

The Stars Say - -

By Genevieve Kemble

For Tomorrow
A DAY of the unpredictable and unpremeditated, with the accent on the affairs and excitements of youth, particularly with romance, sudden, dramatic plans inciting to novel, daring and thrilling adventure. It could be that elopements, juvenile "kicking over the traces" are in prospect. In fact, sensational and unconventional indulgences combine to make this an unforgettable day. While such spontaneous decisions and experiments may be hazardous, there are certain astral factors making it safe and acceptable to take a "sentimental journey" into the precarious and bewildering unknown.

For the Birthday
Those whose birthday it is may prepare for a year of the sudden, unforeseen and unpredictable, particularly in the realm of private, romantic and sentimental affairs. There's more than a prospect of weddings, elopements, or other flights into the spectacular. Unique and novel ideas, plans and accomplishments in all relations and indulgences may be the mainspring of existence. Surprising denouements may bring thrill and gratification. A child born on this day will be original, dramatic, erratic, given to singular adventures and achievements.

Modern Etiquette

By Roberta Lee

Q. Should the inner envelope enclosing a wedding invitation have anything written on it?

A. Yes; just the addressee's name is on this envelope. This envelope is not sealed, but is placed within the outer envelope, which is then sealed and fully addressed.

Q. When the coffee or tea is very hot, isn't one permitted to sip it with the spoon?

A. Never. Merely wait until the liquid has cooled sufficiently. After stirring, the spoon should always be placed in the saucer and remain there.

Q. In telephoning, does a man identify himself as Mr. Henry Becker, or merely as Henry Becker?

A. Merely as Henry Becker.

Household Scrapbook

By Roberta Lee

Printing on Flour Sacks

Printing can be removed from flour sacks by covering with kerosene and allowing them to stand for 24 hours. Then cover with cold water and naphtha soap cut up fine, bring to a boil and boil for 20 minutes. Follow this by washing on washboard. If the color is not all out, put into cold water, naphtha soap, and a little kerosene, and boil again.

Oily Hair

To remedy oily hair, wash it frequently and alternately with a dry shampoo of 4 ounces of therax, and a shampoo of 4 ounces of orris root. Rub into the scalp thoroughly, then brush well.

Doors

Stop the creaking of a door by

That Body Of Yours

By James W. Barton, M.D.

BED REST FOR THE COMMON COUGH

Now that physicians are cutting down on the amount of bed rest for heart disease and advising arm-chair rest with bathroom privileges, some may have the idea that this is to make more hospital beds available for those acutely ill. Though it may make more beds available, the real purpose is that there can really be too much bed rest, which slows up the circulation, interferes with digestion, and often causes constipation.

Because less bed rest is advised in serious ailments and following operation, many of us think that in the matter of the common cold no bed rest is needed or advisable. However, the old-time advice to get best rest immediately when attacked by a cold is still best, as it gives the natural forces protecting the body a chance to do their best work, if the strength of the body is not being used for other purposes. In other words, when treatment is prolonged, more than a few days, too much bed rest is not advisable.

In the Journal of the American Medical Association in answer to the question of the need of bed rest and the use of antibiotics (disease fighters) in treatment of the common cough, we read:

"Since there is no effective method of preventing the common cold, the same is equally true of the common cough; however, there are a number of general measures useful in treatment of cough. The value of bed rest early in the course of the common cough and the cough present or following it is shown by the fact that bed rest causes the cough to subside and sometimes disappear completely.

"The air should be kept moist and moderately warm. Warm moist air soothes the impulse to cough, whereas hot dry air may provoke and prolong the cough."

As stated before, when there is mucus in back of nose and in the throat, the use of a medicine to "loosen up" this mucus is the proper treatment, but when there is little or no mucus, the cough just of a hacking nature, a drug to quiet or prevent cough is advisable. For this reason the advice is to use these quieting drugs only if absolutely necessary to maintain the patient's strength.

Opiates and atropine actually increase the "stickiness," thereby adding to the difficulty of loosening up and getting rid of the mucus. The tiny little hairs lining the throat gradually move mucus outward if no quieting drug is used.

What about bed rest for the common cough? It is known that when lying down, throat, at horizontal position, the tiny hairs (cilia) in the throat move the mucus forward and outward twice as fast as when the patient is sitting up (in vertical position). For this reason, the bed rest is advisable in the treatment of the common cough.

When the cough is unusually severe, the use of the germ killing drugs (the antibiotics) penicillin and others, may be used effectively.

rubbing a little Vaseline jelly or soap on the hinges. If a door sticks rub a piece of soap over the tight places.

President's Wife



Mrs. Dwight D. Eisenhower, the wife of the president of the United States, has travelled together with her husband from a two-room honeymoon apartment to the White House. An army wife for 36 years, she is fond of saying that she has "kept house in everything but an igloo." When General Eisenhower was elected President in 1952, his wife said the change wouldn't affect their lives very much since they already had been living a sort of "goldfish bowl" existence anyway. During the presidential campaign she accompanied Mr. Eisenhower and almost everyone, it seemed, called her "Mamie." She was born Mamie Geneva Doud, November 14, 1896, in Boone, Iowa, where her father was in the meat packing business. She met Mr. Eisenhower when he was a second lieutenant fresh out of West Point. They were married July 1, 1916. Their first son, Doud Dwight, died of scarlet fever in 1921 at the age of three. The second, John Sheldon Doud, followed his father to the military academy from which he was graduated in 1944. She wears her hair in bangs, which she considers her "trade mark." The style since has become popular among women. (CP from AP)

DOROTHY DIX'S COLUMN

Overdone Thrift

Saving Money Is Praiseworthy But It Has Its Limitations

DEAR MISS DIX: During the four years my husband and I have been married, we haven't enjoyed ourselves at all—trying to save every penny we make to buy a home. I am 23, and we have a child of 3. We both teach school, and are very well suited to each other. Every year, the college of which we are both alumni, has a big dance to which graduates are invited. I haven't been to one, or to one of their games, since our marriage, for the simple reason that I haven't the clothes to wear. I'd like very much to attend this year's affair but can't decide whether to buy the clothes and go, or forget the outfit and save the money. My husband thinks I should save the money.



Muriel Nissen

ANSWER: It would appear that this saving spree you're on is more your husband's idea than your own. Though you don't mention the fact, I'll bet all the money is banked in hubby's name and the home you intend to buy will also be in his name. For four years you have catered to his desire to save money, both by working to earn a good salary, and by depriving yourself of every pleasure, every amusement, and even necessary clothes, to get your money into the bank. Now, I certainly don't deprecate the virtue of thrift, but there's only a fine line between praiseworthy economy and culpable miserliness.

You can see now that your husband is much against money being spent on such frilleries as clothing and adornments; he will probably never get over this aversion to spending; certainly he'll never change unless you take steps right now to relax the rigid saving program your family has adopted.

STINGINESS LIKE AN OCTOPUS

Postponing the ownership of a home for a few years is better than settling into a parsimonious life. Your budget should be rearranged to permit a reasonable expenditure on pretty clothes, and on mutually enjoyable entertainment. These are the components of a warm life; stinting yourself of them in order to save every penny will soon make hard, unhappy folk of you and your husband. When you finally do acquire the home for which you are stinting yourself, there'll be nothing to put into it, but a small family starved of affection, friends, and content. Stinginess is like an octopus; its hungry tentacles reach out to grasp everything within reach to hold and devour. People who are stingy with money become equally niggardly with their affections. Soon they can't even spare a smile or kind word to anyone.

This is a picture of the progression you are likely to follow if

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ELLEN'S DIARY

By An Island Farmer's Wife

Saving that stored in the barns against days when wintry winds will rave and rant along our valley and snow heap the field-trails about, hay for the stock is drawn each day — except of course Sunday—to the barnyard. It is brought from a stack of those in that sheltered spot beyond a near field where in the hay and to the delight of the children we sometimes spread our evening meal.

We watched the tractor bring in a tidy load this morning, the soles dark of the evergreens of woodlands a fetching background for the procession, the two lads gaining a ride in it, while they awaited thus, the pleasure of the farmer who was to take them presently to school. . . . We were mixing rolls at the time, hiding in the flour the whole milk and egg for those of us not interested in receiving these in more natural form.

And then because James had expressed a desire for this variety of bread, we made a bannock, its mixing returning to us intriguing memories of days that are gone. We heard again in the silence of the pantry the casual and sometimes suspicious voice of a "Maister" of old: "Perhaps, Ellen will be able to answer this one—we shall try her, at any rate: In what year was the Battle of Ban-nockburn fought?" We quickly searched a mind not so much taken up with musty dates as history as with fancied scenes. "1314," we replied a bit smugly.

But why, the query lingered in our young mind, had the place been thus named? Had it, we wondered, something to do with cooks and bakings? Or had some personage eaten a bannock beside a burn there to give it a name—like Jacob sleeping at Bethel? But these questions we did not presume to ask. Because that was an age when no matter the wonder

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4672 by Anne Adams

and curiosity — and turmoil — in young hearts, children kept their silence and were "respectful" of their elders.

"Teachers are so human nowadays," James commented of those who teach our children. "In my day, beyond reciting my lessons and answering a meek 'Yes Sir' or 'No Sir' to them, I don't remember talking to any of mine. They were so unapproachable . . . so altogether aloof. Help me? Or the other pupils? We took care to help ourselves! It's small wonder, Ellen," he commented, "that we sometimes considered the school more as a place of punishment than a seat of learning and stopped attending at the first excuse. Perhaps the fault was entirely mine, but there seemed so little to keep us there."

And so this morning we made bannock. . . . "We had a lovely supper," we recall a sister relating in the bosom of the family after in the returned from an outing in

the days long ago. "We ate . . . and there followed a lengthy and mouth-watering recital of the foods served, "and bannock."

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now!

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Morning Smile

Just As Good

A woman bent a fender on the family car and asked the mechanic: "Can you fix it so my husband won't know it was bent?" The mechanic examined the damaged fender and replied: "No lady I can't. But I can fix it so that in a few days you can ask your husband how he bent it."

Diagnosis

The little girl had been given everything that rich and doting parents could provide but still was petulant and unhappy. Finally they decided something must be seriously wrong and took her to the most expensive psychiatrist they could find.

After many sessions at \$40 a visit, he made his report to the anxious parents. "So far as I can determine, your daughter is suffering from severe overdevelopment of the wishbone."

How Can I . . .

By Anna Ashley

Q. How can I paint on glass surfaces?

A. Be sure that the glass is absolutely clean of grease. This is accomplished by washing with benzine or alcohol. Allow to dry thoroughly before applying first coat of paint. A straight white lead-linseed oil paint containing some turpentine is a satisfactory first coat. Over this may be applied the desired color of paint.

Q. How can I disinfect a room?

A. Burning sulphur will thoroughly disinfect a room. Close the windows and doors and stop up the keyholes. Two pounds of sulphur is sufficient for a room measuring twelve by twenty feet.

Q. How can I remove stains from the fingernails?

A. A teaspoonful of lemon juice in a cup of warm water will remove stains from the nails and fingers preparatory to manicuring.

Better English

By G. G. Williams

- 1. What is wrong with this sentence? "Can I see you for a few moments?"
2. What is the correct pronunciation of "detour"?
3. Which one of these words is misspelled? Gazelle, gorilla, grenadier, gazetteer.
4. What does the word "endue" mean?
5. What is a word beginning with el that means "to render intelligible"?

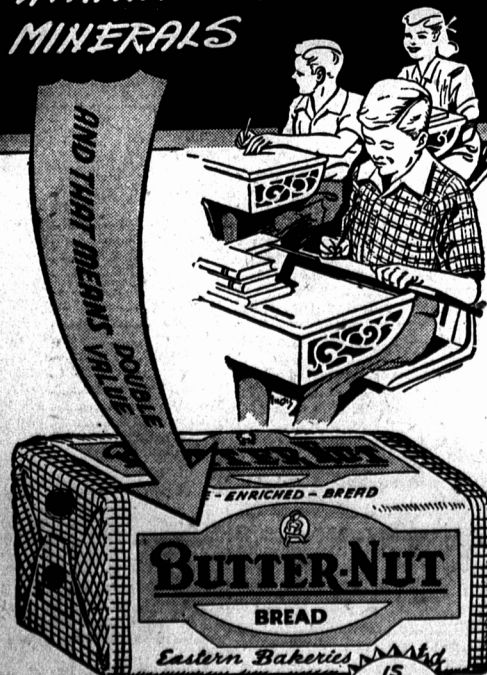
ANSWERS

- 1. Say, "May I see you for a few minutes (or for a moment)?"
2. Accent second syllable, not the first.
3. Gazetteer.
4. To provide with some quality or power. "They must be men endued with wisdom from above."
5. Educate.

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