

### Anne Adams Patterns

**WEEK'S SEW-THRIFTY**  
**STUNNING! SEW-EASY!** This is a wonder-pattern! Collar is in one with bodice, no side-seams in skirt. Simplest of lines, smartest of frocks. Make it in a cool, crisp, washable fabric for summer. Whichever way you make it this will make you a hit!  
 Pattern 4854: Misses' Sizes 12, 14, 16, 18, 20; 40. Size 16 takes 4 3/4 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, care of The Guardian, 60 Front Street West, Toronto, Canada.



### That Body Of Yours

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nosis, course and treatment, as well as the outcome because of emotional problems associated with their diseases or superimposed on their diseases."

I am quoting Dr. Louis G. Moench in his book, "Office Psychiatry." Dr. Moench is Clinical Professor of Medicine and Psychiatry, University of Utah School of Medicine.

Until recently, the family physician has been referring patients with odd behavior to the psychiatrists but, unfortunately, or perhaps fortunately, there are not enough trained psychiatrists available and so the family doctor, who knows more about the make-up of the patient than the psychiatrist can learn in many lengthy interviews, is now seeing many of these patients first.

"The family physician is in an ideal position to help people. The patient comes to him first, often before his ideas are fixed as to the cause and nature of his distress. He usually comes of his own choice to the physician of his

choice, seeking help."

The family doctor occupies a position of trust and confidence, particularly if he has presided over birth, serious illness or death in the family. He is thus in the best possible position to ask questions that are "reasonable" to the patient but would antagonize the patient if asked by a psychiatrist. Finally, the day has long passed when a patient dislikes consulting a psychiatrist so that if his family doctor thinks it necessary, he consults the psychiatrist as he would a surgeon or allergist.

If family doctors were first consulted in the early odd behavior cases, there would not be such a need for more psychiatrists.

### ELLEN'S DIARY

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stances about for humans and beat and bird during the expected cold and snows of the months ahead.

Did a gentle zephyr, sun-warmed, blow in along the valley, its delight was all but lost to us when we considered what chill and bitter ones would doubtless rage along the fields of tomorrow. If a quiet snowfall commenced... great flakes, drifting, settling on roof and post and yard, we hurried to heap the woodbox in the event of the promised drifts.

And nothing came of it — nothing in the least unsettling, but only weather mildly seasonal in the way of frost and snow. Winter walked so lightly over the countryside that with James we look back to marvel about it, so pleasant it was. Never before have we experienced one so mild and snowless.

"Yes, it's been remarkable," an older farmer commented when we chatted of this with him recently. "In fact I can't remember one to equal it — more like the Fall it was than winter; and," he chuckled, "where now are those forecasters who were all for giving us so much snow and cold?"  
 "They'll know better another autumn," we offered with a smile.  
 "No," he said, "come Fall they'll be telling us the same old things — taking their cues from birds' flights and animals' coats and the like."

James laughed. "Might as well believe what Ellen reads from a teacup as put any dependence in signs like those," he remarked. There was a silence. "Though sometimes," he continued, "I've seen them strike it fairly close."

And fields, even those red-brown with furrows, firm and in sunlight a warm haze veils softly the slopes... "Did you happen to see that robin flying by with a piece of string in its beak?" Gage hurried in this evening to ask. "I guess," he nodded dimpling, "the next thing's a nest — perhaps," his eyes shone, "in the lilac bush!"

One in a room beneath the eaves, a pillow vacant because James is awa; we shall come to presently!  
 Until tomorrow — — Diary — Good-night...

### The Stars Say --

By Genevieve Kemble

For Tomorrow

SIDEREAL influences for this day favor the development of projects already started, with continuing good aspects for co-operation in high places. The next twenty-four hours favor the "big deal" — where personal influence and needed capital await those who have something to offer out-

### Cook's Corner

#### CINNAMON LOAF

2 packages yeast, compressed or dry  
 1/2 cup water (lukewarm for compressed yeast, warm for dry)  
 1 cup milk  
 1/2 cup sugar  
 1 tablespoon salt  
 1/4 cup shortening  
 5 to 6 cups sifted flour  
 2 eggs, beaten  
 2 teaspoons melted butter  
 1 tablespoon cinnamon  
 1/2 cup sugar

Soften yeast in water. Scald milk. Add 1/2 cup sugar, salt and shortening. Cool to lukewarm. Add 2 cups flour, beating well. Add eggs and softened yeast, beating until smooth. Add enough more flour to make a moderately soft dough. Turn out on lightly floured board and knead until smooth and satiny. Place in lightly greased bowl, cover, and let rise until doubled (about 2 hours). Punch down. Divide into halves, shaping each

portion into a smooth ball. Cover and let rest 10 to 15 minutes. Roll each portion to a long narrow sheet about 1/4-inch thick, 6 inches wide, and 20 inches long. Brush with melted butter. Mix cinnamon and 1/2 cup sugar. Sprinkle over dough, reserving 2 tablespoons for top of loaves. Roll up tightly. Pinch ends together. Place in greased bread pans, 4 1/2 x 8 1/2 inches. Brush tops with melted butter. Let rise until almost tripled in bulk (about 1 1/2 hours). Sprinkle 1 tablespoon sugar-cinnamon mixture over top of each loaf. Bake in moderate oven (370 degrees F.) 45 to 50 minutes. Yield: 2 loaves.

#### GOLDEN FROSTING

Heat together in top of double boiler 1/2 cup cream and 6 tablespoons butter. Caramelize by stirring over heat until molten gold 2 tablespoons sugar. Very carefully add the scalded cream and butter. It will lump and sputter, but keep on stirring until smooth. Remove from heat and gradually stir in 3 cups sifted icing sugar. Beat until smooth and creamy and of spreading consistency.

### Dumplings—light and fluffy with MAGIC!

#### MUSTARD-PICKLE DUMPLINGS

Mix and sift into a bowl, 1 1/2 c. once-sifted pastry flour (or 1 1/2 c. once-sifted hard-wheat flour), 3 tps. Magic Baking Powder, 1/2 tsp. salt. Cut in finely 2 lbs. chilled shortening. Make a well in dry ingredients and add 1/2 c. finely-chopped mustard pickle in sauce and 1/2 c. milk; mix lightly with a fork, adding milk if necessary, to make a drop dough. Drop in 6 portions, over hot cooked stew. Cover closely and simmer (never lifting the cover) for 15 mins. Yield—6 servings.



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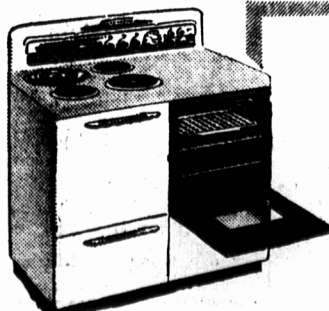
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best ingredients. For example, you have to use a good reliable yeast to get top results for rolls and bread. I myself use Fleischmann's Yeast... Fleischmann's is so active and dependable."

That's where they all agree! Prize-winning cooks say that Fleischmann's Yeast simply has what it takes to give you perfect risings each time. No wonder it's been the favorite with Maritime women for over 80 years!