 years old, had felt the joints stiff when he was sixty, but tried to use his joints daily and applied heat when any pain occurred in the joint.

Osteoarthritis is the name given to the pain and stiffness caused by slow or low inflammation of the two surfaces that meet together in a joint, as in the knee, ankle, or elbow, to which may be added the structures that support the joint, the ligaments and cartilages.

In the Journal of the American Medical Association, Dr. John G. Kuhns of the Robert Breck Brigham Hospital and Boston Home for Incurables, states: "Osteoarthritis can be found in the joints of all persons over age 50. X-ray pictures will usually show steady progression of this osteoarthritis throughout the remainder of the patient's life."

"Fortunately, despite the evidence of degeneration shown by the X-rays, only one person in ten will have pain and disability to cause him to consult a physician."

In osteoarthritis, there is not the typical heat and redness of acute arthritis, but there is the pain and loss of motion. While injury and infection may be causes, or cause aggravation of symptoms, it would appear that it is just the aging process that is mostly to blame.

Dr. Kuhns points out that, while there is no special or specific remedy for osteoarthritis, the patient can obtain considerable relief from pain and disability by use of quieting drugs; physiotherapy—heat, exercise, massage, orthopedic measures—supports and braces; and surgery. This means that osteoarthritis should not be treated as

Better English

By D. C. Williams

1. What is wrong with this sentence? "We do not know if he is coming, but we do know that ten days are the limit he set."

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

3. Which one of these words is misspelled? Effrontery, artillery, exemplery, mercenary.

4. What does the word "turbid" mean?

5. What is a word beginning with "ir" that means "not applying to the case in hand"?

ANSWERS

1. Say, "We do not know whether he is coming, but we do know that ten days is the limit he set."

2. Pronounce "bro-shoor," or as in broke, or as in food, second accent syllable. 3. Exemplary. 4. Having the sediment disturbed; not clear. "The stream was turbid." 5. Irrelevant.

something the patient must expect for several days or merely lessening activity with support to painful joint. Activities are not forbidden but done less vigorously for short periods. Warmth in all forms is beneficial; this includes warm clothing, warm home, warm bed at night. For small joints, heat (in any form) is applied for 20 minutes three times a day; for back and hip, 30 to 40 minutes can be borne comfortably by the skin.

It can be truly said that "Heat is life."

ELLEN'S DIARY

By An Island Farmer's Wife

Today the month set a heat wave shimmering in a slither haze on the far-away hills; and we recall that the mill-stream was a gleaming, be-jewelled ribbon of silver where it banded the green of a field before it slipped out of sight and sank lost to us beneath the shadows of Mr. A.'s bridge.

"Would you like to sleep out there all night, Ellen?" a young visitor queried of some yearlings in a field this evening. The day was dying then, going out in exquisite blendings of color and shades of dusk flooding in from some far land to fill first the depths of the valley.

"No!" "Not even if you slept a while and then woke to see a wolf open, just ready to eat you up?" Eyes were round at the thought, breathing muted.

"But there are no wolves or bears on The Island nowadays," we said.

He shook his head, this little fellow to whom the shades of night without are somewhat fearful. "You never can tell, Ellen," he commented, "there just might be!" Now out about is the charm of a deep silence, pointed by frogs' tunings as the day wears away to its close.

Swallows are here! Indeed have been for some days. Come back to us with a lift and lightness in their burnished wings to revive folk's spirits which may incline to be depressed beneath the burdens and concerns of these busy days. "There is so much to do—so many items I must attend to," a youngish farmwife offered in a discouraged voice recently, "I find myself 'cast down' at the thought of it all."

Up in tiny pieces go the mud houses these days, built on "the solid rock" of raters or beneath an over-hanging eave... one dot at a time, a small part of the entity until at length by courage and perseverance, and, we are sure, all in good time, the dwelling is complete... So shall we, with high resolve, patterning the fascinating creatures of the air finish such duties as may come to our hands.

Gay now on the lawn are the golden willows of Karolyn's and James' planting, resplendent in their dainty new leaves; pretty too are the poplars; and the white birch is spreading seasonal symbols in topmost branches, reminding the farmers it is high time to have their wheat in the ground... And "Make haste!" is the watchword on farms.

This is it that at the moment makes us realize that a new sound is being thrust into the vast silence of tonight—the muffled beat of tractors. There they are—lights in this and that field, looking like over-size stars that have dropped from the deep blue vault of heaven to move along the "lopes"... "I don't approve of that work," an older farmer gave us his opinion recently. "It's against Nature—that's what it is, Ellen, this night-cultivating of fields. And besides, the Good Lord never in-

Coronation Pageant



LORD GREAT CHAMBERLAIN He is at the Queen's side throughout the ceremony. Among his duties are the touching of the Queen's heels with a golden spur, the girding of the sword in the purple sash on the Queen, the fastening of the royal robe on the Queen and the receiving of St. Edward's crown after the homage. Colors: Cloak—scarlet, white fur-lined. Cape, breeches, stockings—white. Garter—blue. Tunic—black.



Mrs. George W. Trevors, R.R. No. 2, Chatham, N.B., relies on Fleischmann's Yeast for championship baking tests.

BAKING PRIZE WINNER AT MIRAMICHI FAIR

Folks who admired the home baking exhibit at the Miramichi Agricultural Fair at Chatham, N.B., last September were not a bit surprised when the judges pinned prize tags on the marvellous bread and rolls of Mrs. George W. Trevors. That baking was evidently the work of a practised hand, with a sure knowledge of ingredients. "Not only at fair time, but every time I bake, I see the fine results of Fleischmann's Yeast," says Mrs. Trevors. "It has such a uniform, vigorous rising action, and my bread and rolls taste so good."

There's the proof! Champion bakers all over the Maritimes rely on Fleischmann's Yeast for grand rising and perfect results.

Cook's Corner

CHEESE OMELETTE

Allow one and one-half eggs per person. Assuming that the omelette is to serve four, separate the whites and yolks of 6 eggs into 2 bowls—the whites in the larger one. Beat whites until stiff but not dry. Transfer beater to yolk bowl, without washing it, and beat yolks until they are light colored and fluffy. Shred 1/2 lb. (or less) of process cheese and add it to the yolks with 1 1/4 cups milk and 1/2 teaspoon salt. Reserve some of this shredded cheese for the top. Fold the yolk mixture into the beaten whites, and stir until no blobs of white are left.

Have ready a large heavy frying-pan with 2 tablespoons butter or margarine or chicken fat melted in it. Pan should be quite hot but not smoking. Pour in omelette mixture, keep heat high for 1 minute, then reduce it as low as possible for about 5 minutes longer. Have the burner lit in the top of oven. Transfer omelette to rack high in oven and dry and brown it on top. With 2 egg turners fold omelette over and serve on hot platter, cutting the servings in wedge-shaped pieces. If omelette is served with a salad course only, a popular addition is tomato sauce; served over omelette.

tended it that way. If he did," he reasoned, "why did he portion the hours into day and night? No, to my mind a farmer can have a fairly lengthy spell of work between sun-up and dark." Nevertheless, now on Island farms, "Make haste!" is echoed from unfolding leaf and soft blade of grass... and the pillow which bids us come to our rest! Until tomorrow - - - Diary - - - Good-night...

Anne Adams Patterns

WEEK'S SEW-THRIFTY

What's cool, comfortable, quick? THIS, of course! Just walk in — and WRAP. No fitting problems — belt cinches waist. No ironing problems — it opens flat. Wear it as a overall! Sundress! Beach Wrap! Wear it for gardening or shopping, too! Make a brief version for an apron. Morning-glory embroidery is so fresh — easy, too.

Pattern 4707: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 3 3/4 yards 38-inch. Embroidery transfer included. 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.



4707 12-20 by Anne Adams

Morning Smile

Modern Youth

Clerk (to little boy with his mother): "Little boy, would you like an orange?" Boy's mother: "What do you say to the nice man?" Little Boy: "Feel it."

His Version

"Daddy, did grandpa spank you when you were a little boy?" "Yes, Johnny." "And did great-grandpa spank grandpa when he was a little boy?" "Yes, Johnny." "Well, don't you think that with my help you could overcome this inherited hoodlumism?"

Alice Brooks Designs

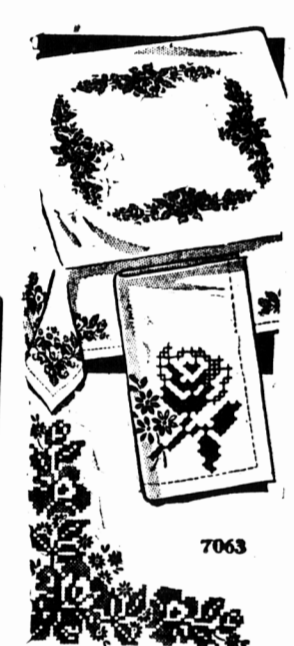


TABLE TREAT I

Transform any simple cloth into a bright beauty with this easy cross-stitch and embroidery. There are 14 motifs — enough for other linens, too. Send now.

Embroider tablecloths, towels, scarves! Pattern 7063 has 14 motifs 4 x 10 1/2 to 2 1/2 x 2 1/2 inches. 2. Send Twenty-five Cents in coins for the pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

Household Scrapbook

By Roberta Lee

The Sewing Machine A new mangle brush is excellent for cleaning the small crevices of the sewing machine. Clean well around the needle bar and then wash the brush and put away for future use.

The Range Use a little strong tea, vinegar, or turpentine for wetting the stove polish. The luster will be brighter and will last much longer.

China China dishes that are discolored can be readily cleaned by using a solution of salt and vinegar.

Cotton Dress Carnival

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Your Professional Beautician makes this Sensational Offer...



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Permanent...

Get this wonderful NEW Denman Vibro-Action Hair Brush for only \$1.00 (Regular price \$2.95)

Bring out the natural beauty of your hair with the Denman Vibro-Action wonderbrush, the only hair brush of its kind in the world. Keep your Silver Anniversary permanent lastingly lovely! The flexible round-pointed nylon pins of the Denman brush, unlike ordinary bristles, penetrate the hair like a comb. They massage the hair shafts and scalp with stimulating vibro-action, bringing new glowing health and vibrant sheen.

NO MORE TATS AND TANGLES!—The Denman nylon pins are flexible, widely spaced so that the hair does not "tat", and tangles are easily brushed out.

ASK your beautician about the sensational NEW Denman brush. SEE how easy it is to clean. FEEL its soft caress as it slides through your hair.

REMEMBER: This Denman Vibro-Action Brush, regularly priced at \$2.95 is yours for only \$1.00 when you have your Silver Anniversary Cold Wave permanent.

Get Your Silver Anniversary Permanent at Your Favorite Beauty Shop

Be Lovelier Than Ever

with a SILVER ANNIVERSARY PERMANENT

More Canadian women every day are praising Silver Anniversary Professional Creme Cold Wave. Now Silver Anniversary is better than ever—improved with new Permalox. It conditions every hair-strand, guaranteeing a lustrous locked-in curl! Another exclusive feature of Silver Anniversary is its delicate perfume—no unpleasant "permanent wave odour".

Make your next permanent a "Silver Anniversary". You'll be delighted by the soft, naturally lovely appearance it gives your hair. Silver Anniversary is formulated to enhance natural sheen and bring out highlights.

Your own Beautician* knows the advantages of the Silver Anniversary Professional Creme Cold Wave. Make your appointment today.

*Your professional Beautician guarantees results!

ER Betwixt Two Elizabeths ER KINGSLEY SUTTON

WHEN VICTORIA CAME TO THE THRONE, SHE WAS YOUNG AND INEXPERIENCED, AND WAS HELPED BY THE TACT AND SYMPATHY OF LORD MELBOURNE. IN 1840 SHE MARRIED HER COUSIN ALBERT. IN THE CRIMEAN WAR, FLORENCE NIGHTINGALE WAS SENT OUT TO CARE FOR THE SICK AND WOUNDED. SHE EFFECTED A REVOLUTION IN NURSING AND SAVED COUNTLESS LIVES.



VICTORIA 1837 - 1901

AT BALACLAVA TOOK PLACE THE FAMOUS CHARGE OF THE LIGHT BRIGADE WHEN THROUGH A WRONG ORDER THEY CHARGED STRAIGHT UPON THE RUSSIAN GUNS. OF THE 600, ONLY A FEW RETURNED ALIVE.