

Modern Etiquette

By Roberta Leo

Q. What is the difference between the formal and informal tea?
A. The decorations of the informal tea are not so elaborate and the refreshments are more simple. The hostess at an informal tea mingles with her guests and does not remain at the door to greet each newcomer.

Q. When a man is dancing with a girl, and another man "cuts in" on him, is it all right for him to cut back on that man in a few minutes?
A. Never. However, it is all right for him to cut in on a third man, if he wishes, and especially if he is giving the girl "a rush."

Q. Is it all right to use a folded napkin to brush crumbs off the dinner table?
A. Yes, this is quite all right, and it usually does a good job.

Better English

By V. C. Williams

1. What is wrong with this sentence? "Although she approves of him working, she thinks a life of ease is more preferable."
2. What is the correct pronunciation of "domain"?
3. Which one of these words is misspelled? Tenant, remnant, penant, contingent.
4. What does the word "susceptible" mean?
5. What is a word beginning with ml that means "to make or become less severe"?

ANSWERS

1. Say, "Although she approves of his working, she thinks a life of ease is (omit more) preferable." 2. Accent second syllable, not the first. 3. Penant. 4. Of such a nature as to admit or permit. "Anne is very susceptible to flattery." 5. Mitigate.

How Can I...

By Anne Ashley

Q. How can I clean gold or silver lace?
A. Sew the lace to a strip of clean linen and boil in a solution of one cupful of salt to one gallon of water. Dry without removing from the linen, and then sponge with a piece of white velvet dipped in alcohol.

Q. How can I make a good substitute for a ring mold?
A. Fill a glass jar with chopped ice, seal, and set into a bowl. Pour the mixture to be molded around the jar. Remove the jar when the mixture is well frozen.

Q. How can I freshen nuts when using them in food?
A. Before adding nuts to foods, brown them slightly in a moderate oven. It will freshen their flavor.

That Body Of Yours

By James W. Barton, M.D.

DEFICIENT DIETS CAUSE WEAKNESS, TIREDNESS, LACK OF AMBITION

When a patient consults a physician because he feels weak, tired, and without ambition to do any mental or physical work, and the physician, after careful physical examination, tells the patient, "There is nothing physically wrong with you," what is the reaction of the patient?

In Canadian Medical Association Journal, Dr. C. J. Barborca states that the patient understands that the physician considers him a neurotic, an individual who believes he has some disease when no disease is present.

Very often the feeling of weakness, tiredness and lack of ambition is actual lack of food. I've written before of the tests made in industrial workers where it was found that the weak feeling present toward the close of the working day was due to hunger, lack of sufficient food, and not to tiredness from work.

While great lack of food causes diseases such as rickets or pellagra (lack of appetite, indigestion, burning sensations of hands and feet, depression, dizziness), the less severe deficiencies are not so easily recognized such as loss of weight and strength, indigestion, diarrhoea or constipation, and nervousness and irritability.

Dr. Barborca points out that this food deficiency causing the above symptoms is discovered from the history of the patient's diet, recognizing the factors influencing digestion, absorption and use of food in the body, laboratory tests of the vitamin levels and watching the results of special treatment with vitamin concentrates.

The therapeutic or special diet for food deficiency must be essentially a "normal" diet, and should not differ in quantity or quality from the normal diet "only as is necessary to combat the disease state against which it is employed." The diet must be emotionally and psychically (mentally) acceptable to the patient and care must be taken that all essential nutritional factors (minerals, vitamins) are provided.

Now, there are likely times when we all get these symptoms—tiredness, weakness, no ambition to work or play—and it may be called or even be due to neurasthenia (mental and physical fatigue), but unless the physician enquires into your diet, the fact that lack of an all-round diet may be causing the symptoms may not come to light.

The all round or adequate diet is just our ordinary diet—meat, vegetables, bread—plus the protective foods—milk and other dairy products, plus leafy vegetables and fruits.

Household Scrapbook

By Roberta Leo

Neuralgia

For face neuralgia apply dry flannels as hot as can be borne. A woolen cloth saturated with essence of peppermint is an effective pain killer. Be sure to avoid draughts, as these encourage neuralgia.

Pie Crust

Try adding just a bit of sugar to each cup of flour used in making pie crust. It will improve both the flavor and texture of the crust.

Red Ink Spots

Red ink stains can be removed from white materials by using ammonia and water.

ELLEN'S DIARY

By An Island Farmer's Wife

"This poppy is for you!" Gage, younger son of this place said coming in from school on a recent afternoon. "Do you know what it means? There was a war. And some of the boys who were soldiers never came back. Poppies bloom on their graves... where is it, Jamie?" In France, Jamie supplied gravely. "Yes," Gage nodded. "In France," "It's for Remembrance Day," Jamie said.

Once more we looked back along the reach of our years... to far memories—to the Boer war which ended for us in the return of gallant Island veterans and the erection of a Cenotaph in a city square in memory of two fallen comrades. Then, to that interval of happy living and deep peace which followed, when all the battles were named were those eternally vowed his inferiority and no woman can be truly happy with a man she can't respect.

In your case, Maggie, I think you are reading somewhat more into George's words than is actually intended. You seem to be seeking some dark past which he is covering up with his protestations, while he is merely following the pattern of most young men in love by putting his sweetheart on a pedestal and endowing her with perfections she doesn't possess. It would be as difficult for a girl to live up to such high expectations as it would be for the boy to sink to the emotional depths he describes.

George seems like a fine young man and, though you are a bit young and your acquaintance is of too short a duration to be melded into permanency as yet, I doubt if your trust in him would be misplaced. If you feel he is holding anything back from you, a little tact will bring the matter to light. In the meantime don't, at your tender age, begin to cultivate the nasty habit of being unduly suspicious.

DEAR MISS DIX: I am a widower of 60, living with one of my five married children. My daughter treats me very well and does everything she can to give me a happy home. Still, I am very lonely. While my wife was alive, we were great friends with a couple of our own age. Since my wife passed away, I have continued the friendship, and now the woman and I have fallen very much in love. Her husband doesn't suspect anything, and though I realize it isn't right to act this way, I can't help it. We are both old enough to be sure to act this way. I know you don't believe in breaking homes, and I don't either as I am a religious man, but in this case I'm sure your honest answer would be that we are justified in spending the rest of our lives together.

ANSWER: Your confidence in me, I'm sorry to say, is misplaced. I cannot honestly tell you that you are right in coming between another man and his wife. I must also destroy another of your illusions: at 16 or 60 love is equally difficult to separate from other emotions. You have let loneliness masquerade as love in your case.

Your new home would be haunted by the ghosts of another man's wife. Furthermore, no matter how well you think you know this lady, living together as man and wife would be an eye-opening experience and one which I am sure you would not want.

Self-Abasement

Why Does Suitor Dwell On His Shortcomings?

DEAR DOROTHY DIX: I am only 17 years old, and after many infatuations have really fallen in love with George, who will be 23 soon. I have only known him since June, but feel as if I've known him several years.

A few days ago he proposed to me, and said: "I need a good girl like you to set me straight. I could be something with your help." Now, I wonder do all men have the same line, and say they're "no good" and "need help" to impress a girl, or are they really serious?

MAGGIE M.

There are two usual reasons why a lad will protest vehemently that he is not good enough for his lady. Sometimes his abasement serves as a warning that he is actually becoming tired of the girl and feels that an insistence on his unworthiness will effectively free him from any ties he has unwittingly bound. Thus, he can sever a romantic connection that has become boring, and retire in the guise of a martyr to leave the girl heart-broken. It's true, but at least with her pride undimmed.

FEELS NOT GOOD ENOUGH

Then there is the boy who is so carried away on the wings of love that he is abjectly convinced he is not good enough for his sweetheart. Even if he is not good enough for his chosen mate, which is as it should be. No woman could look up to a man who eternally vowed his inferiority and no woman can be truly happy with a man she can't respect.

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Continued on page 9

The Stars Say

By Genevieve Kemble

For Tomorrow

AN "afflicted Mercury" — the planet governing the mind, the intellect — bodes little good for productive or wise culminations of the interests and activities of this day. All sorts of misjudgments, entanglements, errors and bungled issues may be the tenor of the day, particularly aggravated and misdirected by a wild and violent flare of the emotions, with tongue and temper pitched to unmitigated fury.

For the Birthday

Those whose birthday it is may find themselves in a year of a whirlwind of excitement, danger, distress, with inflammatory "tinting at windmills." Such wild and angry reactions may smother all chance of any constructive activities, especially since the emotional disturbance and temperamental flare find no aid in a mental or distorted point of view, the judgment being as inflammatory as the energies and impulses.

A child born on this day may come into life with its energies and temperament requiring discipline and regulation from the cradle. Until tomorrow... Diary... Good-night...

Morning Smile

Enough Now

He was quarrelling with his wife, and not doing any too well. "You didn't have a rag on your back when I married you," he said, acutely.

Being Watched

As they propped themselves against the bar, Jones remarked. "I say, old man, when your wife's away, do you have to tell her everything you do?"

Brown smiled sadly. "It's not necessary," he replied. "She tells me that she always gets a more reliable account from the neighbors."

There's A Limit

Thirteen-year-old Joe was talking over the girl problem with his pal, Willie. "I've walked to school with her three times," he said "and carried her books. I bought her ice-cream sodas twice. Now do you think I ought to kiss her?" Willie thought for a moment. "Now, you don't need to. You've done enough for that girl already."

DOROTHY DIX'S COLUMN

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A Country Garden

By Mrs. Gordon MacMillan

"I have always believed that the happiness of mankind may be increased by encouraging that love of a garden, that love of the beautiful, which is innate in us all."—Dean Hole.

The president and officers of the Rural Beautification Society have always believed this to be true and at the annual meeting and banquet last week a happy time was enjoyed by all.

The competition for community beautification was the outstanding accomplishment of this society and the president said "In some of the entries as many as twenty-five homes and public buildings in the community were entered in this competition, and the work and enthusiasm of the folk doing this work was something to see." Nothing very good or very great was done without enthusiasm, and those taking part in this endeavour are to be congratulated.

Many of the homes had been beautified with shrubs, plants and bulbs from the Cotton Memorial Nursery and the man who gave this Nursery to all who live on Prince Edward Island was in a happy mood when he saw his plans coming true.

From all sections of the Island the competitors came to receive their trophies and it was an inspiration to see the interest they all took in the "before and after" photographs of the different homes. It is very true that there is nothing truly valuable which can be purchased without

pains and labour. Valuable money prizes were given by men who have the welfare of our Island at heart and they will see on their driving over the Island many lovely country homes and gardens because of their interest in this work. Henry Ward Beecher wrote "The love of country life, the habit of finding enjoyment in familiar things, that susceptibility to Nature which keeps the nerve gently thrilled in her home!"

Continued on page 9

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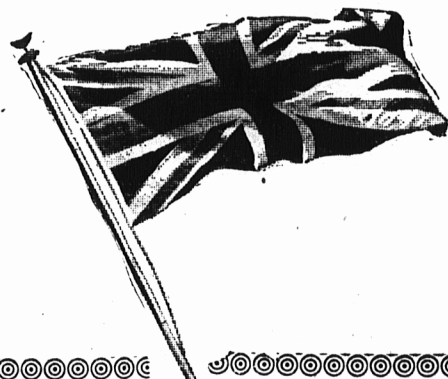
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To Our Sons Who Gave Their All! For freedom and for equal laws they fought and died in honor's cause.

REMEMBRANCE DAY — NOV. 11, 1952

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of our valiant sons who gave their lives for a Greater Canada, a Better World where we may live in peace, devoid of fear, we pay them Grateful Tribute.

Remembrance Day
November 11th, 1952

S. A. McDONALD

DEPARTMENTAL STORE

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SWEETENED
Sour Stomach
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Anne Adams Patterns



LIVE IN THIS!

You'll live in and love this simple dress with the smart details! That pointed collar is a foil for accessories, asymmetric line — newest fashion; small waist — sheer flattery! In winter cotton, rayon, wool, this will be the busiest dress in your wardrobe!

Pattern 4525: Misses' Sizes 12, 14, 16, 18, 20; 40. Size 16 takes 3 3/4 yards 41-inch fabric.

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.

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Backache is often caused by lazy kidney action. When kidneys get out of order, excess acids and wastes remain in the system. Then backache, disturbed rest or tiredness may follow. That's the time to take Dodd's Kidney Pills. Dodd's stimulates the kidneys to normal action. Then you feel better—sleep better—work better. Get Dodd's Kidney Pills now.

Alice Brooks Designs

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Big as life, and cute as can be! Pattern 7025 has transfer of 30-inch doll only.

Send Twenty-five Cents in coins for this 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.

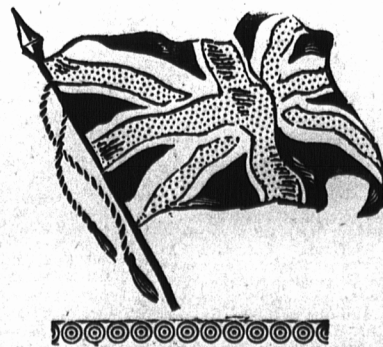
Finds Fast Way To Relieve SCIATIC PAIN

"For a long time I was just about useless from sharp sciatic pain in my right hip and thigh," writes Mr. Kenneth Dauphinee, 32 Atlantic Ave., Halifax, N.S. "Despite all the things I tried, I showed no improvement. Then my wife got me some T-R-C's and from the first dose I got longed-for relief. After taking T-R-C's for a short time, I no longer needed them and have not had an attack for years."

This welcome relief from nagging pain can be yours. Don't suffer another day from Sciatic, Rheumatic, Arthritic, 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.



Alice Brooks



Their Glorious Deeds

Live After Them

Deep in our grateful hearts, on history's page, endures the unselfish sacrifice of those who fell in conflict defending our cherished Democracy.

* REMEMBRANCE DAY — NOVEMBER 11th, 1952 *

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