

A Country Garden

By Mrs. Gordon MacMillan
Crickets are making
The merriest din.
All the fields waking
With shrill violin.

ELLEN'S DIARY

By An Island Farmer's Wife
"And how do you like the new hair-do?" The question passed between the two women most interested and settled with more or less satisfaction in the late afternoon of yesterday as we drove into the sunset homing, we later put to James, husband of ours. We were spreading the table at the time, we fear making haste slowly as one does after spending some time away from the usual round of her chores.

World Famous Sadler's Wells Dancers



A treat for Canadian ballet enthusiasts is the return this fall of Britain's famous ballet company, the Sadler's Wells dancers, for their third North American tour. Some of the 72 members of the cast who drew rave notices at their New York debut are pictured. For the first time, Tschalkowsky's "Sleeping Beauty" is included on Sadler's Wells North American agenda.

Dior's "Princess Line" Look Requires A Trim Waist, Ladies!

By Muriel Narraway
Canadian Press Staff Writer
LONDON (CP) — This year's most attractive winter styles hit right where it hurts most—in the midriff.
Christian Dior's "princess line," a moulded look that ruthlessly spotlights that extra curve around the hips, has its counterpart in almost every couture collection in London, Rome and Paris.

Unbelted, it moulds the form from under a well-defined bust to thigh level, and it gives sharp emphasis to the waist. It is, in fact, a dream line for the tall, the slim or the well-proportioned. For these with the slightest bulge, it means a special foundation or diet.
The swathed and pleated Dior bustline calls for a deep, up-cut bra as well as the midriff, waist and diaphragm control required for that faultless curve from bust to thigh.

Alice Brooks Designs

KEEP COSY, PRETTY!
The cap everyone loves — from little girls to grandma! Make it in velveteen, wool, felt — spot it with gay embroidery! Matching mittens for winter warmth!
Pattern 7112; easy directions for Sizes Small, Medium, Large included. Embroidery transfer.
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.



DOROTHY DIX'S COLUMN

Sweetheart In Japan

Girl Irks Mother By Refusing Dates Awaiting Her Beau's Homecoming

DEAR MISS DIX: Garry, by boy friend, is in Japan and expects to be there for a year and a half. My mother likes him and raises no objection when I tell her we'd like to marry upon his return. Yet she does object—and strenuously—to my waiting for him and not having other dates. I'm 17, and perfectly willing to wait for him for I love him dearly. Although I don't have a ring, we consider ourselves engaged. I don't want to hurt my mother, yet I simply can't force myself to go out on dates.

ACCEPT GROUP DATES

ANSWER: There is much to be said on both sides; your mother feels that in view of your youth you shouldn't be sitting on the sidelines for 18 months while your friends are having fun, and you, of course, are completely taken up with the picture of a patient sweetheart waiting for her beloved. I do think you'd be better off if you went out occasionally on group dates. Association with friends your own age will do much more for your social development than sitting home all the time. Your man stands a much greater chance of losing you through boredom, than through the pursuit of a normal social life. Don't single date, but do get out with the crowd, and with other girls. Your mother will just have to accept the idea that you consider yourself pledged to one boy, and she should be proud of your principles of fidelity at so young an age. Whatever you do, don't be moody or moony around the house, or Mon will be more than justified in her efforts to get you to go out.

DEAR MISS DIX: We have been married 8 years and have three children. I think the dinner hour should be a time for a family get-together, but my husband doesn't agree. He bolts his dinner, then retreats to the living room to listen to the radio, or read until he falls asleep.
ANSWER: You are right in your efforts to make dinner time more than just another meal, but it looks as if it will take some convincing to have hubby come around to your views. Instead of arbitrarily insisting that he remain at the table with you and the children, work the general conversation around to a point that will prove interesting to him by the time he's finished eating. He'll be much more inclined to remain at the table while a good story is in progress, than if stony silence prevails. Small children have many interesting experiences that should touch Dad's heart enough to hold his company.

Morning Smile

"My boy friend says he's going to marry the most beautiful girl in town."
"Sure him for breach of promise, darling!"

That Body Of Yours

By James W. Barton, M.D.

VALUE OF BREATHING EXERCISES IN ASTHMA

Several years ago I wrote about what was called the breathing exercises in the treatment of asthma, and mentioned a booklet published by the Asthma Research Council of Great Britain. The price at that time was one shilling a copy. I received a grateful letter from the Council stating that hundreds of copies had been sent on to the United States, Canada and South America.

The booklet was illustrated by line cuts, the main point being that the asthmatic patient should breathe in rapidly and allow the air from the lungs to be breathed out slowly and completely. This book can now be purchased in America at a slightly higher price from the Chicago Book Co., Chicago, Ill.

In the Cleveland Clinical Quarterly, Dr. P. A. Nelson states that the value of breathing exercises to increase the vital capacity (lung capacity) has not been sufficiently stressed in the past. Most physicians have not been trained to think in terms of prescribing therapeutic exercises, as they have been in prescribing drugs or where operation is to be performed.

What are the indications showing the need of breathing exercises? Breathing exercises are indicated: (1) to increase vital or lung capacity, (2) to abort or prevent asthmatic attacks, (3) to prevent or correct abnormal posture — low shoulder, one-sided flat chest, break up adhesions caused by pleurisy; (4) to gain better control over the movements of breathing.

Rheumatoid arthritis — inflammation of the joints of the spine — decreasing the amount of movement of lungs, can be helped by regular breathing exercises; these exercises not only enlarge the lungs but prevent attacks of asthma.
These exercises also help in the after-care of patients suffering from chest ailments or following operations on the chest.
Many years ago I attended a

Cook's Corner



SPICED OVENITE COOKIES

- 1/4 cup shortening
1 cup brown sugar
1 egg beaten
1 teaspoon vanilla
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon soda
1 teaspoon baking powder
1 1/2 cups flour

Method: Cream shortening, add sugar, egg, flavoring, salt, spice, soda and baking powder. Sift in flour. Shape in oblong roll. Chill in Frig. Bake in moderate oven.
Mrs. A. M. Milligan, Sherbrooke W. L.

Modern Etiquette

By Roberta Leo

Q. When is a guest privileged to leave a wedding reception?
A. At any time he wishes, but not before speaking to the bride and bridegroom.
Q. When a woman is either standing or seated, talking with a man, and she drops her handkerchief, glove, or some such article, and the man does not notice it, should she then pick it up?
A. No. She can call his attention to it by saying, "I believe I dropped my handkerchief."
Q. When should the bridegroom give his gifts to his best man and ushers?
A. Usually, these gifts are put at the men's places at the bachelor dinner.

Household Scrapbook

By Roberta Leo

Greasy Pans

Pour a few drops of ammonia into every greasy roasting pan after filling the pan with hot water. If the pots and pans are treated in this way immediately after using and are left to stand until time to wash them, the work of cleaning them will be found half done.

Ironing Rayon

Always iron rayon garments on the wrong side while damp. This gives luster to the fabric.

Perspiration Stain

Remove perspiration stains before laundering a garment by dampening the article with lemon juice and salt.

Better English

By D. C. Williams

- 1. What is wrong with this sentence? "What kind of a man would do like he does?"
2. What is the correct pronunciation of "oust"?
3. Which one of these words is misspelled? Wizard, lizard, gizard, sizable.
4. What does the word "imposing" mean?
5. What is a word beginning with ma that means "a proverbial saying"?
ANSWERS
1. Say, "What kind of (omit a) man would do as he does?" 2. Pronounce ous-t, not cost. 3. Gizard, 4. Impressive; commanding. "It was an ample and imposing structure." 5. Maxim.

Anne Adams Patterns



EASY! SEE DIAGRAM!

ONE pattern part to skirt! TWO main parts to bodice — could anything be easier! We know it couldn't look prettier on — just see the dashing flare of the collar — the exciting whirl of the skirt. Choose short or 3/4 cutted sleeves. Back-zipped for flattering fit.
Pattern 4770. Misses' Sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42. Size 16 takes 4 1/2 yards 39-inch.
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, City, Number. Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto, Canada.

COLGATE TOOTHBRUSH

Firmly-set Nylon bristles resist moisture and wear never get soggy.
Ladies' 35¢ Child's 25¢
Just right for children's first tooth

Magic Centre Chocolate Surprise
And a big surprise it will be to your family or friends when you first cut into this marvellous looking dessert and they see the luscious whipped-cream filling right in the centre of that deep, rich chocolate cake. It's Shirriff's-magic... looks difficult... couldn't be simpler! Here's the inside story!
HERE'S HOW: Bake Shirriff's Chocolate Cake Mix in loaf pan 9" x 4 1/4" at 325°. Cut 1" slice off top. Cut a strip from the centre 1" x 1". Spoon in filling mixture. Replace slice on top. Frost sides with whipped cream and top with remaining filling and cherries. Filling: Put 1/2 cup drained crushed pineapple, 1/2 cup diced marshmallows and 1/2 cup chopped walnuts in one cup sweetened, whipped cream.
HERE'S WHY: Shirriff's Chocolate Cake Mix is as complete as a good cake mix should be... finest quality egg yolks, shortening, cake flour, Shirriff's own famous flavouring and imported Dutch Chocolate. And you add the fresh, whole milk yourself for a richer, fresher cake. Serve Chocolate Surprise soon... and make it with Shirriff's Chocolate Cake Mix. Remember!
Only food experts can make the BEST mix for a cake!
SHIRRIFF'S Chocolate Cake Mix