

## Morning Smile

Never Mind

Hubby was filling up an insurance form. "It sez 'ere, 'Any insanity in the family?' What shall I put?" he asked his wife. "No, of course," she replied. "But wot about Uncle 'Orace wot's in the asylum and keeps sayin' 'e's Napoleon?" "Oh," said his wife, "yer don't want to like any notice of 'im—'e's potty."

Bills Payable

Some of these Missouri fellows are cautious. Consider the following "for instance."

"Exciting things are always happening to my friend Walter," a whimsical St. Louis journalist reported recently. "The other day he was sending a suit to the cleaners when he felt in the pocket of the coat and discovered \$100 in bills. "Gosh!" rejoined an excited listener. "That was quite an experience!" "Yes, it was," the newspaper man agreed, "and do you know, not one of them was accepted!"

Needed Vitamins Too

While a drove of bullocks was being driven through an Irish village from a fair, one of the animals suddenly stopped, and, notwithstanding all the efforts of the drover, would not move on its way. A chemist who happened to see the affair went up to the bullock and injected some medicine down its throat, which made the animal

## Household Scrapbook

By Roberta Lee

### Window Cleaning Without Water

Cloths for cleaning windows without water can be made with a semi-liquid paste of benzine and calcined magnesias. The cloth, which should be coarse linen or something free of lint, is dipped into this mixture and hung in the air until the spirits have evaporated and it is free from odor. It may be used again and again and is a great convenience. When soiled, wash and redip.

A Tight Cork

An obstinate cork can be easily removed by first dipping a piece of woolen cloth into boiling water and wrapping tightly around the neck of the bottle. In a few minutes the cork can be moved.

Apple Pie

When making an apple pie, try grating a little orange rind into the sugar. Sprinkle over the apples in the usual way, and see what a delicious flavor it imparts.

career rapidly down the street.

About five minutes afterwards the drover entered the chemist's shop wiping the perspiration off his head, and asked the man behind the counter if he was the party who gave the bullock the medicine.

"I am," said the chemist. "Well," said Pat excitedly, "I'll take a pennyworth of it myself. I've got to follow the beast."

## That Body Of Yours

By James W. Barton, M.D.

### LOSS OF APPETITE IN THE ELDERLY — SENILE ANOREXIA

Because there are more old people, 60 or over, than young people, I write frequently about the treatment of the elderly and the new medical specialty—geriatrics. Now we must remember that elderly men and women may have many of the same illnesses or diseases as the young and middle-aged, but some diseases are peculiar to, or found only in, the elderly. Thus senile pruritis (itching) is a common complaint and also skin rashes and irritations.

While most elderly men and women do not eat as much food as the young and middle-aged, nevertheless they must eat a certain amount of food to live or even exist; thus when they lose their appetite and fail to eat sufficient food to maintain their bodies, it is a serious matter.

In The Copenhagen Medical Journal, Drs. E. Korbe and N. Vinther-Paulsen state that when these elderly folk are not eating sufficient food, the symptoms of lack of nourishment are seen in inflammation of lips and tongue (cheilitis and glossitis). This condition is found most often in old persons who live alone. "Analysis of the food deficiency as compared with the food intake of active normal old persons."

Clinical and laboratory examinations show that the reduction of food intake does not depend on cancer, chronic infections or intoxications. In the young particularly, infections are a factor in loss of appetite and loss of weight. In the middle-aged (40 to 60) cancer is a frequent cause of these symptoms.

Study of case histories suggests that senile (elderly) debility may be due to a primary disturbance in appetite regulation and various factors tend to reduce the quantity of food eaten, all of which are peculiar to old age, all of medical, psychic and sociological or quality of the food eaten. I have written before of a talented man of 80 who by a misunderstanding with a close relative, lost his appetite, a serious matter at his age and condition. Time and explanations fortunately restored appetite and normal health.

In the treatment of senile anorexia (loss of appetite) a search should be made for underlying causes—physical, mental and emotional disturbances—which will require patients, skill and understanding on the part of the physician.

Touch of Spring

The pretty school teacher was trying to tell her pupils about the advent of spring.

"As I stood on the station platform one sunny April morning waiting for my train I felt something lightly caressing my cheek. Can anyone tell me what it was?" she asked.

"The station-master's moustache?" suggested the small boy of the class.

## DOROTHY DIX SAYS—

### Letters To Servicemen

#### Teen-Ager Anxious To Send Mail Overseas

DEAR MISS DIX: Every day you hear people remark how much our soldiers in Korea would appreciate our writing to them. I am 15 and would like to do my part, but I don't know whether it would be proper. Do you think my parents and friends would think it improper, or is it all right to send mail to a strange serviceman? If it's okay, where could we get their addresses?



ANSWER: The question of whether young girls may, in propriety, send letters to unknown boys overseas is a matter of considerable dispute. Of course the final decision in a matter of this sort must be made by a girl's parents. The next point to consider is the girl's attitude when embarking on such a correspondence. If you regard it as a quick road to romance, discard it. If you sincerely feel that you can write a friendly, interesting letter intended to cheer a lonely soldier (or other serviceman), your idea is commendable.

A boy away from home is a homesick boy; nothing means more to our young servicemen than cheerful letters, the more newsy the better. Many boys don't have large families, or a large circle of friends and they do look to strangers to fill their need for mail. I can see nothing intrinsically wrong in a girl—even one as young as you—undertaking this pleasant task.

BE IMPERSONAL

In starting up a correspondence with a lad overseas, bear in mind these particular points. Don't dwell too much on your own personality. Of course the boy will want to know about you, your family, friends and school, but don't make yourself the main topic of the letter. Enliven it with humorous bits from the paper, jokes from your school magazine, enclose a clever cartoon, or a review of the movie you saw last night, with your own comments.

The question of how to obtain the names of boys seeking correspondents is a more difficult problem. Servicemen's clubs in your city would undoubtedly know of a lonesome guy looking for mail. If mom approves of your going ahead with the project, she can probably locate some addresses for you.

While on the subject of aiding our fighting men, why not remind the elders in your family that a pint of blood (easily and painlessly donated) is the best contribution they can make to the welfare of our boys overseas?

DEAR MISS DIX: I am planning on being married very soon to a man in service. He is 21, I am 20 and we have been going steady for six months. I love children dearly and have always planned on a houseful. This boy is also fond of them, but due to illness in his childhood, we know that our marriage will be childless. Do you think this would make a difference in our marriage, and later destroy our love for each other?

ANSWER: The absurdity of your idea that love cannot survive childlessness is proven by the many couples who live happy, useful lives, even though they have been denied the blessing of children. Furthermore, the fact that you cannot have youngsters of your own does not mean a childless home. If you wish, you can adopt the houseful you have always wanted.

DEAR MISS DIX: Although I have lots of friends, am considered pretty and frequently have dates, I am embarrassingly conscious of my crooked teeth. Whenever I am talking to a boy I worry about the teeth. My mother says it won't make any difference to a boy if he likes me.

ANSWER: If your family can possibly afford it, they should have your teeth straightened. Aside from the self-confidence that a good dental job would give you, it would also safeguard your teeth for a long future. Crooked teeth can also affect the bones so that in time your whole mouth might be out of shape. Try to convince your mother at least to consult a dentist or dental clinic.

## The Stars Say --

By Genevieve Kemble

For Tomorrow

THE planetary configurations combine to heighten the personal stress and strain, with all energies alerted to the usual excitement and frivolity of Yuletide indulgence. Sudden and surprising developments may tax ingenuity in the effort to rearrange schedules and revamp plans. This calls for keen thinking and quick action. There may be petty irks and annoyances, and these demand careful consideration, lest fatigue and overdoing overtax strength unduly.

For the Birthday

Those whose birthday it is may plan for an exciting and eventful year, with change of plans and objectives adding zest and stimulus to the humdrum or customary course of events. While this surprising turn may be dramatic, even romantic, it calls for clear thinking and quick action, lest some petty details upset or annoy. These must be wisely managed if potent forces are to be counted upon. Plan carefully for cooperation from higher-ups. A child born on this day has div-

## Cook's Corner

SAUSAGE SCALLOP

Yield—4 servings.

1 pound sausage  
 ½ cup chopped onion.  
 4½ cups 1/2 inch dice cooking apples  
 3 cups coarse soft bread crumbs  
 1½ teaspoons salt  
 ¼ teaspoon sage  
 2½ teaspoons granulated sugar  
 ½ cup tomato juice  
 Pan-fry the sausage until richly browned; lift sausage from dripping. Pour all but 3 tablespoons dripping from the frying pan.  
 Add onion and apple to the 3 tablespoons dripping in pan and fry, stirring 2 or 3 times, for 5 minutes. Add the bread crumbs, salt, sage and sugar and combine well; moisten with tomato juice.  
 Place half of the bread crumb mixture in a greased baking dish; arrange the browned sausage over top, then cover with remaining bread crumb mixture.  
 Cover closely and bake in a moderate oven, 350 degrees, 30 minutes; uncover and bake 30 minutes longer.

ers talents for a stable as well as eventful career, with surprising turns as well as many twists of a trivial nature.



An only child, Peter Amos, above, will have a sad Christmas as fire claimed lives of both his parents. The young couple, British immigrants, had lived in Canada only four years.

## ELLEN'S DIARY

By an Island Farmers Wife

Households will be extremely busy tonight. Hands and minds will be taken up with those last minute incidentals which ever attend this Eve. But at length last gifts will have been wrapped, bits of litter cleared away and with a long sigh, a mixture of relief and delight, folks come to moments of leisure. Old carols touched by the associations of years and well loved will flood the rooms.

Now in homes blessed with children, stockings are hanging in a row by the mantel—bulging with gifts it is likely, for no matter the reward is to be had in the delightful calls and beaming faces of the small fry at Christmas dawn. And if they be not so full, any emptiness is made up by the extra wrappings of love.

How pretty the tree! And was there ever more fragrance about than that which in its balsam scent spreads to the far corners of the house? Wreaths at the windows? Greens over the lintels? Ay, and a gay one, be-ribboned on the door, token that love and good will and all the significance and delight of Christmas is being observed within.

Is the stairway entwined? Yes, and a red candle placed in a window to light in the Christ-child. . . . And tonight of all nights in the year, all hate and malice and envy, all jealousy and these annoying insidious items that sour and even destroy human hearts there will abide only kindly thoughts—and deeds. And perhaps when every last task—which after all has been only a privilege—has been done, and it is close to the midnight hour, we shall don a wrap and come to the out-doors though it may be only as far as a verandah.

Rural places will be wrapped in the serenity and silence of night and vale and hill will be sleeping beneath a coverlet of white. And there on a hillside above the dark-flowing stream and below the line of spruces we can fancy the flock resting in the dimness and catch again the glow of the shepherds' fire. And there over "a little town" shall appear again a Star and listening down the aisles of the dark we shall hear again the angel tidings: "Fear not; for behold I bring you good tidings of great joy, which shall be to all people. For unto you is born this day . . . a Saviour . . ." "To all people" . . . "Everywhere, everywhere Christmas tonight."

And what shall our Christmas message be—from our house to your house? What else than the age-old sincere greeting:—A MERRY CHRISTMAS!

"Tis Christmas night! the snow a flock unnumbered lies; The old Judean stars aglow, Keep watch within the skies

An icy stillness holds. The pulses of the night: A deeper mystery enfolds. The wondering Hosts of Light.

Till, lo, with reverence pale That dims each diadem, The lordliest, earthward bending hall, The Light of Bethlehem!" Until Wednesday — Diary — Good-night . . . . .

## Modern Etiquette

By Roberta Lee

Q. What is the proper way to extend an invitation over the telephone?

A. Do not preface your invitation with, "What are you doing Saturday night." This puts the

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## Better English

By V. C. Williams

1. What is wrong with this sentence? "Tomorrow is Christmas, and I will be happy, providing you are."
2. What is the correct pronunciation of "discharge" (noun and verb)?
3. Which one of these words is misspelled? Portable, visable, renewable, indiscribable.
4. What does the word "aspiration" mean?
5. What is a word beginning with ga that means "talkativeness"?

ANSWERS

1. Say, "Tomorrow will be Christmas, and I shall be happy provided you are." 2. Accent both noun and verb on last syllable, not the first. 3. Visible. 4. Ardent desire or longing for what is elevated or above one. "We all hope to satisfy the aspirations of our souls." 5. Garrulity.

other person in an embarrassing position if he says "nothing," and then finds the particular party in prospect does not appeal to him. How can he refuse then? It is more thoughtful to come right up with your invitation.

Q. How does one properly remove bones from a fish at the table?

A. Lift the end of the bone with a fork, and then lift it all the way outpinned between the knife and fork together—or with the fingers. Do not let the fingers touch the fish.

Q. Should a bride remove her veil before sitting at the breakfast table?

A. No; she retains her veil.



7001 by Alice Brooks

## How Can I!!!

By Anne Ashley

Q. How can I make fabrics fire resistant?

A. Soak the material in a solution of five parts of boric acid, six parts of borax, and 100 parts of water. After soaking, the fabric should be squeezed out and hung up to dry.

Q. How can I polish silverware if I have run out of silver polish?

A. Try using a little of your toothpaste on a soft cloth. It will clean the silver beautifully. Rub to a polish with a clean cloth.

Q. How can I make a good filling for ice sandwiches?

A. Try making them with cold salmon, cream cheese and olives. Make a smooth paste of the cheese and salmon, and then add stuffed olives which have been cut in halves.

## The Neighbors

By George Clark



"Yeah, old Santa asked the postman to help him out. All the television aerials on the roofs slow him up."

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Sneak but it's nice

to extend warm and friendly greetings

to all you wonderful people!

## Pineau's Home Bakery

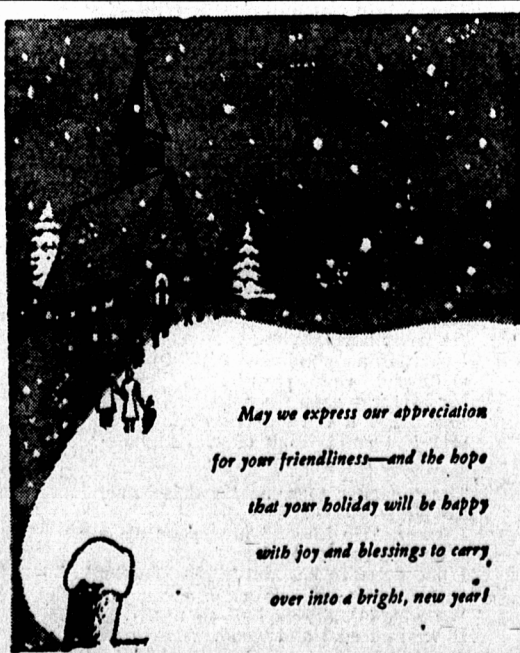


## Good Old Time Christmas Greetings To You

The management and staff of our firm express the wish that you will enjoy a most nappy, holiday season.

We hope that the holiday will bring the realization of your fondest ambitions for happiness and friendships!

## S. A. McDonald



May we express our appreciation for your friendliness—and the hope that your holiday will be happy with joy and blessings to carry over into a bright, new year!

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