

The Stars Say - -

By Genevieve Kemble

For Tomorrow

A SUDDEN turn of the tide, an unpredictable event, may spur the energies and initiative to great impetus and attack on fresh and perhaps radical adventures. Keen grasp of new opportunities, with potent and practical new ways and means, could bring surprising developments. Personal contacts or the endorsement of elders or others of experience and stability should not be overlooked. Grasp every possible aid to produce results.

For the Birthday

Those whose birthday it is are assured a year of splendid openings and contacts for forging ahead to desired goals, with every assurance of the assistance of those of wide experience and stability. Even social or domestic applications might assist in furthering bright ideas or promoting new and untried ventures. The energy and quick grasp of novel or original plans and objectives could yield exciting and far-reaching results. Utilize every advantage and chance.

A child born on this day may be quick to see new opportunities and, with sound tactics and practical ability, may venture into fresh pastures, with outstanding luck.

LEATHER BELTING Canada had 16 plants making leather belting at last count.

Breathe Freely WITH KELLOGG'S ASTHMA RELIEF A Product of Northrup & Lyman - Est. 1854

Cook's Corner

JELLIED SALMON LOAF

1 tablespoon (1 envelope) unflavored gelatin, 1/4 cup cold water, 1/2 cup boiling water, 2 teaspoons salt, 1/4 cup lemon juice, 1 1/2-lb can salmon, drained, 1 cup cottage cheese, 1/2 cup mayonnaise, 2 tablespoons minced chives, 1 cup diced celery, 1/2 cup pickle relish, 1/4 cup minced parsley.

Soak gelatin in cold water 5 minutes; add boiling water, salt, lemon juice, and liquid drained from salmon; stir until dissolved. Cool. Combine cheese with next ingredients. Stir in gelatin mixture; then carefully fold in salmon which has been broken into medium-size pieces after removing skin. Pour into loaf pan, or 1-quart ring mold; chill firm. Unmold on serving plate; garnish with salad greens and relishes. Serve with French dressing. Serves 6 to 8.

EARLY TROLLEYS

Toronto's trolley system was completely electrified in August, 1894.

Life was never such FUN before!

Now she's sought after, invited everywhere, cherished with the glow of health that excites admiration. What a difference from that pale, listless, lonely girl. You too can be happy, peppy, popular. If you always feel tired, run down, do what happy thousands now do, take Dr. Williams' Pink Pills. See if within 30 days, a richer, redder blood doesn't make you a new person, with more bounding energy, better color, new radiance. Start today! Get back "in the pink" with

DR. WILLIAMS' PINK PILLS

That Body Of Yours

By James W. Barton, M.D.

HEADACHES

I have written before about the magazine article on headache in which a lay investigator stated that he had visited about eight physicians in a certain city. He told them he had a headache and the gist of the story was that the physicians had all given him a different prescription of medicine for his headache. According to the writer, they should all have given him the same prescription, as a headache is a headache.

As a matter of fact, I once counted up the various causes of headache and found 150 while another investigator found over 200. In Medical Clinics of North America, Drs. L. S. Meriwether, W. S. Culppeper and S. W. Tuthill describe 10 different varieties of headache the final one being headache from nervous tension.

"Nervous tension headache deserves special attention not only because it alone is probably the most frequent cause of headache but it occupies a most significant position in the aggravation and precipitation of many other kinds of headache. Emotional tension and situational troubles can easily be uncovered in most patients suffering unusually frequent attacks of migraine (one-sided headache) and through management of these problems, can the patient be expected to space out his attacks to the point where they are no longer of great significance."

I have written several times about headache and neck pain and how tenseness of mind and body, holding the head in a tensed position for long periods of time brings on this ache. This tenseness causes contraction of the muscles holding up the head which have their lower attachment on bones of shoulder. These Tulane physicians stated that "pain arising anywhere in the head and neck also can lead to excessive contraction of the muscles and hence produce the type of headache as an accompanying symptom when the primary or underlying trouble lies in the eyes, the nose structures or the skull itself."

These physicians suggest careful study of the nervous element in these headaches due to tension. This study will be found most worthwhile in many types of headache including headaches due to high blood pressure, headaches following head injuries, sinus disturbances and other headaches.



DOWAGER QUEEN ENJOYS FAVORITE PASTIME

Seldom seen in public now, Dowager Queen Mother Mary embarks on a shopping tour in London, one of her favorite pastimes. Leaving a west end antique shop, she is assisted by proprietor John Sparks.

DOROTHY DIX'S COLUMN—

Find Your Own Friends

14-Year-Old Shouldn't Try To Crash Older Sister's Crowd

DEAR MISS DIX: I have an older sister who is 16; I am 14. She is very popular and when anything goes on in town, she is included. I am not! I'm considered "too young" but actually I feel more like 18 than 14. I look older, too. I have a very nice boy friend who is 18, and when he was here everyone paid more attention to me. Now, however, he is in Korea and I am again left out of everything. E. G. F.



Muriel Nissen

ANSWER: Where are all the youngsters your own age? There's no need for you to go tagging after big sister and trying to crash her dates. Make some of your own, and get into activities with your own gang. Two years seems like a very short time, but when it's the difference between age 16 and age 14 it almost goes over to another generation—or so the 16-year-old thinks. Try looking at it from the younger angle. Pick out some 12-year-old of your acquaintance. If she were your sister, would you want her included in all your expeditions? Of course not; you'd be horrified at the idea of having such a child tag along. Your sister is entitled to her own friends, although it would be very nice if she invited you to her gatherings occasionally. For the most part, however, your friends should be of your age and school group, not your sister's.

PLEASE, SIGN NAMES!

DEAR MISS DIX: In writing to you is it necessary to sign a correct name? M. R.

ANSWER: It is very impolite to refuse to sign any letter, whether to me or anyone else. As I remind my readers quite often, real names are never used in letters that appear in the column, but it is nice to know who sent them. Furthermore, sometimes a problem arises that cannot be answered here, and if I know the sender's name and address a personal reply may clear things up. So, please sign your name and address.

DEAR DOROTHY DIX: I am a fairly intelligent young man of 28, in love with a young woman who seems to take a special delight in provoking me. At first I decided this was a sign of love and was willing to endure it in the hope that things might turn out better. Unfortunately, they have gotten worse and she treats me like a discarded shoe. I know she is interested in me, but a relationship like this doesn't appeal to me. BILL S.

ANSWER: Your young lady is trying to impress you with her superiority in the most childish, and usual, manner. By belittling you, she concludes that she is automatically elevating herself in your eyes. Continued on page 3

ELLEN'S DIARY

By An Island Farmer's Wife

And we laughed with the company over another "Kettle" screen comedy, which may or may not have given ample proof of a light mind as James had said—enjoying it much, sorry we had not taken Jamie, serious in his years, with us and finding in the film more than one moral to take back to the farm. There was tolerance, born out of love and respect and understanding; unselfishness that gave, neither expecting nor asking return; and hope and faith, strange requisites of living that, like the springs which come forth crystal clear from fissures of rock or bubble up in intriguing restless rings of sand, as are found on this farm, are naturally birthed in folks' hearts.

Today, however, when a "haying-blue" canopy rested on the summer hills, a delightful and refreshing breeze ruffled along the fields and a hot July sun beamed on the farmhands, we came to sterner things. To mixing foods and preparing meals, to anointing cuts and bathing bruises, to maintaining order and dealing out impartial justice to three children left for the most part to their own amusements and fancies. Naked in the heat, arms and shoulders tanned.

Mack nearing now his third birthday, short and broad and sturdy, an energetic alert fellow... "Quick, Granddaddy" he called this evening at Alderlea when, the milking, somewhat delayed by the work of the haying, found milk dropping from a full udder. "Come quick!" he shouted, "this one's flowing over!"

This afternoon brought the family together at this farm for the first saving of hay—family and gear. What a busy time it was, and how smoothly the work flowed! With the ease of the mill-stream, which slips along between tree-lined banks in the front field, so the saving was continued, gathering to a barn the wealth from a shorn hayland.

Jamie, enjoying the responsibility, took a man's place at the work, driving the tractor in turn on the windrows while the loader sent up the hay smartly to the younger farmer's care. And again with the same fascination of past years, we came sometimes to watch the forkful part magically from the load, lift, swing in at the barn-gable to be presently lost to sight within.

The new rake did very well in its place, but as James surveyed the reach of hayfield at the close of today's storing it was to sigh for past ways of haying. If they'd

Continued on page 3

How Can I !!!

By Anne Ashley

- Q. How can I prepare celery sticks? A. Wash the celery stalks and let stand in ice water; then dry and fill with the following: 1/4-pound Roquefort cheese creamed with 1 tablespoon butter, to which is added three teaspoons prepared mustard. Chill in the refrigerator. Q. How can I polish silver very easily? A. Place the silver in a pan of sour milk. Leave it overnight an hour. Then remove, scald, and wipe thoroughly dry. Q. How can I improve the flavor of chocolate fudge? A. Add a dash of salt when making the fudge.

Better English

By V. C. Williams

- 1. What is wrong with this sentence: "Between you and I, her home is not to be compared to yours." 2. What is the correct pronunciation of "attache"? 3. Which one of these words is misspelled? Medallion, meresham, meringue, meritorious. 4. What does the word "causticity" mean? 5. What is a word beginning with ant that means "old-fashioned; out-worn"?

ANSWERS 1. Say, "Between you and me, her home is not to be compared to yours." 2. Pronounce at-a-sha. 3. Meresham. 4. Severity of language; as the causticity of a retort. 5. Antiquated.

Morning Smile

Costly

The bride of a struggling young writer was the big success of the evening, and all the men at the

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Household Scrapbook

By Roberta Leo

Porch Chairs

If the newly painted porch chairs seem to get sticky in the damp weather, try rubbing over the painted surface with a cloth dampened in gasoline. It will remove that stickiness.

Book Mold

Book mold can be prevented by sprinkling a few drops of oil of lavender on the book shelves.

Poached Eggs

Add half a teaspoon of vinegar to poaching eggs and they will hold together. This has the same effect on fish.

party elbowed each other to dance with her. "She's charming, old boy," the host said enthusiastically to the husband. "And her dress is a poem."

"Not a poem," answered the young writer gloomily. "Sixteen poems, five short stories and nine articles."

Long Time Ago

"I've lost my umbrella," said the absent-minded old gentleman to his friend.

"When did you miss it?" inquired the friend. "When I put my hand up to close it after it had stopped raining."

How to beat the heat

Think hot foods heat you up? That you need extra salt in summer? That it's bad for health to let an electric fan blow directly on you?

In August Reader's Digest, Amy Selwyn explodes old-time notions about hot-weather living.

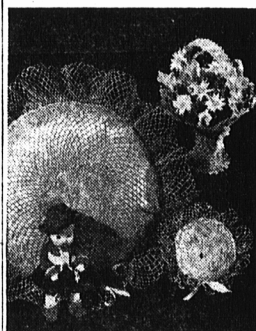
Read why you may feel the heat more if you avoid activity; how some popular conceptions may actually be dangerous. Learn one simple, safe way experts recommend to cool off in summer.

Get your August Reader's Digest today: 41 articles of lasting interest, condensed from leading magazines, current books.



R4799 by Anne Adams

Gift Ideas for Crocheters



Often you need some suggestions for little gifts, bizarre novelties or party prizes. Here are four you can make if you know how to crochet. The lace flower basket in chateaux is starched and beribboned with pink satin. A plain satin bodior pillow is covered with light blue crocheted lace edged with a ruffle. The same pattern is adapted for a frilly pincushion. The 8-inch doll becomes a cowgirl with red jacket, sombrero, boots and a black skirt. If you would like to have a leaflet containing directions for these FOUR CROCHETED GIFTS, send a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. C-161.

They're Simple—and Simply Delicious with MAGIC

MAGIC RAISIN SCONES

Mix and sift into bowl, 1 1/2 c. once-sifted pastry flour (or 1 1/4 c. once-sifted hard-wheat flour), 3 tps. Magic Baking Powder, 1/2 tsp. salt. Cut in finely 4 t. chilled shortening and mix in 1/2 c. washed and dried raisins and 1/4 c. lightly-packed brown sugar. Combine 1 slightly-beaten egg, 1/4 c. milk and a few drops almond flavoring. Make a well in dry ingredients and add liquid; mix lightly with fork, adding milk if necessary, to make a soft dough. Knead for 10 seconds on a lightly-floured board and pat out into greased pie plate (7 1/2" top inside measure) and mark into 6 pie-shaped wedges. Bake in hot oven, 425°, about 18 minutes. Serve hot with butter or margarine. Yield—6 scones.



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