

British Women Will Burn Last Ration Books in July

(By Jean Ryan) (Canadian Press Staff Writer) LONDON, (CP) — A small, buff-colored booklet that has dominated domestic life in Britain for 16 years in shortly to disappear from the national scene.

The ration book, symbol of stee economy, is due for demobilization early in July. This will be the official end of austerity.

For some it will come as a shock. Women who were mere girls when war came will have to get used to what Food Minister Gwilym Lloyd-George calls "Discriminating shopping."

"We have got to get used to the idea of picking and choosing," the minister said in a recent address. "There is a lack of knowledge about this all over the country. There are some women who have never been to a country where you can go into any shop and order whatever you want."

The British housewife rarely went out without her string bag and ration book. Under rationing she always got her meat from the same butcher. Starting in July she will be able to make the rounds.

Sense of Anticlimax For all that there will be a sense of anticlimax about the new freedom. Restrictions have gradually eased in the last few years, and only meat and butter remain as major irritants. General reactions to derationing is probably summed up in a housewife's comment:

"I'm overjoyed that rationing is ending but I hope prices don't go up as the controls are lifted. Food rationing started in the United Kingdom in January, 1940, with butter, bacon and sugar. As supplies of other commodities became scarce, it was extended to include meat, margarine, cooking fat, tea and cheese. Along with these, clothing, gasoline and soap went on ration.

Merchants Had Problems Store-keepers, too, had their difficulties. They had to watch for forgeries and prepare careful accounts for the food ministry. Black market deals became widespread.

Candy control was perhaps the sourest form of rationing. Long nights in bomb shelters and underground tunnels seemed more bearable with a candy in your mouth. Nearly everyone had a

Gay Royal Air To London Fashions

By Muriel Narraway Canadian Press Staff Writer

LONDON, (CP)—There's a gaily royal air to the fashions for London's coming social season. The Queen's choice influence clothes designed by most of the coutoure houses here.

Even those of fashion design's "big 12" not credited as royal designers show outfits that might have come from the royal wardrobe.

But collections designed by Norman Hartnell, Hardy Amies and Victor Steibel are especially influenced by the fashions favored by their royal patrons.

Take Steibel, designer to Princess Margaret and the Duchess of Kent. His slender suits and unfussed day dresses might well have been for the stately Duchess of Kent. The tiny-waisted, big-skirted evening gowns and princess coats call to mind the neat figure of Princess Margaret.

Dainty, Sophisticated

There is something of the dainty sophistication of the five-foot, two-inch Margaret in Steibel's short evening dress in mist grey or organza. With skin-tight bodice, draped to accentuate the bust, and a full skirt embroidered with medallions of pleated taffeta set with rhinestones, it has the smooth hipline and tiny waist suited to a petite figure. The strapless top, however, would not be favored by the royal family for public wear.

The short skirts liked by the Queen and Princess Margaret for informal evening wear have resulted in an increased number of couture gowns with skirts around low-calf level. Even Norman Hartnell, whose court ball gowns are world-renowned, has included a number of shorter styles. One is a beige cocktail dress with off-shoulder decollete, unbroken waistline and short sleeves. The wide skirt has fullness added by deep pleats that drape over stiffened petticoats.

The Queen's tour is reflected in designs by John Cavanagh. A flame-red chiffon gown with the brightness of a bird of paradise sports a cape of palm fronds encircling the neck and coming to waist length.

Months' ration chewed away in the first week. Nowhere in the country were war-time rationing more strictly handled than at Buckingham Palace during the reign of the late King George VI. Each Royal Family member had his or her own dish of sugar, butter and other rationed commodities.

Some housewives are organizing bonfire celebrations to mark the end of rationing, using ration books for fuel.

That Body Of Yours

By James W. Burton, M.D.

HEART DISEASE IN CHILDREN

We can do more today to help or heal children with heart disease than was thought possible just twenty years ago and studies under way hold even more hope for the future. Although the outlook in general is hopeful, heart disease in children and in adults remains a major health problem. It is estimated that about one in every hundred children of school age has rheumatic fever, rheumatic heart disease or congenital (born with it) heart disease.

I am quoting from a pamphlet published by the American Heart Association, 44 East 23rd Street, New York 10, N. Y.

Most heart disease in children is the result of rheumatic fever which usually begins between the ages of five and 15 but can occur at any age. The main point for all of us to remember is that rheumatic fever is a more formidable disease than when the individual is born with heart disease, as nature apparently accustoms herself to this congenital type of heart disease and the body gets so used to it that the symptoms are less alarming.

The reason that the physician gives a guarded diagnosis in rheumatic fever is because it may occur several times in a lifetime, usually following either a simple or a severe sore throat or a short time after what is now called a streptococcus infection—a "strep" throat.

Rheumatic fever is an insidious infection, often difficult to recognize because it may closely resemble or mimic a variety of other diseases. Rheumatic fever is difficult to cure.

Continued on page 9

How Can I!!!

By Anne Ashby

Q. How can I avoid buying chamois gloves with weak spots? When buying the gloves, always hold them up to the light and see if they have any weak spots. Be sure to choose a pair through which the light cannot penetrate.

Q. How can I keep omelets puffy? A. By adding baking powder, in the proportion of one teaspoonful to six eggs, to the yolks.

Q. How can I remove rust from copper? A. Rub with a little liquid ammonia. Polish well afterward with a good copper polish.

Morning Smile

The second-floor tenant called the party living below and shouted: "If you don't stop playing that blasted saxophone, I'll go crazy." "I guess it's too late," came the reply. "I stopped an hour ago."

Cook's Corner

GEMS 1/2 cup butter, 1 cup white sugar, 1 whole egg and 1 yolk, 1/2 cup flour, 2 tsp. baking powder, 1/2 tsp. salt, 1/2 cup milk, 1 tsp. vanilla. Mix in order given, put in muffin tins and spread with the following mixture: 1 beaten egg white, 1/2 cup brown sugar, 2 tsp. cocoa, 1/2 cup nuts. Bake in moderate oven for 20 minutes.

—Mrs. Frank J. Poirier, St. Nicholas W. I.

ANSWER: How much of your "sensing" I wonder, is due to the fact that you assume all mothers-in-law are bound to be antagonistic to their sons' wives. This assumption is responsible for much of the mother-in-law-daughter-in-law trouble. Even though a mother may be reluctant to have her son marry, for one reason or another, most of

Continued on page 9

Alice Brooks Designs

IRON-ON DESIGNS IN 3 COLORS IRON-ON PEACOCKS — ocean green, bright blue and brown all combined in a vivid, dramatic color scheme! No embroidery, no applique, no sewing. In minutes, frame them for pictures — decorate guest towels, dresser and chair-sets, tablecloths and place mats. They're gift-worthy!

Iron on! Washable! Colorful! Pattern 7130 has 6 iron-on designs; two 7 1/2 x 3; four 4 1/4 x 7 inches. Green, blue, brown, combined.

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, Pattern Number.

BRAND-NEW and beautiful — it's the 1954 Alice Brooks Needlecraft Catalog. Four patterns printed inside. Plus the most popular embroidery, crochet, sewing, color transfer designs to send for — ideas for gifts, bazaars, fashions. Send 25 cents for your copy now!

Babylon, the ancient capital of Babylonia, was first mentioned on a tablet of 3800 BC.

This precision time-piece is now available at your jeweller's BEST VALUE BUY GRUEN

EXTRA ELASTICITY FOR DURABILITY

Exchange Vows



Mr. and Mrs. J. M. MacCormick

A pretty wedding took place Feb. 17, at the Sacred Heart Church, in Borden, when Hilda Mae Keough, daughter of Mr. and Mrs. Eddy Keough of Borden, exchanged vows with Joseph Melvin MacCormick, son of Mr. and Mrs. Wm. MacCormick, St. Louis. Rev. Father R. F. MacDonald performed the ceremony.

The bride chose a navy blue suit with navy and white accessories and a corsage of yellow roses. She was attended by her sister, Miss Shirley Keough who wore a navy blue suit with navy and

Contract Bridge

By Josephine Culbertson

A BAD SLAM, BUT MAKABLE It would have been a miscarriage of justice if South had fulfilled the outrageous slam contract in the following hand—but that is exactly what he could have done by good play.

North dealer. Both sides vulnerable. ♠ A K Q ♣ A 7 6 3 ♢ Q J 5 4 ♣ 8 2

The bidding: North 1♠, East 1♣, South 1♠, West 1♣, North 2♠, East 2♣, South 3♠, West 3♣, North 4♠, East 4♣, South 5♠, West 5♣.

Actually, it was not South's fault that the highly optimistic slam-contract was reached — it was North who overbid so drastically by jump-raising the spades.

West opened the club queen. South won and returned a club, his idea obviously being to ruff his third club in dummy. West, who took the club trick, amiably endorsed South's plan by leading a third round of clubs on his own account. His objective, of course, was to make dummy ruff and thereby establish West's spade jack as the sure setting trick, and this result quickly came about, of course.

In selecting the club-ruffing plan, South gambled everything on a favorable trump break. The far better idea was to find out whether or not the jack of spades was going to fall. To that end, South should have cashed the diamond ace and two rounds of spades. Then, with the spade jack still out, South would see that he could not afford to ruff a club in dummy. That being so, he would have to lead the diamond queen through for a ruffing-finesse, discharging a heart then or later on dummy's diamond jack, and establish dummy's fourth heart by a ruff. Then declarer could lead the last spade to dummy, collect the thirteenth heart, and claim his contract.

GENE MAY WED ALY ROSARITA BEACH, Mexico, (AP)—Actress Gene Tierney came from a hotel-suite breakfast with Aly Khan Tuesday and said she hopes to marry the Moslem prince within six months in France. The prince himself took no part in the interview. He said: "I never discuss personal affairs."

Better English

By D. C. Williams

1. What is wrong with this sentence? "He talked with Robert and myself, but found that neither of us were particularly interested." 2. What is the correct pronunciation of "quagmire"? 3. Which one of these words is misspelled? Refractory, referendum, referred, referee. 4. What does the word "expedite" mean? 5. What is a word beginning with fe that means "firmness of mind in meeting danger"?

ANSWERS 1. Say, "He talked with Robert and me, but found that neither of us was particularly interested." 2. Pronounce kwag-mir, a as in add, i as in ice, accent first syllable. 3. Referred. 4. To hasten the progress of. "He made an effort to expedite the shipment." 5. Fortitude.

Self-Iced SPICE CAKE

Sift 3 times, 2 1/4 c. once-sifted pastry flour (or 2 c. once-sifted all-purpose flour), 2 1/2 tsp. Magic Baking Powder, 1/2 tsp. salt, 1 1/2 tsp. cinnamon, 1/4 tsp. each of ground cloves, ginger, allspice, nutmeg and mace; mix in 1/2 c. seedless raisins and 1/2 c. chopped walnuts. Cream 3/4 c. butter or margarine and blend in 1 1/4 c. lightly-packed brown sugar; beat in 3 well-beaten egg yolks and 1/2 tsp. vanilla. Add dry ingredients to creamed mixture alternately with 3/4 c. milk; spread batter in greased 9" square pan lined in the bottom with greased paper. Beat stiff, not dry, 3 egg whites and a few grains salt; gradually beat in 1 c. lightly-packed brown sugar and spread over cake; sprinkle with 1/2 c. chopped walnuts. Bake in rather slow oven, 325°, 1 1/4 to 1 1/2 hours; cover lightly with brown paper for last half hour.

Always Dependable

ELLEN'S DIARY

By An Island Farmer's Wife

"It's not... It can't be!" a little chap remarked this morning with obvious surprise. "But it is!" we smiled.

"Friday again," he sighed. "And it was Monday—how many days ago?"

"A dream ago," we chuckled. There was a cold wind and rain in the tree-tops, no day for the like of Jamie, who awoke with some symptoms of a cold, to be abroad so the two remained away from their classes, resigned but not with utter content.

Cloudy, unsettled, a little drab until a premature dusk brought the lights, the days was, yet with no hours to be frittered away... And somewhere hopes high, a farm-wife gathered in morning eggs from her pair of petted ducks; and somewhere prize one carried in a goose egg, large magic promise of a Christmas roast, to be numbered—maybe after an old fashion, in charcoal, before being set away carefully on a bed of wool.

"No they're not laying yet," a lad of a farm replied to our question not long ago, "but they'll spurn the past with reckless disdain. It is not folly but wisdom to look both backwards and forwards, because this is essential to true valuation of the present in which alone man can live. In many ways the past holds over him a power beyond present control; but it need enslave him only if he indulges the folly of trying to live in it. The distant in future time can likewise allure the imagination, enticing it to soar without damaging its wings on hard facts. "Wisdom is before the face of him that hath understanding; but the eyes of a fool are in the ends of the earth."

Only the retrospect which teaches the importance and urgency of the present can transform the prospect. With life, as with art, the genuine triumph of insight is to perceive glory in the common. The man who cannot learn from experience is unteachable. If wisdom cannot do its

work on the things immediately present it would avail little if vain dreams could be actualized, for that would bring no more wisdom to recognize opportunities. The man of understanding considers both past and future, but is always anxious to relate them to the actual business of life; for only the right use of the present can avoid the remorse of lost opportunities or see realizable visions for the future.

Similarly in the personal life, never to revisit one's past is to lose much that is worthy of remembrance—a frequent and needless impoverishment of life. Such retrospect is also the best way to self-knowledge. Some would experience a sobering and wholesome check to self-satisfaction by being again confronted with themselves as once they were. Again, realization that many of the best and bitterest memories are not of happenings which, at the time, caused more excitement or distress, gives a truer sense of present values, and enables one to perceive things more nearly in true proportion and in better perspective.

Few would wish simply to relive all their past, but many think they would do better if given a second opportunity. Yet all are given not two but abundant opportunities. "Now is the accepted time." The time must come to every man when all his allotted years on earth will lie behind him. Remembering the account that he must make, he will come to consciousness of his own deep need. The Christmas gospel and its consequences can meet this need, not by a superficial condoning of man's condition, nor by any pretence that it is other than it has been and is, but by bringing him into his true relation to a personal grace and power able ever to renew his condition and to remake him. "Marvel not that I said unto thee, Ye must be born anew."

Continued on page 9

Modern Etiquette

By Roberta Lee

Q. Shouldn't a bride be considerate of the expense necessary for her bridesmaids in the purchase of their gowns? A. Yes; unless, of course, she knows that each one of the bridesmaids is fully able to pay.

Q. When a son is born to Mr. and Mrs. John J. Smith, Jr., still living, how will the new boy be identified if he is to bear the same name? A. As John J. Smith III.

Q. Is it proper for anyone to draw up his own coat-of-arms, and use it? A. This would be sailing under false colors. One might just as well adopt another person's name.

The Stars Say --

By Genevieve Kemble

For Tomorrow THIS day's work should prove better than average and well worth the time and effort expended. It could be to your advantage to discuss problems with a trusted friend and to listen carefully to his or her suggestions. There are excellent aspects for beginning our range programs. Be careful to avoid ques-

tionable schemes, however. During the evening hours, emphasize harmonious relationships with others and, if possible, give time to some community project or other worthy cause. There is a strong possibility that you will receive exciting news from a distant place.

For the Birthday If tomorrow is your birthday, you should prepare for a year of unexpected changes. The changes may occur in your business, domestic or romantic affairs, but it's quite probable that they will occur with such suddenness that

Continued on page 9

Lenten Meditation

from the columns of the Times, London

LEARNING FROM EXPERIENCE

Reflections natural at the passing of one year and the beginning of another can be both sobering and bracing. For thought, time is a problem, but for practical living its mystery is more important to realize than to solve. If the past be treated as non-existent, then, since the future is not yet, while the present vanishes instant by instant into the nothingness of the past, there can be no reality. Thus, while much of the past is lost in the oblivion of human forgetfulness, it can never be as though it never was. It contains part of the wrap and woof of which life's destiny is woven. Christianity, grounded on historical events, takes time seriously; the past lives in the sight of God.

Man can look into the past but must travel into the future; yet retrospect his uncertain prospect has no guide. He cannot wisely go on his journey "forgetting those things that are behind, and forward to those things that are before"—which is not advice to spurn the past with reckless disdain. It is not folly but wisdom to look both backwards and forwards, because this is essential to true valuation of the present in which alone man can live. In many ways the past holds over him a power beyond present control; but it need enslave him only if he indulges the folly of trying to live in it. The distant in future time can likewise allure the imagination, enticing it to soar without damaging its wings on hard facts. "Wisdom is before the face of him that hath understanding; but the eyes of a fool are in the ends of the earth."

Only the retrospect which teaches the importance and urgency of the present can transform the prospect. With life, as with art, the genuine triumph of insight is to perceive glory in the common. The man who cannot learn from experience is unteachable. If wisdom cannot do its

work on the things immediately present it would avail little if vain dreams could be actualized, for that would bring no more wisdom to recognize opportunities. The man of understanding considers both past and future, but is always anxious to relate them to the actual business of life; for only the right use of the present can avoid the remorse of lost opportunities or see realizable visions for the future.

Similarly in the personal life, never to revisit one's past is to lose much that is worthy of remembrance—a frequent and needless impoverishment of life. Such retrospect is also the best way to self-knowledge. Some would experience a sobering and wholesome check to self-satisfaction by being again confronted with themselves as once they were. Again, realization that many of the best and bitterest memories are not of happenings which, at the time, caused more excitement or distress, gives a truer sense of present values, and enables one to perceive things more nearly in true proportion and in better perspective.

Few would wish simply to relive all their past, but many think they would do better if given a second opportunity. Yet all are given not two but abundant opportunities. "Now is the accepted time." The time must come to every man when all his allotted years on earth will lie behind him. Remembering the account that he must make, he will come to consciousness of his own deep need. The Christmas gospel and its consequences can meet this need, not by a superficial condoning of man's condition, nor by any pretence that it is other than it has been and is, but by bringing him into his true relation to a personal grace and power able ever to renew his condition and to remake him. "Marvel not that I said unto thee, Ye must be born anew."

Continued on page 9

Anne Adams Patterns

LOVE THAT DRESS!

Cinch to sew—jiffy to iron—JOY to wear! This is the perfect design for a pretty, cool spring and summer cotton. Frost it with ribbon beading for a flattering, feminine touch. Wide straps flatter shoulders, arms—skirt has a graceful swing. Send now!

Pattern 4695: Misses' Sizes 10, 12, 14, 16, 18, 20. Size 16 takes 4 1/2 yards 35-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, 100 The Guardian, 60 Front Street West, Toronto, Ontario.

tionable schemes, however. During the evening hours, emphasize harmonious relationships with others and, if possible, give time to some community project or other worthy cause. There is a strong possibility that you will receive exciting news from a distant place.

For the Birthday If tomorrow is your birthday, you should prepare for a year of unexpected changes. The changes may occur in your business, domestic or romantic affairs, but it's quite probable that they will occur with such suddenness that

Continued on page 9



4695 SIZES 10-20 by Anne Adams

Advertisement for Shirriff's White Cake Mix. Features a large image of a round cake on a wire rack, with a box of the mix next to it. Text includes: "SO HIGH—SO LIGHT—SO FRESH", "spiced Crabapple cake", "Fresh whole milk for fresher flavour... lighter texture... spiced fragrance of cinnamon... and a completely new and fresh idea in the fluffy frosting!", "Make it with a package of Shirriff's White Cake Mix... a cup of fresh milk... and a teaspoon of cinnamon. Remember that a cup of whole milk is the tried and true way to bake a good cake!", "CRABAPPLE JELLY FROSTING Place 1/2 cup Shirriff's Pure Crabapple Jelly, 1 unbeaten egg white and a dash of salt in double boiler. Beat constantly over heat until jelly disappears... then remove from heat and continue to beat 'til frosting stands in peaks. Colour to pink perfection.", "fresh whole milk makes a fresher, lighter, better-keeping cake!", "Shirriff's white cake mix Contains Shirriff's famous flavouring", "Always Dependable".