

How Can I!!!

By Anne Ashley

Q. How can I avoid the disagreeable odor when rendering fat?
A. Place the vessel containing the fat in the oven. The process can be started on the top of the stove and when the contents are hot, place in the oven until finished.

Q. How can I remove old blood stains from fabric?
A. Old blood stains can be removed by wetting with cold water and covering thickly with powdered starch. Let stand for an hour or two, and then wash.

Q. How can I prevent angel food cake from adhering to the knife when cutting it?
A. Dip the knife in cold water before cutting each piece of cake.

That Body Of Yours

By James W. Barton, M.D.

LIVING WELL AND SAFELY WITH HIGH BLOOD PRESSURE

Now that high blood pressure is discussed more than ever before, and perhaps even more than cancer, it might be well to look into the matter a little more closely. Of course, there is no denying the fact that high blood pressure can be and often is, a serious matter as we think of the great number of cases of heart strokes (coronary thrombosis) and brain strokes (apoplexy). High blood pressure is usually called hypertension by physicians because hyper means high or above and tension means tenseness or tightening of the walls of the blood vessels.

However, because coronary thrombosis and apoplexy are usually (but not always) accompanied by high blood pressure, men and women with high blood pressure are needlessly alarmed. It is stated by Dr. Irvine H. Page, Chairman, Medical Advisory Board, Council for High Blood Pressure Research, in the book "You and Your Heart," edited by Dr. H. M. Marvin, Dr. Page states, "The hypertensive need not avoid the sea of life but she should not pounce in too recklessly and he should be armored against its harsher storms. If he can stand rock-like amid the shocks of the modern world, he need not fear his blood pressure."

The first thought in a quivering calmness of spirit, despite having high blood pressure is to recognize the fact that high blood pressure is a lifetime companion unless you are among the lucky ones who have responded to treatment. After acquiring this calmness by religion or philosophy, the important thing is on a lower level of mental and physical activity. Patients often live just as long as other members of their families who do not have high blood pressure.

Unfortunately, the man or woman with high blood pressure finds it hard to live on this lower level of activity because his activity is on a lower level of mental and physical activity. Patients often live just as long as other members of their families who do not have high blood pressure.

Come of these hypertensive patients feel that they would sooner pass out than live a "restricted" life. However, just a little modest, a little less food, or the same amount spread over the 24 hours, and light exercise such as walking, may be all that is necessary to allow them to live safely for many years.

HOW IS YOUR BLOOD PRESSURE?

Write today for Dr. Barton's booklet dealing with both high and low blood pressure entitled "How Is Your Blood Pressure?" To obtain it, send 10 cents and a 3-cent stamp to cover cost of handling and mailing, to The Bell Syndicate, Inc., in care of this newspaper. Post Office Box 99, Station G, New York 19, N. Y. and ask for your copy.

Better English

By B. C. Williams

- 1. What is wrong with this sentence? "I can't hardly determine whether everyone has sufficient money for their expenses."
2. What is the correct pronunciation of "grass"?
3. Which one of these words is misspelled? Notice, poltroon, polyandry, mutation.
4. What does the word "demur" mean?
5. What is a word beginning with ma that means "to frolic in disguise"?

ANSWERS

- 1. Say, "I can hardly determine whether every one has sufficient money for his expenses."
2. Pronounce the a as in ah, not as in at.
3. Foultrie.
4. To offer objections; to take exception. (Pronounce the u as in fur.)
5. "If all the others wish to go, why should I demur?"

True Success Story

By F. H. MacArthur

Like most grocery stores, the majority of hotels change proprietors frequently. This has not been the case with the Revere Hotel for it has been under the management of the Brown family since 1894.

Mr. P. S. Brown, father of Byron Brown, the present proprietor, was an Ontario man by birth, an Islander by choice. He became proprietor of the Revere Hotel in 1894, and during his lifetime succeeded in making the Revere a homey place, regarded by the traveling public, commercial men, etc., as the little hotel par excellence.

In the days when P. S. Brown was at the head of the Revere Hotel, they served an abundance of well-cooked food—old English style—the cuisine being under the watchful eyes of Mrs. Brown who gained the reputation of being one of the best hotel women in the Province.

In those days commodious stalls adjoined the hotel and a free bus service operated to and from the station and boats. Travelers having horses and wagons found these stables ideally located within half a minute's walk of the city's business center.

Besides being a successful hotel man, Mr. P. S. Brown was a lover of horses, and always had a good one to put on the track when the annual exhibition rolled around. For instance, his racer, "Sir Richard," had a mark of 2.29 1/2. As a citizen Mr. Brown was held in good esteem and was a member of the City Council and held the office of Mayor for one term.

Gone are the stalls where the old hostler swapped tall tales with country folks, tourists and drummers. These changes gradually came about when the auto made its debut in the garden of the gulf.

Gone, too, is the dining room and the little lady whose meals were praised far and near. Today when so many good eating places are available in Charlottetown, Byron Brown just doesn't bother serving his guests, but in all other respects the present proprietor sticks to the rules laid down by his father: Comfortable beds, rooms that are clean and airy and well lighted, modern heating and what have you. All in all, the Revere Hotel keeps pace with the times and is one of the better known of the smaller hostleries to be found in the Maritime Provinces.

Fifty-six years is quite a stretch to engage in any business and fifty-six years in the hotel business under the family name (Brown) is a record of which Mr. Byron Brown may feel justly proud.

The Stars Say --

By Genevieve Kemble

For Thursday, September 21

WHEN it is realized that the crisis is passed, that the worst is over, it may be worth while to take another breath and tackle the new order, program or objective, with the newer vision, fresh ideas, initiative born of a harrowing but illuminating experience. Go about this with courage, initiative, graciously, being thankful for a great lesson when disaster is turned into discipline.

For the Birthday

Those whose birthday it is, are enjoined to take definite steps to resume the orderly trend of living, knowing that the crisis is past and that life and its gracious and constructive performance must go on. While there may be some opposition, want of cooperation, criticism, sarcasm perhaps, with deeper and subtler menace to keep alert to, in the long run the philosophic and optimistic approach and determination may yield rich returns, especially with new ideas and fresh emotions as the driving force. A child born on this day has initiative and ingenuity to tackle adverse and treacherous conditions, perhaps finding rich recompense for errors, false moves or blows of destiny.

DOROTHY DIX SAYS -

Happiness

True Contentment Lies In Living For Others

DEAR MISS DIX: My mother and I have had an argument about happiness and we wish you to settle it. I think that happiness consists in personal freedom, in being able to come and go as you please. In doing as you like without having to consult the wishes of any one else. In keeping yourself as free of all ties as possible. Believing this, I never intend to marry or burden myself with a family. There will be no wife keeping tab on my movements. No children on whom I would have to spend my money. My mother says that happiness is only to be found in having some one dependent on us, in our feeling ourselves necessary to some one else's happiness and well being, and in our doing some congenial, constructive work. Which of us is right?



ARTHUR

ANSWER: I think that your mother is right. Personal liberty is, of course, a highly desirable blessing, but too much of it can become a curse. The most miserable people in the world are those who are absolutely free because the only reason that they are free to come and go and do as they please is because no one cares where they go or what they do or if they ever return or not.

FREEDOM IS LONELY

If you would be free you must walk alone, and that is a dreary thing to do. We must have companionship to put meaning and pleasure into everything we do. The most exquisitely cooked meal lacks flavor, the most delightful journey turns into a bore, if we have no congenial companion to share it with. To get pleasure out of a book or play we must have someone to discuss it with, and so on. Lonely life can be a happy life, and if you find the freedom you seek you will find it dead-sea fruit in your hands.

No man lives unto himself alone. We must have others to share our joys and our sorrows. Empty are our triumphs and our successes if there is no one to rejoice with us and be proud of us and give us the dear, intimate flattery of being proud of us that is sweeter to us than all the plaudits of the multitude. And only those plumb the deepest depths of sorrow who grieve alone, who, in their dark hour, have no breasts to weep upon, no one whose heart breaks with theirs in sympathy.

The happy people are those like your mother who have found the contentment we all crave in service to others.

DEAR MISS DIX: Is it true that no man loves a fat girl and that a girl has to have a string-bean figure in order to have dates? I am a little overweight. Must I go on a diet in order to be popular with the boys?

ANSWER: I am afraid that I can not give an authoritative answer to this question, Jane. What a man sees to admire in a rack of bones I'm sure I don't know, but there is no arguing about taste, so there you are, and observation shows that the young women who look like incipient cases of tuberculosis seem to have the edge over the plump maidens. However, there are exceptions to this rule and occasionally you will run across a man of sense who is looking for a wife who shows that she is hale and healthy and will take an interest in cooking, in preference to one who takes no interest in anything but a doctor's bill to her husband.

Furthermore, there is this to say: If plumpness is a drawback before marriage it is an asset after marriage for it indicates not only that a woman is a good cook and a good housekeeper and one who takes a proper interest in food, but that she is good natured and

Continued on page 14

Morning Smile

The Doctor

It was a wet and bitter cold night when Dr. Lucas was called to the house of Farmer Smithers. The head of the household was down with a severe cold that threatened to turn into pneumonia.

"All he wants, all he can think of," reported his faithful wife, "is hot punch." "All right," the doctor agreed. "Let him have it. Fix it up and let me see it."

In a little while Mrs. Smithers came into the bedroom, bearing a large bowl of smoking punch. The doctor examined it, smelled it, then drank it down.

"Yes, that's just right," he agreed, smacking his lips. "Now go back and make him one exactly like it—but only half as much."

Cook's Corner

PINEAPPLE CREAM

Rich and creamy, with just a nice proportion of pineapple and the happy touch of orange flavor to blend with it.

- Yield—6 servings.
2 cups milk
3 tablespoons corn starch
1/4 cup granulated sugar
Few grains salt
1/4 teaspoon vanilla
1/2 teaspoon grated orange rind
1/2 cup 1/4-inch dice well drained cooked or canned pineapple
1/2 cup whipping cream.
Measure milk into upper pan of

Modern Etiquette

By Roberta Lee

Q. Is it proper for a woman house guest to offer to help her hostess with her household chores?
A. Is it proper for her to make the offer, but not to insist upon it if her hostess seems firmly against it. The guest can show greatest consideration by keeping her own room clean and orderly.

Q. When dining at a place where dancing is included, what should one do with the napkin when rising to dance?
A. Leave the napkin by the plate, unfolded—never on the chair.

Q. When a wedding engagement has been broken, what should the girl return to the man?
A. All gifts of jewelry, including the engagement ring, all photographs and letters.

Something else new is ours in this community — heart warming and altogether good. The Manse of the Kirk, a long dream of its people — and the congregation as a whole, has been completed and now houses its Minister and family. Scottish but Island folks these are, that have recently come to this new white "house by the side

of the road . . . to be a friend to man." There, this evening the people of the nearby church gathered with grateful hearts in a house-warming. The Manse-family? Only he and she, and the daughter, now teacher in the district school, a nice successor to those farm-wives of the community like herself who taught there in the distant and nearer past. . . . Even now after all these years, faces of the children, some of which are now no more, come before us — the quiet hum of a school-room at work and the sound of merry voices at play. . . . But we must not dwell on "the days that are no more." Tomorrow brings the threshing. Until tomorrow — Diary — Good-night. . . .

ELLEN'S DIARY

By An Island Farmer's Wife

The harvesting at the other farm brings our farmers home in the twilight these evenings, and indeed on occasion in the starlight. Not that the reaping continues past the sunset but James is one whose sleep would be restless should any of the sheaves remain on the ground overnight in the event of rain. Given his preference, regardless of modern trends of farming, he likes to coil his hay, stook his grain and in turn-time leave the tops in orderly rows behind him. Supper comes now by lamplight. This is a meal whose exact hour is subject to circumstance about which Jeanie we can have much speculation. Time was when the appearance of a white dog, brownish-ringed about one eye, at the doorway warned us that the time was ripe to spread the table and draw the tea-kettle closer to the coals. Nowadays we can only sigh and conjecture as to our workers' return. Jeanie comes towards dusk to ask: "Did they say when they'd be home?" And we have scanned that part of our road which leads towards Rob's and the other farm many a time peering into the dimness and listened eagerly for a sight or sound of their return — car-lights twinkling out through the shadows or the clatter of the team's hoofs in the silence.

Though James is of the opinion those times when the work appears to move slowly "We'll be cutting this year 'till freeze-up!" there is to be a present suspension of it to attend to the threshing of the early-cut fields. So from field to thresher will be our next interest, one we suppose which will last for several days. It is likely to bring the harvestives whose schedule of work will be of necessity re-arranged at a call . . . suggestive, begging . . . commanding! A popular question at our door though only voiced by James rather pitiable in the insistence of the season will be: "Now which would you rather do, Ellen — mind the baby and get the meals or empty baskets? You would not be very busy at either. And between loads — well, if you came, out, you'd have time to yourself!" And for another harvest succeeding all those which still remain golden and lovely in memory, we shall be caught up in the pleasant swing of it, knowing little leisure before last loads have been hauled and the ring of the machine silenced between the hills of our valley.

Yet how lovely is the season — in this year's abundant returns, in the gold of the stocks against the quiet blue of a sky-line, in, one knows, the dry rustle of the winds as they now keen a bit along the empty stubble! Another endeavor besides our reaping is to be suspended presently when the wiring of buildings which goes on busily each day must be put off to await the arrival of some item "on order". Meanwhile strange trucks ply along the roadway these days, and we catch sight of a line-man climbing as might an alert squirrel up a fearsome height of pole and strange sight to our eyes, a shining wire has appeared bright against the dark of the neighboring woodlands . . . and lights and other conveniences of electricity are now assured to the farmsteads in the vicinity.

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Household Scrapbook

By Roberts Lee

Window Bills

After washing the window sills go over them with a cloth dipped in furniture wax. This will protect the wood from the dirt that comes through the windows, and the soil can be very readily washed off at any time.

A Delicious Dish

Try filling the centres of apples (after coring) with sausage, and baking until the apples are tender. This is a different way of serving sausage and makes quite a delicious dish.

Cleaner

When lace is not too badly soiled, it can be cleaned with fine oatmeal.

of the road . . . to be a friend to man." There, this evening the people of the nearby church gathered with grateful hearts in a house-warming. The Manse-family? Only he and she, and the daughter, now teacher in the district school, a nice successor to those farm-wives of the community like herself who taught there in the distant and nearer past. . . . Even now after all these years, faces of the children, some of which are now no more, come before us — the quiet hum of a school-room at work and the sound of merry voices at play. . . . But we must not dwell on "the days that are no more." Tomorrow brings the threshing. Until tomorrow — Diary — Good-night. . . .



Her Baking Wins Prizes at Pictou County Fair

Who wouldn't feel happy to see her own name dotted all over the list of prizes for home baking! And Mrs. Fred Welsh, of Pictou, N.S., has been so successful in the home arts section of Pictou County Fair that she is entitled to give a few pointers on yeast-raised baking. "My mother started me using Fleischmann's Yeast," says Mrs. Welsh, "and I've been using it ever since. I find no other yeast is so fast rising. Indeed, I've never had a failure with Fleischmann's."

There you have it! Because Fleischmann's is extra-active it gives extra fast rising. The majority of prize-winning cooks in the Maritimes choose Fleischmann's Yeast. . . . it has proven dependable for 83 years.

Amazing! New PRE-COOKED potato ... rich in flavor and food value



Mashed Potatoes in less than 1 minute—Boil water, add milk and French's Instant Potato according to directions on package. Stir briskly for a few seconds until potato has thickened, add butter and whip until light and fluffy.

Stuffed Frankfurters—Prepare two cups mashed potato. Season as desired with parsley, onion, and pepper. Split 8 cooked frankfurters, and spread with French's Mustard. Stuff with potato. Brush with melted butter and broil 10 minutes.

Shepherd's Pie—In a casserole, combine 2 cups diced leftover meat with 1 to 3 cups cooked mixed vegetables and leftover gravy. Arrange ring of mashed potato around edge. Brush with melted butter and brown in a hot oven. Serve with gravy.

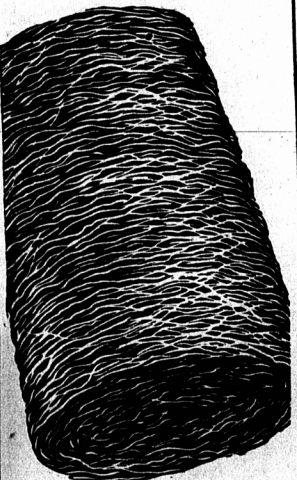
No washing! No peeling! No cooking! No mashing!

Like magic! Now it's so marvelously quick—easy—to make these and many other wonderful potato dishes. French's Instant Potato gives you top-quality potato pre-cooked by a special process that preserves the rich nutri-

tional values and flavor. Use it to make delicious mashed potato in just one minute, to prepare potato quickly in other exciting ways. Look for it in the canned vegetable or baby foods' section at your grocer's.

Economical—there's no waste!

Sole distributors in Canada: Reckitt & Coleman (Canada) Ltd., Montreal



Eat NABISCO Shredded Wheat

(MADE FROM 100% WHOLE WHEAT)

... and here's whole wheat in its most popular form! Yes, whole wheat is the basic food you need in your diet—health authorities say. It contains vital food elements. And NABISCO SHREDDED WHEAT is made from 100% whole wheat! Tomorrow, serve delicious, tasty NABISCO SHREDDED WHEAT with corn syrup!



12 one oz. biscuits in every box

The Neighbors

By George Clark



"My old boss at the defense plant called. Wanted to know if I feel like going back to work."

-Needlecraft-

FOR THE HOME



THE TAILORED SKIRT

This belted skirt is a smart beginning for your Fall sewing! It's simple enough to carry bold plaids or thick tweeds, colorful corduroy . . . can be made with pockets or merely with flaps.

No. 3506 is cut in waist sizes 24, 26, 28, 30, 32 and 34. Size 28, flaps 1 1/2 yards 34-inch; pockets, 2 1/2 yards 35-inch.

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 some number in your address.

Address: Pattern Department, The Charlotte-Town Guardian, Pattern No. 3506

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Clean Refrigerators for 1/2 a week! Use Baking Soda on a damp cloth.

COW BRAND BAKING SODA