

Modern Etiquette

By Roberta Lee

Q. If a host or hostess asks a guest what he would like to drink, is it all right for the guest to reply, "Anything will do," or ask, "What do you have?"

A. Neither one of these answers is correct. The guest should helpfully state his preference. Of course, a host can be helpful, too, by stating in the first place what kinds of drinks he has available—unless his stock happens to be unlimited.

Q. Isn't it poor form for a woman at her second marriage to have three or four bridesmaids?

A. Yes, it is poor form. The second wedding should be a very simple one.

Q. Is it all right for a woman to introduce her husband to a friend of hers as Mr. Johnson?

A. It is preferable for the wife to say, "My husband," or merely, "Bob."

Household Scrapbook

By Roberta Lee

Storing Dresses
Pastel evening dresses should be protected with a muslin cover when not in use, to protect from the dust. When storing white dresses for the winter, blue a pillow case and enclose the garment in it to prevent yellowing.

Sieves
Wash sieves in soda water instead of soapy water. Particles of soap may adhere to the sieve and impart a soapy flavor to the foods that are put through it.

Grease
If grease has collected on your iron it can be removed by rubbing corn meal over it.

The Stars Say --

By Genevieve Kemble

For Saturday, October 7

THE auguries are excellent for all manner of activities practical and constructive as well as temperamental and emotional. All are keyed to spirited action. All are aroused to definite purpose, with sentimental drives as urgent as the matter of forced objectives. Pleasure as well as practical culminations are incited to aggressive attack, with the creative dominant, perhaps impulsive, temperamental, insistent. A latitude of choice is noted, emotional and exciting even in pushing toward ideal goals.

For the Birthday

Those whose birthday it is may anticipate a year in which ideals, emotions, feelings may be driven to fond objectives and practical conclusions. The incentives and desires may be worked out on a thoroughly practical basis, with realistic techniques and tactics. But let mind direct the emotions for a workable crisis, powerful with those in influential positions. These may prove amenable to logic.

A child born on this day while a dreamer and plotter of subtlety and connivance also has practical ways and means for making dreams come true. A pleasant and idealistic life is ahead.

Strange But True

By F. H. MacArthur

Although you may not realize it the air moves in every direction; it is only the horizontal motion which is given the name of Wind. House plants should receive very little water during the month of January. An occasional sprinkling overhead will serve to keep the plants fresh and moist. Did you know that storms in the West Indies are called hurricanes, in the Indian Ocean, cyclones, in the China Sea typhoons, while the tropical storms that sweep the northwest coast of Australia are called "Welly-Willies". Knights of the 16th century were only average sized men, judged by modern standards. A Canadian of 5 feet, 8 inches, could not squeeze himself into a suit of armour worn by the knights of old.

Don't worry too much about your heart ailments or the loss of your second teeth as dogs, cats and rabbits have, in some instances received new hearts by transplanting. Tooth "beds" or "germs" removed from three week-old kittens and transplanted into the jaws of old cats soon developed into full-sized teeth. Ever try making a chicken-leather bedspread? Here's how it's done: First, you bind the feathers with a little wool and then secure all with a roll of yarn. It is impossible to have the air too moist for frogs, salamanders, earthworms and pill bugs. Snakes, lizards and most insects thrive best in dry weather. For example, grasshoppers are attacked by white fungus and die in one or two days if the weather is very wet. Fish sleep with their eyes open because they have no eyelids to close over them.

Continued on page 3

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DOROTHY DIX SAYS—

Human Doormat

Spinster Better Off Than Girl Who Got Man By Taking Abuse

DEAR MISS DIX: In friendship or love between two people should one be influenced by what the other does or fails to do? Should one resent lack of consideration on the part of the other, or should one just grin and bear it as if nothing had happened? I know a girl who stood for the greatest



ten years from the man with whom she was in love, but she got him in the end. I know another girl who refused to put up with such conduct from her fiancé and she is still wandering around unmarried. Which girl had the most character?

K. J. R.

ANSWER: I'd say the second girl did. She showed not only strength of character but self-respect and good, hard, horse sense, while the first girl proved herself to be nothing but a human doormat.

True, she got her man, but it needs no prophet to foretell that he will trample over her and kick her around, as is the fate of every doormat, as long as she lives. How any woman can promise herself any happiness in marrying a man who has shown her even before marriage the contempt in which he holds her, is past comprehension.

WRITES OWN PRICE-TAG

Every wife writes her own price-tag for her husband and he treats her exactly as she demands to be treated. If she demands to be treated with respect and courtesy and generosity, she gets it. But if she submits to being treated like a slave and ordered about like one, if she meekly bows her head before insults and abuse, that's the way she is treated.

The wives who let their husbands swear at them; the wives who let their husbands dole out nickels to them instead of giving them an allowance; the wives who let their husbands enslave them have only themselves to blame. Their husbands wouldn't treat them that way if they didn't stand for it. The worm would only have to turn to make their husbands as polite and considerate to them as they are to other women.

A proper self-respect demands that our friends should treat us with respect, and they do not value us unless we make them do so.

DEAR MISS DIX: Three years ago I left a good home and position to marry a son. My husband's mother lives with us. She is 75 and crippled. She is sweet and easy to get along with, but she makes me very unhappy because she never lets us have a minute alone together. In the morning she comes down to breakfast just to be with him and then goes back to bed. When friends drop in in the evenings mother holds the floor for half an hour at a time, telling the same old stories over and over again. My friends have made remarks about this and when I told my husband about it he said: "Oh, let her stay up. She enjoys it and she only has a few more years to live." I am so unhappy that I think I will take my baby and leave.

SAD MOTHER AND WIFE should be down on your knees thanking God for your happiness instead of cluttering up this column with your wails.

If your mother-in-law was mean and bossy and hateful to get along with, and if she was trying to separate you from your husband, you would have just reason for complaint. But she is none of these things. She is a sweet, gentle, crippled old lady who only wants a little of the society of the son she adores and a little of the companionship of you and your husband and your friends.

And you are so rich. You have the son whose love for you is so much greater than his affection for his mother. You have your child who loves you. You have youth and friends and a million interests that keep your mind and your heart and your hands busy, and a long and rosy future stretches before you. Can you not out of your wealth spare a little understanding, a little patience to this forlorn old creature?

My advice to you is to brace up and snap out of the maudlin state of mind you have got into. Quit being sorry for yourself. Dry your eyes and smile and cherish your poor old mother-in-law as if she were your own mother. There is nothing that cheers us up like doing the right thing.

DEAR MISS DIX: My mother will not let me use cosmetics, but there are only three other girls in my class who do not use them and they don't care what they look like and are not liked by either boys or girls. Don't you think my mother should let me use rouge and lipstick?

THIRTEEN-YEAR-OLD ANSWER: Your mother is right in thinking it exceedingly bad taste for a 13-year-old girl to daub herself up with paint and powder. That is what we old ones use when we are trying to look young, and it is a pity that those who will have fresh young skins can't realize how best they are and not spoil their imitating age.

How Can I!!!

By Anne Ashley

Q. How can I avoid waste when mixing dough?

A. When mixing "pastry, biscuits or bread, first grease the mixing bowl thoroughly. This will take up every bit of flour, avoiding any waste caused by its sticking to the sides of the bowl.

Q. How can I prevent a colored suede belt from fading onto the dress from perspiration?

A. This can be prevented by neatly lining the inside of the belt with a strip of waterproof adhesive tape.

Q. How can I keep my silver free of tarnish?

A. If a piece of camphor ice is put away with the silver, it will not tarnish.

Better English

By B. C. Williams

1. What is wrong with this sentence? "We are not going any place today."

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

3. Which one of these words is misspelled? Predicament, predecessor, predomance, pre-eminence.

4. What does the word "frailty" mean?

5. What is a word beginning with par that means "a model"?

ANSWERS

1. Say, "We are not going anywhere today." 2. Pronounce "fil-an-throp-ik, both 'i's as in it, as in an, o as in on, accent third syllable. 3. Predomance. 4. State of being easily tempted; a moral infirmity. "May we always look upon the frailties of others with the same eyes we look upon our own." 5. Paragon.

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Morning Smile

Repeat

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Salesman—Yes, sir.

Young Man—Well, will you give me the sales talk all over again? It's beginning to look like a piece of junk to me."



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That Body Of Yours By James W. Barton, M.D.

HYPERTENSION—HIGH BLOOD PRESSURE

"Hypertension—the medical name for high blood pressure—causes more disability and death than any other ailment... Yet the fact that it is not listed among official diseases in mortality or death rate statistics shows how recently science has discovered that hypertension is often the real villain behind strokes, apoplexy, heart failure, uremia (urine in the blood), coronary heart disease and hardening of the arteries."

I am quoting Dr. Irvin H. Paige in the book "You and Your Heart," of which he is a co-author.

Now, while the above statements are true and high blood pressure does play what seems to be a mysterious and frightening part in so much suffering, hypertension has created more fear in the minds of people of North America than almost any other affliction—cancer not excepted. In fact, many physicians believe that hypertension is due to pure fright or at least anxiety, with emotional and physical complications, and not to the patient's blood flowing through his arteries more forcefully than normally. While some physicians make light of blood pressure in order to calm their patients, other physicians in order to protect patients with high blood pressure, warn them to be careful at all times or they may have a heart or brain stroke. Naturally with two widely different opinions prevailing in the medical profession, the patient with high blood pressure does not know which course to follow.

Dr. Paige points out that as high blood pressure will be a life-long companion, the patient must learn to live with it. Calmness of mind and spirit should be the hypertensive's goal. "A technique of cultivated serenity will not help scale the emotional heights but will avoid the depths," he says.

This means that the hypertensive should avoid all emotional extremes, high or low. His role is to sit on the bank watching the stream of life go by, ready to step in when aid is possible and back out when it is impossible. This is not being an invalid; it is just good sense.

I am not mentioning at this time the drugs that the family physician can use to control high blood pressure because calmness, serenity, is the most important part of the treatment for the majority of hypertensives.

HOW IS YOUR BLOOD PRESSURE? Write today for Dr. Barton's booklet dealing with both high and low blood pressure entitled "How Is Your Blood Pressure?" To obtain it, send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Inc., in care of this newspaper, 134 Bloor St. West, Toronto 5, Ont., and ask for your copy.

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