

Morning Smile

Not Giddy

"Do you have fits of giddiness?" a doctor asked a middle-aged, stern-looking woman.

"No, I don't," came the snappy retort. "I'm a respectable married woman."

Dreamed

"I had a lucky dream last night—I was sightseeing in New York."

"What's lucky in that?"

"Well, it's a place I've always wanted to see."

A Family Remedy For Coughs—The Pleasant Tasting Pinex Way

When anyone in your family is distressed by winter coughs, use this favorite old Canadian recipe. Easy to prepare, yet gives you four times as much for your money.

Get a 2½ ounce bottle of fast-acting PINEX CONCENTRATE from your favorite drug counter.

Pour this into a 16 ounce bottle and fill up with simple sugar syrup. That's all there is to do... no cooking needed, yet you will have an ample supply of effective cough relief for the whole family, so pleasant-tasting that children like it.

For convenience, PINEX is now also available in ready-to-take PREPARED form. Either way, PINEX must help you, or your money back. Get a bottle today... be ready for winter coughs ahead.

PINEX PREPARED for CONVENIENCE
PINEX CONCENTRATE for ECONOMY

After each shampoo or home permanent

LOVALON

your hair

added fresh color makes the lustrous difference!

- Leaves hair soft, easy to manage
- Blends in yellow, grey streaks
- 12 flattering shades • Removes shampoo film • Gives sparkling highlights

the modern hair beauty rinse

After each shampoo or home permanent

added fresh color makes the lustrous difference!

- Leaves hair soft, easy to manage
- Blends in yellow, grey streaks
- 12 flattering shades • Removes shampoo film • Gives sparkling highlights

the modern hair beauty rinse

After each shampoo or home permanent

added fresh color makes the lustrous difference!

- Leaves hair soft, easy to manage
- Blends in yellow, grey streaks
- 12 flattering shades • Removes shampoo film • Gives sparkling highlights

the modern hair beauty rinse

After each shampoo or home permanent

added fresh color makes the lustrous difference!

- Leaves hair soft, easy to manage
- Blends in yellow, grey streaks
- 12 flattering shades • Removes shampoo film • Gives sparkling highlights

the modern hair beauty rinse

After each shampoo or home permanent

added fresh color makes the lustrous difference!

- Leaves hair soft, easy to manage
- Blends in yellow, grey streaks
- 12 flattering shades • Removes shampoo film • Gives sparkling highlights

the modern hair beauty rinse

After each shampoo or home permanent

added fresh color makes the lustrous difference!

- Leaves hair soft, easy to manage
- Blends in yellow, grey streaks
- 12 flattering shades • Removes shampoo film • Gives sparkling highlights

the modern hair beauty rinse

After each shampoo or home permanent

added fresh color makes the lustrous difference!

- Leaves hair soft, easy to manage
- Blends in yellow, grey streaks
- 12 flattering shades • Removes shampoo film • Gives sparkling highlights

the modern hair beauty rinse

After each shampoo or home permanent

added fresh color makes the lustrous difference!

- Leaves hair soft, easy to manage
- Blends in yellow, grey streaks
- 12 flattering shades • Removes shampoo film • Gives sparkling highlights

the modern hair beauty rinse

ELLEN'S DIARY

By An Island Farmer's Wife

"There's always something to keep the rabbit's tail short!" our philosopher-nelder commented this morning... Two we have had in more recent weeks, both able, experienced fellows. While once the younger, is inclined to accept what time brings, without question, the other stops to wonder and conjecture over the workings of fate.

"We can't have, everything our own way" he nodded. "If we did, what a queer world this would be." He had come with the younger farmer from Alderlea to stop only long enough to pick up some remedy of stable to treat an ailing animal. "On a farm, stock will get sick," he said, "and in a low tone as though imparting a great secret, 'sometimes they die—and often it's the best that's lost. Yes, I'm blest if it isn't so. But,' he smiled whimsically, eyes lighting on a pall of morning gray above hilltop, 'Right behind them shines the blue!'"

He has commented to us on his continued bachelorhood. "Getting married as I see it, is something not to be undertaken lightly. Like taking a trip abroad, it should be planned for and considered well from every angle before setting off. Impartially, if that is possible, and with a clear head" he has chuckled. "It's a serious business. I'm telling you—this marrying. A fellow can indeed 'tie a knot with his tongue, he can't undo with his teeth!'"

It is pleasant now to recall that the animal bettered, the sun lifted the clouds to smile benignly on all work of farm and at this place something surprising at this season and delightful came to pass. On an evening of late the inadvertent turn of a truck-wheel left the limp body of an esteemed kitten in passing. Left also tears in children's eyes—and bitterness. "It's not the loss of the kitten, though it is the prettiest of them all," Jamie said slowly, the words heavy on his lips, "it's the way the poor little thing had to die."

Gage nodded. "A truck-wheel is heavy," he said.

This morning intriguing replacements were found, out of the blue and without previous hint of the good fortune. But there they were, three of them in a snug home in a mow and discovered by Jamie. As he said, if he had not been engaged at the moment in gathering up a choice handful of hay for a stable calf, he would have missed seeing the other, and sealed to the heights with her feet. Her action at once aroused his suspicions. "Let's stop here and listen a minute," he whispered to Gage, his faithful and usually admiring shadow.

Was there ever sweeter music made than the sound of the thin mewling they presently heard? Better than product of inspired composer of any era, drawn from the soul of a musical instrument, by touch of artist were those faint mewings that reached the lads' ears this morning! For no bare notes were these but winsome items, clothed in flesh and blood and bearing fascinating tones of their own. "What color?" Jamie repeated our query. "You'll just have to climb up with us and see!" Gage shook his head. "I guess," he said, "when they've opened their eyes, we'd better bring them in to her."

Tardy robins in the rowan tree today... blue sky from the gray... and kittens!

Until tomorrow... Diary... Good-night.....

DOROTHY DIX'S COLUMN—

Separated From Sweetheart

Girl Should Fill Time With Useful Activity

DEAR MISS DIX: My sweetheart left three weeks ago, to be gone six months. We have been going steady for two years. I promise wait and be true to him, but it is so lonesome. I go out with a group sometimes, but it only brings back old memories and makes me feel worse. None of the boys interest me, and I have grown away from our group after going, with the same boy two years. I know Tommy wants me to have fun, but he is very jealous. What can I do during these six months? I am 16.



Marjell Nissen

ANSWER: First of all, of course, you are too young to be so seriously involved with one boy. You have never had a chance to know other boys and it wouldn't hurt you one bit to get back into the group and share their dates.

If you are firmly convinced that there is no one for you but Tommy, you'll just have to learn to spend time by yourself. Either you date, or you don't; there isn't much alternative in a high school group. Most school activities include boys and girls, and I certainly think you would be foolish to give up everything in school for the next six months.

BROODING IS HARMFUL

So many girls are faced with this same problem today when their young men go into service. They are much better off keeping up with social activities rather than brooding at home alone. Of course, if a formal engagement exists between the two, all dates are off. An engaged girl is naturally not available for indiscriminate dating. A manless state? As junior members of an active women's group, you could doubtless find some worthwhile cause to sponsor.

If you are determined, Molly, to forego dating until Tommy's return, the best way to pass the time is to take on some sort of project, either with a group or by yourself. You might decide to learn to knit, sew, or cook, for instance. Under Mom's auspices you could come up with a sweater, dress or a fine angel food cake. Nothing adds so much to one's ego as a new accomplishment. Try to work out something that will keep you from becoming a recluse entirely.

DEAR MISS DIX: We are two young girls with a very embarrassing problem. We are fairly attractive, have no difficulty getting boy friends, and our families are perfectly willing to let us date. However, we find that whenever we go out on a date, we become so excited and nervous that we feel nauseated. We have been forced to come home early from dates on several occasions due to this condition, and now refuse to accept invitations out.

ANSWER: You have apparently, and very foolishly, concealed this problem from your mothers, who would have been glad to help you. It is by no means uncommon for girls to be afflicted with "butterflies in the stomach" when dating. It's the result of a nervous reaction, and nothing to embarrass you so greatly that you must hide it. Your family doctor can cure, or at least alleviate, the situation very easily with soothing medication. See him at once before all your dating days are spoiled.

DEAR MISS DIX: I am a senior in high school and would like to go to business college in New York next year. If I like it, I would plan to stay there and work. However, my parents want me to go to university here as they feel I should have a college education. Which do you think is more practical?

ANSWER: You have certainly chosen to go a long way from home for business college. I wouldn't advise that distant city, since I know there are fine business colleges in your own locality. The question of whether to go on to business school or college should be decided with the help of your principal and faculty advisor. They are acquainted with your capabilities and will, I assure you, give the advice that it is best for you. Consult them.

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

Cook's Corner

RAISIN BREAD

(with yeast)

One cup scalded milk, 3 tablespoons shortening, ¼ cup sugar, 1 teaspoon salt, 1 yeast cake (or envelope granular yeast), 4 cups bread flour, 1 cup raisins. To scalded milk, add 1 cup lukewarm milk and the shortening, sugar and salt. Dissolve yeast in 2 tablespoons water.

(If granular yeast is used follow directions on package and reduce amount of milk by the amount of extra water used for soaking yeast.) Add yeast and water to first mixture. Stir flour with spoon, being sure to reach the bottom and beat it in until smooth. Cover and stand in warm place to rise for 1 hour. Add raisins and enough flour to make a firm dough. Knead on lightly floured board until smooth and stand in warm place to rise until double knead again.

Form into loaf and put into buttered loaf pan. Cover and stand in warm place to rise until doubled. Bake at 350 deg. Fahr. about 55 minutes.

Modern Etiquette

By Roberta Leo

Q. Is it considered proper for a bride-to-be to call her friends by telephone to request that they serve as bridesmaids at her wedding?

A. This is really not the proper way. She should call on each of her friends personally to make this request. Of course, in the case of out-of-town friends, a friendly note of request is in good order.

Q. Is it permissible to examine the various dishes on a cafeteria counter before selecting a certain one?

A. Certainly. But one should not finger the saucers, or be conspicuous about selecting one that seems to contain a larger portion than the others.

Q. When a young man accompanies two girls to the theater, is it all right for him to sit between them?

A. Yes, unless there is an aisle seat. Then he should, of course, sit next to the aisle.

Household Scrapbook

By Roberta Leo

Liver Corrective

The juice of a lemon, taken in hot water the first thing in the morning, is an excellent liver corrective, and is often effective as an anti-fat remedy for stout people.

Fruit Pudding

A good method for using up breakfast foods or bread crumbs, is to mix them with figs, nuts, and date and put through the meat grinder, makes a steamed pudding.

Velvet

Rain spots can be removed from velvet by sponging with gasoline, being sure always to rub in the one direction.

BABY'S BOTTLE

Clean it safely with Baking Soda. Free folder on request—Coca-Cola Bottling Co. Ltd., Montreal.

COW BRAND BAKING SODA

Don't suffer from Rheumatic or Arthritic pain. Take Templeton's T-R-C's—Canada's LARGEST-SELLING proprietary medicine to bring quick relief from such pain. Only 65c, 1.35 at druggists. T-546

RIGHT for your HEIGHT

GOTHAM GOLD STRIPE

Adjustables

The Long Stockings That Fit Every Leg

Tall, medium, or small, Gotham Gold Stripe Adjustables are just right for you!

BEAUTIFUL STOCKINGS

Married In Halifax



Mr. and Mrs. Donald Leslie Stacey are shown above following their marriage in Halifax on September 29th. The bride, the former Rose Teresa O'Neill, is the daughter of Mr. and Mrs. Michael O'Neill of Charlottetown, and the groom is the son of Mr. and Mrs. Leslie Stacey of Fredericton, N. B. They are residing in Halifax, where Mr. Stacey is a medical student at Dalhousie University.

Better English

By G. C. Williams

1. What is wrong with this sentence? "I dislike winter worse than summer, and neither my wife or I are very hardy people."

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

3. Which one of these words is misspelled? Chromium, Christianity, chloroform, chrisanthemum.

4. What does the word "focalize" mean?

5. What is a word beginning with he that means "hatefully bad; atrocious"?

ANSWERS

1. Say, "I dislike winter more than summer, and neither my wife nor I is a very hardy person." 2. Accent second syllable. 3. Chrysanthemum. 4. To bring or come to a focus; to concentrate. "Light is focalized in the eye, sound in the ear." 5. Heinous.

How Can I !!!

By Anne Ashley

Q. How can I make a lemon milk shake together 2 eggs, add ¼-cup ice water, 6 tablespoons lemon juice, and ¼-cup sugar; mix thoroughly. Add this mixture slowly to 3 cups cold milk, stirring constantly. Serve at once. This will afford about four or five glasses.

Q. How can I make a decorative salad?

A. By cutting some hard-boiled eggs in six lengthwise slices and arranging petal-fashion around mounds of chopped pickle, mixed with salad dressing. Serve on lettuce.

Q. How can I clean unwashable leather gloves?

A. Clean with a flannel cloth that has been soaked in milk, squeezed nearly dry, and then rubbed on a bar of soap.

RHEUMATIC PAIN

Can Be Costly!

"This winter I had to quit work because of rheumatic pain," writes Mr. T. Glocheskie, Wilno, Ont. "I became fearful of being laid up as on a previous occasion with rheumatic pain. My pain became increasingly severe and spread from hip to ankle. Out of bed, the leg felt in bed. A friend persuaded me to take T-R-C's and I'm glad I did. In a short while I was relieved of my pain and was soon on the job again."

Don't suffer from Rheumatic or Arthritic pain. Take Templeton's T-R-C's—Canada's LARGEST-SELLING proprietary medicine to bring quick relief from such pain. Only 65c, 1.35 at druggists. T-546

Anne Adams Patterns

NEWS FOR TEENS!

Choose the dress with the new dropped shoulder-line—new gathered pockets—new cinched waist-line—and you'll be the smartest girl in class! Make this in one of the new fall cottons, velveteen, or corduroy, but hurry, send right now!

Pattern 4668: Teen Sizes 10, 12, 14, 16. Size 12 takes 3½ yards 35-inch; ¼ yard contrast.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-five cents (35c) in 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.

The Stars Say --

By Genevieve Kemble

For Tomorrow

A CONTINUATION of affairs of youth, beauty, home and romantic associations, with all provisions, catering to the amusements in which the young and romantic hold the limelight. Friends, pleasure, art, music, dancing—all Venus contacts and relations to home, love, children, with literature, painting and other esthetic forms and expression, take precedence in all activities, public as well as private. The finer emotions and talents are stimulated. "Let joy be unfettered."

For the Birthday

Those whose birthday it is may find the home circle the scene of many and varied celebrations and festivities, with feasts, gifts and countless forms of diversion and indulgence to mark the cherished occasion. A calendar date long to be remembered for the gay fling of

the anniversary, with the wiles of a ruling Venus adding the needed verve. The home and demands of youth must be reckoned with.

A child born on this day will be devoted to the gayety arts and skills of its ruling Venus. Its home and romantic ties will incite emotions and indulgences in happy prosperity.



"I always use Fleischmann's Yeast for bread or rolls," says Mrs. Fraser.

Twice Cooking Champion at Pictou Exhibition

One of the most capable cooks in Pictou County is Mrs. J. D. Fraser of Bridgeville, N.S. At the 1950 Pictou Exhibition Mrs. Fraser was awarded the highest number of points in the cooking department—for the second time. She was prominent among the winners again in 1951.

"For my bread and rolls I always use Fleischmann's Yeast," says Mrs. Fraser. "It's one yeast you can be absolutely sure of for quick rising and a light dough—the kind that turns out the most tender and appetizing baked goods each time."

That's the important point! For championship baking, Maritime cooking experts prefer fast-acting Fleischmann's Yeast.

Try KELLOGG'S BRAN FLAKES and you'll agree they TASTE BETTER!

That's why more and more people are eating Kellogg's BRAN FLAKES

Kellogg's BRAN flakes

They're FRESHER! BIGGER! CRISPER!

SHIRRIFF'S SHIRRIFF'S SHIRRIFF'S

How to make a Lushus Cake

Fun to make, exciting to serve! Shirriff's White Cake Mix and Lushus jelly in a bright new dessert. Every slice sparkles with flavour, for only Lushus has the liquid-fresh goodness sealed in an air-tight bud. Seven tingling flavours that cost only pennies a serving.

Bake cake in an angel cake pan, cool, and cut out the centre, leaving a ring 2" wide. Mix 1 tin drained fruit cocktail with 1 package partially set Lushus jelly. Fill centre of cake. Chill for 2 hours. Frost with whipped cream.

SHIRRIFF'S LUSHUS

The Bud-flavoured Jelly

STOP PAYING FANCY PRICES for floor wax!

ONLY 43¢ per gallon

AEROWAX SAVES 22¢ per gallon

BEAUTIFUL STOCKINGS