

How Can I!!!

By Anne Ashley

Q. How can I clean brown leather shoes that have become stained with salt water?

A. Dissolve a large piece of washing soda in one cup of hot milk and rub this solution well into the leather. Then polish with a good leather polish.

Q. How can I rid a room of flies?

A. Place at various spots around the room dishes containing a mixture of cream, ground black pepper, and sugar.

Q. How can I purify the water in a cistern?

A. Throw about one quart of powdered charcoal into the cistern.

Better English

By W. C. Williams

1. What is wrong with this sentence? "If anyone of you people think this is true, they are wrong."

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

3. Which one of these words is misspelled? Militia, regalia, vanilla, magnesia.

4. What does the word "gullible" mean?

5. What is a word beginning with "r" that means "to surround, as by stratagem"?

ANSWERS

1. Say, "If anyone of you people think this is true, he is wrong."

2. Pronounce ge-ril-ya, e as in get, second syllable. 3. Magnesia. 4. Easily deceived or cheated. "Gullible" means "easily deceived."

5. Circumvent.

Morning Smile

Name Only

"Do you have much variety at your boarding house?"

"Well, we have three different names for the meals."

That's The Reason

"I couldn't believe it when I heard you were in hospital. Why, only last night I saw you dancing with a pretty blonde."

"Yes, so did my wife."

Petified

Goon: "Did you read about the ancient petrified burglar that was dug up in Egypt?"

Moron: "Yeah," just another hardened criminal."

Adaptable

Officer: "What did you do in civilian life?"

Draftee: "Oh, I mowed lawns, shined horses, taught school, milked cows, mixed concrete, laid bricks, felled timber, dug coal, dug ditches, painted houses, sailed ships, grew oranges, cut hair, washed windows, shot rabbits, sawed wood, drove cars, made shoes,

That Body Of Yours

By James W. Barton, M.D.

HELPING THE GENERAL PRACTITIONER TO KEEP UP TO DATE

Patients who have been under the care of a competent general physician cannot understand why their friends and acquaintances should be under the care of medical or surgical specialists. There is no question but that this appears to be an age of medical specialists; it is small wonder that many think that the days of the general practitioner are past. Fortunately, many physicians, including the specialists themselves, still believe that the old-time family physician is absolutely necessary to the health of the community.

It is because there are such great advances in medicine and surgery, much of which knowledge can be readily acquired by the general practitioner, that what is known as the general practice clinic is being advocated.

In the Journal of the American Medical Association, Dr. Paul Williamson, The John Gaston Hospital, Memphis, Tennessee, states that the University of Tennessee, after a two-year study of the problem of general practice training, has inaugurated a program to give the general physician official standing in the medical school and its teaching program. It is a fact that the men who do 85 per cent of the medical practice in the country have absolutely no special training for the job. While it may develop resourcefulness for physicians to have to depend upon themselves almost entirely, it is not fair to the patient not to receive the up-to-date care that their family physician can obtain in these general practice clinics.

In order to correct this condition, it is proposed that the medical student devote a portion of his senior year to the general practice of medicine under the supervision of qualified general practitioners. The practice will be made to resemble a typical, small town general practice.

The general practice clinic has been set up as a part of the outpatient department of the hospital. X-ray and laboratory services, minor surgery and physiotherapy (baths, electricity, massage) room will be included in the clinic.

Patients will be unselected, and will be sent to the general practice clinic as they enter the outpatient department and students will practice (not simply observe) under the supervision of members of the Academy of General Practice from Memphis and surrounding towns.

A valuable part of the clinic's activities will be the study of psychosomatic medicine, that is, the effect of the mind and emotions upon the body and body processes.

waxed floors, picked cotton, set type, played saxophones, sold insurance, baked bread and built barns."

Officer: "Oh well, I guess we'll be able to fit you in somewhere."

Alice Brooks Designs

NEWEST CROCHES

Open and solid pineapples form this exquisite crocheted square. Use it to make cloth, spread, or smaller accessories.

It takes only three squares in No. 30 cotton to make a 10x20-inch scarf. Pattern 7060 has crocheted directions.

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.

CROSS FRETTE

Upset Constipated BABY Give Baby's Own Tablets to quickly bring the relief that encourages restful comfort. Thoroughly dependable. No "leaky" stuff, no dulling effect. Used by Mothers for over 50 years. Get a package today at your druggist. Only 34¢.

BABY'S OWN TABLETS

Cookies—extra tasty when they're MAGIC baked!

OAT CRUNCHIES

Measure into bowl 3/4 c. rolled oats and sprinkle with 4 1/2 tsp. Magic Baking Powder, 1/4 tsp. salt, 3/4 tsp. grated nutmeg; mix thoroughly. Combine 3 well-beaten eggs, 2 tsp. grated orange rind, 1/4 tsp. vanilla; gradually beat in 1 1/2 c. fine granulated sugar and add 1 1/2 lbs. butter or margarine, melted. Add egg mixture to dry ingredients, well apart, on greased baking sheets and centre each with a piece of nutmeat. Bake in moderate oven, 350°, about 15 mins. Remove baked cookies from pans immediately they come from the oven. Yield: 8 dozen cookies.



Island Couple Married In Ottawa



The Stars Say - -

By Genevieve Kemble

For Tomorrow

While the day may open on a rather sour note, with some complexity and bewilderment as to just how to go about tackling important issues, as mid-day approaches some sudden and quite unforeseen development may set the pace for definite and concrete action. Opposition may melt away under the brunt of an original creative idea that is likely to impress those in vital place for putting over exceptionally clever propositions.

For the Birthday

Those whose birthday it is may enjoy a year of unusual success or vivid adventure, perhaps following a start-off of discouragement or scant progress. The sudden advent of an exceptionally clever, shrewd and novel idea is bound to break up novel ideas or obtuseness of those in influential places whose co-operation is vital. It would be wise to cast away old-fashioned timeworn methods and techniques in favor of rather revolutionary ways and means for developing some strange or even spectacular invention or innovation. Dare to be original, to expand rare constructive or imaginative ideas, in order to attract capital.

A child born on this day, while not born with the proverbial gold spoon, has exceptional ideas, abilities, skills and initiative to carve its own fortunes.

Modern Etiquette

By Roberta Lee

Q. Does a man, who is dining alone in a restaurant, always rise when a woman stops at his table to speak to him?

A. Usually—but this isn't a hard-and-fast rule. If he should be seated in a corner at a table which is cramped for space, he would be in error to think he had to struggle to his feet and awkwardly remain standing.

Q. Should a woman call on a new neighbor in the same apartment building?

A. There is nothing at all obligatory about this. However, an offer of friendship can hardly be called improper.

Q. Is it customary to tip ushers in a theater?

A. Not in this country. It is a European custom.

Q. Where is the proper place for the bridegroom's mother to sit at the wedding breakfast?

A. She should be seated at the right of the bride's father.

Crocheted Accessories



An attractive crocheted beret and matching gloves can be quickly and easily made for summer wear. You can make them in pure white or in a pretty color to match your summer dresses. If you would like to make the HAT AND GLOVES, a direction leaflet is available by sending a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. FC-6185.

ELLEN'S DIARY

By an Island Farmer's Wife

We are much indebted to a good friend of the Diary for a March issue of London Calling, the Overseas Journal of the B. C. It is an interesting and informative weekly publication giving the daily program schedules, containing articles of interest gathered here and there along the world and providing, perhaps best of all, intriguing glimpses of the ways of life in those homelands of ours over the seas.

One contributor, an Essex farmer, looked toward the spring and the signs were the same as we find on the Island farm. "You can tell spring is coming," he wrote, "because the hens are laying far more eggs every day, and our ducks have started laying also. Then, when I was walking home the other night, I heard a fox barking away in the wood across the fields; and when I got home our cats were calling in the garden. My old father, who is nearly ninety and still going strong, always says: 'When you hear the foxes barking and the cats calling, you know the spring is coming.' So, as it comes, we look forward to a good-year for the British farmer, because we are always happiest when we are really busy."

Of especial interest to us was Alasdair Alpin MacGregor's Weekly Letter which this time was about Ulva: Isle of the Inner Hebrides. Recalling,

"A chieftain to the Highlands bound Cries, 'Boatman, do not tarry! And I'll give thee a silver pound To row us o'er the ferry!'

'Now who be ye, would cross Loch Gyle This dark and stormy water? 'O, I'm the chief of Ulva's isle, And this Lord Ullin's daughter!'

It so happens that at one time Ulva was "the ancient heritage of the clan" which bequeathed us, along with our quirks and foibles, our girlhood family-name. It is not that we are interested so much in that race which once peopled this isle, though naturally we have some curiosity and a healthy respect for our forbears—calling down their best traits of heart and hand for us and our kind—as in the Island itself, a lonely one at present, we read, but of rugged beauty and "full of folklore and legend."

"Perhaps some spring when the cropping is done, we shall come to visit Ulva," we suggested to James with some longing when the name came up in a recent conversation. "We'll take the ferry from Mull to Ulva—you just ring a bell to summon the ferryman, if he's at the far side. The channel there is only 200 yards wide. . . and the charge is ninepence."

But James smiled his granite smile. "You may, Ellen," he said. "Indeed I've no doubt that you will some day—but not I! To tell you the truth, I'd rather take a walk over the farms than to visit any faraway place. I have no desire in the world to see where any ancient history, family or otherwise, was made. In fact, I have a lot more interest" he nodded, "in getting the grain to the field, in the summer, and covered, before the ground is upon us!"

Until tomorrow — Diary — Good-night . . .

Household Scrapbook

By Roberta Lee

Less Odor

The heartier flowers with thick stems often have an unpleasant odor after being in water for a day or so, due to the decay of these thick stems in the water. Add a piece of charcoal to the water and it will greatly retard this.

Rush Seats

Apply a coat of white shellac to the rush chair seats. This will make them last longer and prevent them from splintering, as they are sometimes apt to do.

Air-Tight

If the tops of fruit jars are dipped into melted paraffin it will make them absolutely air-tight.

Metal Polish

To make a polish for metals use 1 cup of cigar ashes mixed with tablespoonfuls of bicarbonate of soda, brought to a smooth paste with water. Use on a clean cloth, rubbing vigorously.

Cook's Corner

Toasted Coconut Almond Dessert 1 tablespoon unflavored gelatine, 1-4 cup cold water, 3 slightly beaten egg yolks, 1-2 cup sugar, 1-4 teaspoon salt, 1 cup hot milk, 1-2 teaspoon almond extract, 1-2 cup shredded coconut, 3 stiff-beaten egg whites, 1 recipe Graham Cracker crust, 1-4 cup chopped, toasted almonds, 1-4 cup toasted shredded coconut.

Soften gelatine in cold water. Combine egg yolks, sugar and salt; gradually stir in milk. Cook in double boiler over hot, not boiling water, until mixture coats a spoon, stirring constantly. Remove from heat. Add gelatine mixture. Stir to dissolve. Chill until partially set. Add almond extract and 1-2 cup coconut. Fold in egg whites. Pour into 9-inch pie pan lined with:

Graham Cracker Crust: Mix 1 1/2 cups cracked crumbs, 1-3 cup sugar, and 1-2 cup melted butter or margarine; press firmly in greased 9-inch piepan. Chill until set, about 45 minutes. Fill; then chill. Sprinkle with toasted coconut and toasted almonds just before serving.

DOROTHY DIX'S COLUMN—

Should She Leave Home?

Girl Who Seeks "Freedom" May Be Making Serious Mistake.

DEAR MISS DIX: My girl friend, who will be 18 in a few months, is so fed up with her parents' strictness that she is planning to get a room in town. She isn't allowed to go out or entertain her friends at home. Her family says that they won't keep her from getting the room, but if she doesn't behave they can make her come home. Are they right?



Muriel Nissen

NELLIE B.

ANSWER: I could never advise a girl to leave home simply because she didn't like the discipline, unless conditions were really so intolerable that they constituted a mental or physical hazard. Such cases are rare and can only be judged after extensive investigation. Since I am obviously unable to make such a survey in your friend's case, my general opinion is that she's better off at home. Living alone is not the bed of roses she seems to think it is. If she believes that "a room in town" is the open sesame to unlimited freedom, and proceeds to live according to the European custom. Under your particular circumstances, life is not necessary, but if you wish to conform to the specified procedure, send the sum you would have spent on a gift, and forget the entire incident.

MONEY PRESENTS REQUESTED

DEAR MISS DIX: One of my close relatives is getting married to an out-of-town professional man. The invitations have been sent out with a note attached saying, "No souvenir presents." It is understood that they want only money. I find this invitation very embarrassing as I think it will oblige the guests to give more than they would have spent for a gift. My situation is this: I am married and do not live in the same city. We have not visited in many years and will not attend the wedding.

MARCIE G.

ANSWER: Such a blatant request for money gifts is something new in my experience, although I believe it is a fairly commonplace European custom. Under your particular circumstances, gift is not necessary, but if you wish to conform to the specified procedure, send the sum you would have spent on a gift, and forget the entire incident.

MARY G.

DEAR MISS DIX: Do you know of any respectable clubs in which middle-aged couples can meet and get acquainted? People say that the church is the best place for such contacts, but I have not found it to be the case.

EMMALINE N.

ANSWER: There are many social clubs of high standing fulfilling the function you mention. Of course you know they charge for membership—sometimes quite a bit. Recommendation of any of these clubs is impossible without a thorough investigation, which is a matter of local concern. Clubs which advertise can be verified through your local Better Business Bureau, the clergyman of your church or any other reputable authority.

The clubs themselves can be located through the classified pages of your telephone directory.

DEAR MISS DIX: I live in such an isolated spot that I find it very difficult to have dates. A car cannot come closer than a mile from the house. Many of my friends don't even know where I live. I've been meeting my boy friends at my sister's house in town. I'm 17 and a senior in high school. Do you think I should stop dating altogether, or continue to meet friends at my sister's?

EMMALINE N.

ANSWER: In this highly mechanized age, a one-mile walk is something most young people would hesitate to tackle. It is certainly inadvisable that your inaccessibility would prove a hazard to most dating. Under the circumstances, casual dates could certainly be made at your sister's, providing that, after the date, you spend the night with her and don't attempt the walk home alone.

If you become serious about any one boy, the situation would undergo a change. A boy who likes you considerably will not be deterred by distance. Don't let false pride keep you from being frank about your living conditions, should you become especially interested in a particular lad.

DEAR MISS DIX: As marriage goes, my husband and I get along reasonably well, but we do have trouble over the financial situation. My husband believes he is being fair and generous with me; occasionally he gives me a little extra money for something special, but his usual allowance barely covers food for three of us. He earns a good salary and our rent is reasonable, so it isn't a question of not having money. When I need shoes, I have to ask him for the money.

Continued on page 3

Married In Halifax



The marriage of Florence Rose, daughter of Mrs. Brown and the late William S. Brown of Montreal, to Charles Wesley Murray, son of Mrs. Murray and the late Nelson Murray of Fredericton, Prince Edward Island, took place Saturday, May 24th at 4 o'clock in North Street Christian Church, Halifax.

The double ring ceremony was performed by Rev. E. Shaw and appropriate music was played by Mrs. A. H. Nickerson, organist.

The bride, given in marriage by Mr. Pomeroy E. Murray, uncle of the groom, wore a turquoise suit with white and navy accessories and a corsage of pink roses.

Following the ceremony a reception was held at the Lord Nelson Hotel. Later the couple left on a motor trip to Boston, New York and Montreal.

Out-of-town guests included Mr. Emerson Murray, brother of the groom and Mrs. Murray, Mr. and Mrs. Pomeroy E. Murray and Mr. and Mrs. Miller Stevenson, all of Prince Edward Island.

Anne Adams Patterns

WEEKLY SEW-THRIFTY

A Wrapon for your daughter! Just sew two or three. Mother, and RELAX for the summer! As you see, it has FEW pattern parts, whips up in a jiffy, opens out to iron and a child can dress herself so easily! Make it in cotton in flower-fresh pastel colors!

Pattern R4634: Children's sizes 2, 4, 6, 8, 10. Size 6 takes 2 1/2 yards 35-inch fabric.

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

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NOW—She Laughs at age

Springtime in her heart again! New-found gaiety, peppy energy. A new, alive woman—sparkling eyes, better color, fresh, calm, youthful, neat—has replaced the worn, tired look. No wonder! Life has taken on new interest. Yes, thousands of once faded women, weary from blood-iron poverty, have bloomed anew with the help of Dr. Williams' Pink Pills. Try Dr. Williams' Pink Pills yourself for 10 days! Enjoy new health, pep and energy. Start today! Get back "in the pink" with

DR. WILLIAMS' PINK PILLS

by Anne Adams



Wins Baking Honors at 1951 Pictou Fair

With a fresh batch of ribbons for her prize-winning baking at the 1951 Pictou County Fair, Mrs. G. Arthur MacDonald has every reason to be pleased and proud.

Talking shop with her husband (he's a baker by trade!), Mrs. MacDonald attributes much of her success to her care in selecting ingredients. "Ingredients are so important," she says. "For instance, you

have to use an extra-good yeast—one with plenty of pep and action—for the best results. I personally never use any yeast but Fleischmann's, because I know from experience how fast and peppy it is."

Right to the point! Across the Maritimes Fleischmann's Yeast is the favorite with prize-winning bakers because they've proved it's so dependable.