

Proper Shoes Rout Summer Foot Aches

NEW YORK, May 17 — Indian fakirs make a specialty of walking on red, hot coals. This routine is matched on any summer day by thousands of people who insist on transacting their daily affairs wearing shoes that stifle their feet. A humorist once observed that there is one virtue about having feet: they make a man forget his other troubles! So if it takes your mind that over-due payment on the car or the butcher's bill when your feet burn like a pair of demons; carry on! On the other hand, if your neighbors are beginning to give you a wide berth, and your disposition sizzles like the thermometer, you may want to get out of this rut.

Listening to the advice given by the foot experts will show you how to get relief. They recommend the wearing of roomy shoes equipped with leather soles and supple uppers as a basic step in foot hygiene. Following this suggestion, may well be your clue to summer foot ease as well as a happier disposition!

Foot ailments have long known of the cooling action induced by the fibrous structure of leather soles, and that's why they recommend all-leather shoes to their patients. They also point out that shoes are the only article of wearing apparel that can really cause body injury. That's why the experts have nothing but harsh words for the wearing of shoes that are too tight or are made of stiff and impermeable materials.

Satin Trousseau Set You Can Sew



If you're planning to sew some lingerie lovelies for your trousseau, this pale pink, or blue, satin nightgown will be scented of all to make. The empire bodice is fashioned from a wide edging of eyelid embroidery to which the shimmering satin is gathered. A little bolero jacket, trimmed with eyelid edging, completes the set. Directions for making this NIGHTGOWN AND BODICE JACKET SET, Leaflet No. E-2268, are available in sizes 12-14. Send a stamped, self-addressed envelope to the Needlework Department of this paper for your copy and ask for the leaflet by number.

That Body Of Yours

By James W. Barton, M.D.

FIRST AID IN PANIC STATES

Most of us think that, if confronted by an armed burglar, we would be quite ready to give up any money or valuables rather than risk being killed. However, none of us really knows how we would behave in what could be called an acute panic state.

In The American Journal of Psychotherapy, Dr. J. A. M. Meerio reports his experiences during the war in the Netherlands and in Britain. He states that even in persons well prepared for disaster, extreme danger tends to provoke all kinds of mental defense reactions. Catastrophes like earthquakes, railway accidents or direct bomb hits may bring on a condition much like returning to our childhood.

"Two types of panic behavior are generally observed," Dr. Meerio writes. "The first is a state of mental paralysis in which the patient shows no feeling whatever, cannot talk and cannot move, and appears to be dead except for the fright that shows in his eyes. He does not consciously listen though his body contracts with every noise. This stunned condition of mind and body may communicate fear to others."

The second type of panic reaction takes the form of temper tantrums, like those of an angry child. "A soldier with this form of panic may attack his fellow soldiers or shoot at his own troops. A woman may begin to cry, shout, or walk aimlessly about, wringing her hands." Most variations of such fear reactions are painful tightening of muscles and nerves and frequent urination.

Explaining these reactions to the patient and why they occur in him has a quieting effect on him.

Talking harshly to this type of patient and calling him cowardly may increase his panic. Persons obsessed by fear may react to quieting drugs in an unexpected way. In cases in which treatment and reassurance is needed, aspirin or bromides will suffice in most cases.

Oral (mouth) satisfaction in the form of hot coffee, soup, or cigarettes may be more effective than a narcotic or powerful pain killing drug.

Dr. Meerio states further that mental first aid, which straightens out things in the patient's mind, may prevent the development of deeper neurotic or nervous involvement.

Better English

By S. C. Williams

1. What is wrong with this sentence: "Johnson joining the company meant success."
2. What is the correct pronunciation of "hovel"?
3. Which one of these words is misspelled? Initiative, Impassive, Impartial, Immodest.
4. What does the word "ineffectual" mean?
5. What is a word beginning with bl that means "bellowing, as a calf"?

ANSWERS

1. Say, "Johnson's joining the company."
2. Pronounce the o as in on, not as in oven. 3. Immodest. 4. Not productive of the effect intended. "The authority of the king had become ineffectual." 5. Blat.

ELLEN'S DIARY

By an Island Farmer's Wife

From the east it blew—away from the buildings—brisk, and at first cool but presently warmed by an attendant breath of the south. Odd times we heard a moan in it as it passed above us in the tops of the linden and golden willow on the corner of the lawn, where we raked . . . the long lingering sigh of regret which with darkening skies usually forecasts rain . . . How it poured at night, streaming in a silver sheet down the panes, shutting from sight the dark of the night behind it!

"How do folks light a bonfire?" granddaughter asked when a trip to the house to take a last loaf of bread from the oven, brought us a match as well. And then and there we "cuddled doon" closely, the two of us, shielding with our bodies from the stiff breeze, the first sparks of burning, kindling the match after a childhood custom of ours, against a small stone of field. And then with a gay burst of flame and a wavering but increasing volume of smoke we had our bonfire!

The light lit up the faces of the children as from a safe distance they watched it glow and burn brightly. "Did you think smoke was always the same color?" she asked softly, entranced by the sight of it. "It has a lot of shades—grays and violet and . . ." "Did you ever see it on a winter morning as it climbs up in the frosty air? It's pink then" we offered "and rose".

And the breeze caught its billows, sweeping them before it towards the pond. It could do no harm. And again we saw bonfires of old—caught the scent with this of other spring-cleaning fires with the glory of a world fresh and new all about; sat again beside the driftwood fires on the summer sands, when a lazy shimmer of the season lay over the red bars and the gleaming blue sea beyond; enjoyed in memory the never-to-be-repeated aroma of burning potato-tops of fall, the old geese were on wing and the year coming then to its rest. "And what if the wind had shifted, Ellen?" James asked seriously on his return. But the winds were only kind to the two housewives and the pigeon's pair of small ones yesterday afternoon in granting them a bonfire to make a perfect end to their yard-cleaning.

And today? This was the day skies were as fair as in summer with the sunshiny bright and warm over the farmlands, such a day as made granddaughter long for the exquisite tickle of clean good earth beneath her feet. "But you won't have to wait much longer!" we soled her, "next month will bring some bare-foot days." "But I have waited" she returned gravely, "I've waited a-all winter!"

"Tired?" James repeats our question—has he coming now? to read out his day in the comfort of the old armchair. "Oh, a little, I guess" he smiles, "but it's not the weariness feeling we sometimes get in the other seasons. I reckon" he says "it's because I like this one so much. They have growth and fulfillment . . . and rest—but this brings so much promise for farm-folk . . . so very much promise!"

Until tomorrow — Diary — Good-night

Keep Moving

The quiet little man had lived in the same house for 30 years. He attended strictly to his own business and his rent was always paid promptly on the first of each month. However, there came a day when he sought out his landlord. "I'm sorry," he said, "but next month I'm moving into that house across the street."

"You've lived here now for 30 years," said the landlord, "and now, after all this time, you tell me you're going to move across the street. Why?" "I don't really understand it myself," confessed the little man. "I guess it's the gypsy in me."

Musical Festival Winners



Show above are members of the Hillsboro Choral Club and their director, Miss Louise Cox, who were awarded 84 points and first place in a class for Men's Chorus, rural, during the recent Festival of Music. Front row, left to right are Harley Ings, Ralph Raynor, Miss Louise Cox, Joe Dolron, Bob Driscoll. Centre row: Winston Wood, Athol MacDonald, Harry Mutch, David Mutch. Back row: Leonard Wood, Dunstan MacDonald, John Brazill.

—Photo by Barter

How Can I . . .

By Anne Ashley

Q. How can I clean painted woodwork and furniture?
A. Dissolve two tablespoonsful of powdered borax in a little boiling water, adding this to a bowl of lukewarm soapsuds, and sponging with a flannel or soft cloth. Rinse with lukewarm water and dry thoroughly.

Q. How can I destroy the odor of perspiration on the body?
A. Bathe in warm water, to which has been added two table-spoonsful of compound spirits of ammonia. This will leave the skin clean and fresh.

Q. How can I clean black broadcloth?
A. Rub the broadcloth with powdered fuller's earth and put it away in a box or drawer for a few days. Then brush and shake it well.

Household Scrapbook

By Roberta Lee

Stains on Windows

Remove paint and putty stains on window glass by dipping a wet cloth into baking soda and rubbing the paste thus made thinly over the glass. Let remain fifteen minutes, and wash in warm soft water, without soap. This will bring all the stains with it. Rub dry and polish.

Sponges

To purify and whiten a sponge, soak it in milk and rinse thoroughly in warm water to which a little carbolic acid has been added. This will make it look like new.

To Relieve Hiccoughs

To relieve hiccoughs, take a teaspoonful of granulated sugar and vinegar. Repeat, if necessary.

The Stars Say . . .

By Genevieve Kemble

For Tomorrow

While there are signs of obstacles, delays and stubborn situations, there are also promises of splendid opportunities for growth and development of operations of more than passing promise. The creative skills and talents are keyed to high purpose, and with the assurance of support and tangible aid from those in high places, there is much to encourage and inspire. But do not jump at conclusions or attempt strange or spectacular maneuvers. Sift out the good from the bad, discard non-essentials, then work towards ambitious goals. Good friends and pleasant relations assist.

For the Birthday

Those whose birthday it is could have a period of outstanding success and accomplishment, with definite growth, expansion, progress and fulfilled ambitions, if they will exercise some restraint on their impulses, emotional urges, and possibly a tendency to over-play their hands under excitement or curious compulsions. The insight, creative talents, ideas, are under high stimuli for inspired action. But it may take much discrimination, discarding the useless or non-essentials, for tangible values. Friendship and good fellowship assist to desired goals, but shun radical or erratic moves or moods.

A child born on this day has excellent talents and worthy aspirations, with much promise of a creative and happy life. Early discipline of curious or erratic compulsions might be of benefit.

A Country Garden

By Mrs. Gordon MacMillan

The orange-golden dandelion in the sward was deeply laden with colour brought to it anew again and again by the ships of the flowers, the bumble-bees to their quays they come, unloading priceless essences of sweet odours brought from the east over green seas of wheat, unloading golden colours on the broad dandelion discs, bartering these things for honey and pollen. Slowly tacking against the pollen ship hums in the south wind. —R. Jeffries

There are dandelions in the garden and sweet violets in the woods, there is the blue of forget-me-not with the fragrant arabis and the lovely purple double violets perfuming the garden by the sunny rock wall. Sweet peas are up in rows and soft new grass from early sowing.

Mertensia Virginia or Virginia Blue Bells are showing their pinkish tipped blue bells and if you wish a hardy bulb that increases through the years and it is indispensable in the garden for color or effect in early spring, the pinkers are porcelain blue buds pink at opening. The plant grows from one to two feet high, bears panicle of flowers about one inch long in short pendant clusters.

It is splendid for the open border or for naturalizing along the woodland path. It flowers from the time Daffodils are in bloom, continuing while the May flowering Tulips are at their best. It is a delightful plant as it is permanent and so helpful to create beautiful pictures, especially in shady places. Every spring for many years it has been a delight in this garden.

The Forsythia bush is a lovely sight better than last year when some branches seemed to be touched with frost, and I had thought of moving it but now with the Daffodils and blue forget-me-not, in the shelter of the evergreens it is a joy so early in May. So many things are happening

Continued on page 3

Morning Smile

Variety

"Do you have much variety at your boarding house?"
"Well, we have three different names for the meals."

In Reverse

A group of M.P.'s in the smoking-room of the House of Commons were discussing the qualities of a certain statesman who wasn't too popular. One was heard to remark: "Yes, he's guaranteed to find a difficulty for every solution."

Sarcasm

The amateur golfer swung, the ball remained still, but the iron plowed into the ant hill, inflicting great casualties among the inhabitants.

With more confidence than skill, the golfer swung again, leaving the ball unmoved but sending the rest of the ants to their celestial glory. That is, all except two, one of which turned to the other to say: "You know, if we went to survive, we'd better get on the ball."

Modern Etiquette

By Roberta Lee

Q. What are the duties of the bridegroom's parents before the wedding?

A. Nothing special, outside of paying a call on the bride's parents after the engagement has been announced, and to buy the bride as nice a wedding present as possible. It's nice, too, for the man's family to invite her and her family to a gathering sometime before the wedding.

Q. Is it proper to name a boy John Jones II, rather than John Jones, Jr.?
A. The "junior" is the only proper suffix if a boy is named for his father. "Second" means nephew or cousin, and never refers to the son.

Q. How much of the hand should be dipped into the finger bowl?
A. Only the fingertips, one hand at a time.

Cook's Corner

Tomato Rice Soup

Yield—Six servings.
1 can (20 ounces) tomato juice
5 cups water

1/4 cup finely-diced onion
3 pieces celery with leaves, all finely chopped

1 teaspoon salt
1/4 teaspoon pepper
2 teaspoons granulated sugar
1 cup cooked rice

1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley
2 tablespoons butter or margarine

3 tablespoons flour

Turn the tomato juice into large saucepan and add the water, onion, celery, salt, pepper and sugar. Cover closely and simmer one hour.

Add the cooked rice and parsley and bring to the boil, stirring with a fork. Cover and simmer 15 minutes.

Melt the butter or margarine in a small saucepan. Remove from heat and blend in the flour. Gradually stir in a little of the hot soup. Stir back into remaining soup and cook, stirring constantly, until soup comes to the boil.

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R4779
12-20
by Anne Adams

DOROTHY DIX'S COLUMN

Marriage vs. Army

Should Couple Wed Before Or After Boy Completes Hitch?

DEAR MISS DIX: I have a problem that is bothering many young men and women today, that is, whether to marry a boy before he goes into the service, or wait until he is discharged.

I am 21 years old, my fiance is 23. We have known each other five years, therefore are well acquainted with each other's likes and dislikes, family backgrounds and personalities.

We both feel we would like to get married in June before he is drafted, but a number of people have advised us to wait, giving various reasons for their opinions. We would like to know how you feel about it. Please tell us.



C. I. E.

ANSWER: This can be such a complicated question, depending upon individual cases, that only a bare, general outline of its solution can be given here.

BEST TO WAIT

In general, I would advise waiting. If an engagement stretched throughout the boy's entire period of service seems too long, you can always have the wedding on a furlough. However, to marry before he goes into service is not a wise move. The young man will have a tremendous adjustment to make from home life to army life; the complication of marriage just adds to his emotional tension. Marriage itself is such an important step that it should be taken as the paramount experience of your life. Under the circumstances outlined, this is impossible. When a boy enters the Army (or any other branch of service), that is, per se, such a consuming experience that the marriage is, of necessity, relegated to the background. Army routine has no place for family life, and any bride is bound to feel cheated when her big moment becomes just an incident in a GI's schedule. If she marries before her groom is drafted, there is the added uncertainty of not knowing where he'll be stationed—a question that is usually settled after a year.

To become a service wife you must be very confident of your own emotions as well as those of your fiance. Are you socially well adjusted, so that you can travel with him and make friends wherever you happen to be? Are you prepared to take the loneliness of separation should he be sent where you cannot accompany him? Is your financial situation sufficiently established so that you can take care of yourself and a baby, should you be blessed with one?

Add these serious considerations to the problems that occur with any marriage, and you see what a formidable undertaking you face. By giving the boy a chance to become accustomed to his new life first, you will marry under much more auspicious circumstances. Since you are so young, a wait of one or two years will not hurt.

DEAR MISS DIX: Do you accept only feminine inquiries? Since males, too, have their troubles, I would like your viewpoint on a problem if it is consistent with your policy.

P. A. N.

ANSWER: While it is true that feminine inquiries do occupy most of this column, masculine problems enter every now and then. Do send your troubles along, and be assured they will be duly answered.

DEAR MISS DIX: Is it good etiquette for a young high-school

Continued on page 11

equal NEW LUX



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