

Mid-Morning Coffee

This past week-end I spent boiling stockings. Not because I'm a fanatically fastidious...

The only trouble with telling you people this is, I can't go around the neighborhood as planned...

The latest report from the Homecraft Shop co-operative is the good news that it will begin...

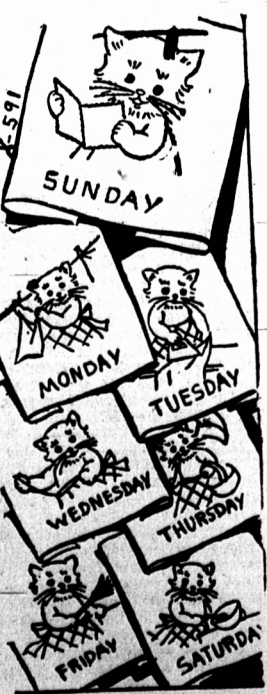
This is the time of year when the winter sport of rabbit hunting causes many a housewife to run to the telephone...

First remember that all freshly killed game is tough. Stored 2 to 4 days in a cool, dry place...

Just to get the taste of rabbit out of your mouth here is an apple dessert which will do more than that...

Have been reminded by a friend and student-traveller, that the University of London has again made available for Canadians...

KITTEN MOTIFS



DESIGN NO. 581 These little kittens are embroidered on towels, potholders or wall pictures...

Name Address Province

A Country Garden

Mrs. Gordon MacMillan

A Winter Dawn

Above the marge of night a star still shines, And on the frosty hills the somber pines...

Through the pale arch of orient the morn Comes in a milk-white splendour newly-born...

These winter days are very lovely but the gardener is planning for the garden and in the magazines beautiful illustrations of flowers and combinations of flowers give us inspiration...

I have before me a photograph of the garden that won the Garden Club of America award and it is planted with annuals, flowers bright and beautiful in your garden all summer long...

This garden is very suitable for anyone who would like to have such a garden at small cost, and for the folk who move in a few years to another home.

The flowers are beautifully arranged in this exhibit and plans are sent with every seed order so you can follow them or re-arrange them to fit your own ideas.

For the background Larkspur Supreme in mixed colors, Lupines, and fragrant Nicotiana, Golden African Daisy, Cleome Pink Queen, this is a giant Spiderflower and it is a grand addition to the flower border.

Zinnias California, mixed and the new Marigold Flash which is low growing and Snapdragon Royal Giants in mixed colors for the centre of the border.

Golden African Daisy and Nemesis Triumph Hybrids in medium height and border of Petunia Showstorm, a beautiful white for edging and continuous bloom; Blue Perfection Ageratum and Alyssum in Carpet of Snow completes the edgings, and one dollar and fifty cents is the cost in money for all these seeds in this collection...

I have been reading another good book from our City Library called "In Woods and Fields" written by Margaret Buck and beautifully illustrated by the author. "Winter is a time of rest and waiting. The bare trees make lacy windows on the snow. Many of the animals sleep through the cold weather in snug underground burrows, in caves, or in hollow trees. Insects sleep in their cocoons or hibernate under bark or stones. Frogs hibernate in the mud under the stream."

Evergreen trees are beautiful at this season of the year and this is because they have needles or scales instead of wide leaves and they bear cones which contain the seeds of the tree. Cedar trees have scales instead of needles. Their branches start to grow from the trunk near the ground. Because the branches are small at the top the tree has a cone-like shape, and it lends itself to trimming into beautiful shapes. Before the leaves fall in autumn, the trees prepare a new set of buds for the coming year. A bud forms where each leaf stem joins the twig. It has a hard scaly covering, often with a sort of varnish over it to protect it from the cold. If we collect twigs in winter and look at them carefully, we see that each tree has a different kind of bud. Some are long, pointed, and covered with overlapping scales. Others are wrapped in one scale or in two that join at the edge. Under each bud is a scar that was left when the old leaf fell off. Maple buds grow three together at the end of the twig. The largest bud is in the middle. Striped maple buds are smooth; sugar maple buds have many scales; Norway maple buds have a few scales. Beech trees have the longest, most sharply pointed buds. The oak has a cluster of buds, with overlapping scales at the tip of each twig. The horse chestnut has buds from one half to one inch long, with two or three smooth scales. Poplars have long pointed buds with many scales. The buds are rougher and not so sharp as those of the beech. Birch trees have small pointed buds on slender twigs, and usually have catkins. The flower bud of the flowering dogwood is like a silvery grey button, with four jointed parts. The bud is small and pointed. Willow buds are tiny ovals pressed tightly against the twig. They are covered with one shiny scale which lifts off in spring. This is the time to read such books, so—File high the hickory and the light Log of chestnut struck by the blight Welcome in the winter night. Here are question and reply. And the fire reflected in the thinking eye. So peace, and let the bob-cat cry. —Edna St. Vincent Millay. —TRIN O'BLE

While it was still early we saw granddaughter stop in her tracks in the yard to look down along the laneway, shading her eyes from the mellow glow of the sun-light, as though that was deceiving her, in the sight that lay there. Then breaking into a pleased smile was off to meet Carolyn and her youngest, who came "at a moment's notice — wouldn't you know it!" to spend this day of Rob's absence in the city with the family at Alderlea. And in consequence, the children were out of doors for hours, playing happily together, engaged with sleds and shovels, or in helping their grandfather, whose patience is amazing in the face of his busy-ness. "We're thirsty!" we were informed when they came in breathless and red-cheeked through the morning "and don't keep us — we have to hurry back to the barn to help grandfather. He's feeding the turkeys!"

We shall remember of this day, their happiness, and how pleasant it was when dinner was over and joined then by Jeanie and her small fellow, the housewives sat down in the sunny sitting room to pieces of needle-work. Jeanie was knitting a mate to replace the navy-blue mitten of granddaughter's which vanished on a recent windy night when we were escorting her home to the house across the lane. She had preferred to go bare-headed, with her coat thrown about her shoulders, scampering along the path which leads beneath the old white birch, ahead, while we not so nimble, came after bearing bonnet, scarf and mittens. And James coming from the pigery door: "Ellen, whatever do you mean allowing this child. But James calls tonight, as he tells up the stairs: "No more of that, Ellen! Let's call this a day!"

Until tomorrow — Diary — Good-night...

That Body Of Yours

By James W. Barton, M.D.

TRAUMATIC NEUROSES — DAMAGE TO THE PERSONALITY

At one time I was medical referee for a large accident insurance company. I frequently found that when an accident occurred, there was not only the physical injury—a broken leg, a dislocated shoulder, a hernia or rupture—but a mental and emotional injury also. Mental and emotional injury was not, until recently, recognized as deserving compensation by our compensation boards and not till after World War I by our military pension boards.

When an individual suffers with symptoms for which there is no physical cause, he is emotionally disturbed, and the condition is called a neurosis. When an emotional disturbance results from an actual injury, the injury is called "trauma" and we have the condition called traumatic neurosis.

In former days, allowance for traumatic neurosis—a broken leg was a broken leg and a hernia was a hernia—and the injured individual had to accept the award or take it to court. Fortunately, compensation and pension boards now make due allowance for the "shock" of the injury or illness and recognize that the patient may not be able to do justice to his work for some time after he returns to it. These boards know that the injury or illness has so affected his nerves that he is unable to do the mental and physical work of which he was capable before the accident. Thus, he may have to learn a new occupation, being unable to work properly at the old one.

We all know that a shock to one individual, however slight, without any physical injury, can do more damage to his personality and earning ability than a dislocated shoulder or broken arm can do to another.

We must be patient, therefore, with compensation and pension boards because, while they do not have to recognize traumatic neurosis unless evidence of injury is present, nevertheless most of the boards try to be fair and recognize traumatic neurosis as a pensionable disability.

Cook's Corner

BUTTERSCOTCH REFRIGERATOR COOKIES

Sweet, crisp cookies — excellent mileage and good eating any time. A good example of an old-fashioned cookie—jar stand-by.

1 cup once-sifted pastry flour Or 3 cups once-sifted hard-wheat flour 2 teaspoons baking powder 1/2 teaspoon salt 1 cup butter or margarine 2 cups lightly packed brown sugar 1 egg, well beaten 1 1/2 teaspoons vanilla 1 cup crisp breakfast bran cereal

Measure and sift together twice, the flour, baking powder and salt. Cream the butter or margarine; gradually blend in the brown sugar and cream well. Add the well-beaten egg, a little at a time, beating well after each addition. Stir in the vanilla and bran cereal.

Add the flour mixture to the creamed mixture about a third at a time, combining well after each addition. Divide dough into two equal parts and shape into two rolls about 2 inches in diameter. Wrap each roll closely in waxed paper.

Chill in refrigerator or other cold place until firm enough to slice.

Cut dough into slices about 1/4-inch thick and arrange on greased cookie sheets.

Morning Smile

Answered

Filling in on the government forms concerning the death of one of his cows, the old farmer came to the query, "Disposition of carcass." Shaking his head, he wrote, "Kind and Gentle."

Good Food Tastes Better

WITH

AYLMER CATSUP



The Stars Say --

By Genevieve Remble

For Tomorrow

THIS is a spectacular and thrilling day on which affairs move quickly and with dynamic tempo. Affairs may be keyed to new, possibly revolutionary, developments, and in unpredictable lines. It is fortunate that such crises may be constructive and it may be as well to anticipate some lack of collaboration from influential sources, although friendship, even romance may have force. But be prepared for the unexpected.

If It Is Your Birthday

Those whose birthday it is, may be prepared for a year of upset, reconstruction, surprise and drama. A complete and radical turnover is probable, uprooting the domestic, business and creative forces and faculties. In this there is little cooperation from those in high places. Under such dynamic urge it may be difficult to keep the feet on the ground. The child born on this day, may be forceful, dynamic, creative, potent and keen to fly into action, with scant support from expected sources, romantic and radical in its emotions and tendencies.

Household Scrapbook

By Roberta Lee

Umbrella Handle

If the umbrella handle becomes loose, pour some melted resin or sulphur into the hole; quickly force in the umbrella rod and hold for a few minutes until the substance hardens.

A Good Complexion

A good, clear complexion is encouraged if a person eats plenty of fruit, drinks milk, and drinks water freely between meals. Massage with almond oil, or a good face cream. Keep regular habits.

Delicious Pie Filling

Peanut brittle, put through a food chopper and mixed with whipped cream, makes a delicious filling for a cream pie.

How Can I!!!

By Anne Ashley

Q. How can I make a smelling salt?

A. Secure a wide-mouthed bottle with a glass stopper and fill it almost to the top with subcarbonate of ammonia in coarse powder form. Then pour over this just enough oil of lavender to cover the contents.

Q. How can I check hicoughs?

A. An old remedy which often proves very effective is to put the blade of a table knife on the tongue for a few minutes.

Better English

By B. G. Williams

1. What is wrong with this sentence? "Whenever I run into Robert I always talk to him."

2. What is the correct pronunciation of "azure"? 3. Which one of these words is misspelled? Adamant, adherence, adequate, addendum. 4. What does the word "obsequious" mean? 5. What is a word beginning with mal that means "wishing evil"?

ANSWERS

1. Say, "Whenever I meet Robert, I (omit always) talk with him." 2. Pronounce az-ur, a as in at, e as in her, accent first syllable. 3. Adequate. 4. Servilily or, more politely, cringing; fawning. "He was an obsequious flatterer." 5. Malevolent.

Modern Etiquette

By Roberta Lee

Q. What should one take into consideration when planning the centerpiece of the dinner table?

A. That tall ornaments which obstruct the view are not in good taste, as the guests naturally like to see each other across the table. It is far better to have a simple flat bowl of flowers or fruit, flanked perhaps with a pair of candlesticks.

Q. In restaurants where the tartar sauce is served in little paper cups on the plate with the fish, how is this eaten?

A. You can either transfer a small portion to the fish with your fork, or you can remove a quantity of the sauce with your fork and place it on your plate.

Q. What would be a good closing to a business letter when one wishes to be as informal as possible?

A. "Sincerely yours" is the accepted form.

Discovers Help For 5-Year Kidney Trouble

Mrs. Frances Dawson of Brentwood Bay, Van. Isle, B.C., makes this comment: "I recommend Sarnak highly and would not be without it, after suffering with a minor kidney disorder for five years and trying many things. Sarnak brought me quick relief."

If you suffer from rheumatic, neuritic, or arthritic pain, sciatica or backache or from some stomach, kidney or liver disorders, nutritional anemia and nervousness, try Sarnak for one week, prove that Sarnak can help you. \$1.35 at all drug stores.

Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address. Address Pattern Department The Charlottetown Guardian. Pattern No. 2311

Name

Address

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EASILY SEEN

The towers of the Golden Gate Bridge at the entrance to San Francisco harbor are 746 feet high.

DOROTHY DIX SAYS—

High Standards

Too Smart For Most Boys, This Girl Complains

DEAR MISS DIX: I don't want a career. I don't prefer single blessedness to married life. But, at the same time, I feel that I would never be satisfied with a husband less well educated than myself. So what am I to do? Boys are afraid of intelligence in girls and I have that handicap. Also, while I am not ugly I am no Miss America. Another disadvantage is that boys do not like to go with a girl who hasn't a waiting list for week-end dates unless they are unattractive themselves, and I wouldn't want to go with a boy no one else wanted to date. So what is there for a girl who refuses to lower her standards, yet who wants to be popular? So far my sense of humor has saved me, but even that is getting low. L. F.

ANSWER: Well, my dear, if you have a sense of humor, you have at least one charm to conjure with, and it is the most enduring one and the most potent one in any woman's bag of tricks.

IT WON'T FADE

Moreover, a sense of humor doesn't fade as beauty does. It's good for the long pull of matrimony. If you will notice the old married couples who are joggling along comfortably together toward their golden wedding day, you will find that in almost every instance the wife is a jolly woman who is cheerful and easy to live with and who has

(Continued on Page 5)

-Needlecraft-

FOR THE HOME

EASY TO MAKE

A nightgown and bed-jacket ensemble brings you a feeling of luxury — takes but a little sewing time! This on is bound to be a boon to those who can't find the larger sizes in ready-to-wear.

No. 2311 is cut in sizes 36, 38, 40, 42, 44, 46 and 48. Size 36 nightgown, 3 1/2 yards 39-inch; the jacket, 2 1/2 yards 39-inch. Edging, 6 1/2 yards.

Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address. Address Pattern Department The Charlottetown Guardian. Pattern No. 2311

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The towers of the Golden Gate Bridge at the entrance to San Francisco harbor are 746 feet high.



New Power in NEW LUX



JET BLOWN

to give you a cleaner, whiter family wash

It's BRAND NEW LUX for the whole family wash. Dredges dirt out of the dirtiest work clothes—gets white things whiter—colored wash brighter. New Lux is blown from high power jets into high-powered concentrated soap grains. No soap product dissolves faster.

And EVERYBODY can afford it... You get 40% more soap in every package at no greater cost. And all clothes and household linens last longer washed in New Lux. Get New Jet-Blown Lux in the large or new giant size.



ONLY LUX, FAMOUS FOR THE BEST IN SOAPS, COULD GIVE YOU THIS GREAT NEW PRODUCT!