

How Can I!!!

By Anne Ashley

Q. How can I prepare baked potatoes?
A. Pare the potatoes and slice very thinly; then dry them and place a layer in a buttered baking dish. Add four tablespoons of melted butter and season with salt and pepper. Cover and bake at 350 degrees until soft and well-browned.

Q. How can I remove dirt which has become imbedded in the surface of a waxed floor?
A. Moisten a cloth with turpentine and rub well into the floor until the wax is removed; then wash the floor anew and polish it.
Q. How can I prevent cotton cloth from turning yellow after the first washing?
A. Soak the material for two days before washing in clear water.

The Stars Say -

By Genevieve Kemble

For Saturday, June 3

THERE is menace, deception, misleading events or other form of duplicity, schemes and illicit doings. It would be well to keep alert to all forms of strange entanglements, in deals with those lacking in honor or integrity. Keep alert to all peculiar transactions or involvements in private as well as business affairs.

For the Birthday

Those whose birthday it is are urged to keep alert and vigilant in all sorts of dubious transactions. There may be hidden dangers lurking in strange and curious places. Be alert to all sly and subtle entanglements, shunning intrigues even in private contacts. Shun complications in all walks of life. A child born on this day may be easily victimized as well as disposed to the "easiest way."

Better English

By B. C. Williams

1. What is wrong with this sentence? "I read the letter he wrote with much interest."
2. What is the correct pronunciation of "diphtheria"?
3. Which one of these words is misspelled? Scallop, develop, bountiful, bountious.
4. What does the word "congenital" mean?
5. What is a word beginning with tu that means "commotion"?

ANSWERS

1. Say, "I read, with much interest, the letter he wrote." 2. Pronounce the first syllable dif, and not dip so often heard. 3. Bounteous. 4. Existing at, or dating from, birth; constitutional. (Pronounce second syllable jen, e as in men, accent second syllable). "It was a congenital mark on his skin." 5. Tumult.

Household Scrapbook

By Roberta Lee

Hot Cakes

The unpleasant smoke that sometimes arises when cooking hot cakes can be avoided by tying salt in a bag and rubbing the griddle with this instead of greasing it. It is quite satisfactory.

Prevent Rust

All steel articles can be perfectly preserved from rust by putting a lump of fresh burnt lime in the drawer or case in which they are kept.

Starching

For garments that require just a little starching, the water from boiled rice may be used.

MUSICAL FESTIVAL WINNER



Shown above are pupils of grades 1 to 4 who comprised the Model School Chorus of Charlottetown which was the winner of class 62 in the recent Festival of Music. Out of the five entries, the pupils of the Model School received the high mark of 79 for their singing of "The Tractor Engine."

That Body Of Yours

By James W. Barton, M.D.

VALUE OF GOOD POSTURE - ERECT CARRIAGE

Good posture, erect carriage helps us all both physically and mentally, and it can be obtained by remembering a few simple rules.

From the physical standpoint, proper carriage gives the lungs plenty of room to expand, thus enabling them to draw in sufficient pure air, and what is more important, breathe out impure air. Having the shoulders well back, rather than slumped forward, prevents any crowding or pressure on the heart. The heart can thus pump more blood, carrying nourishment, freely to all parts of the body and bring wastes back from every cell throughout the system. This returning blood is sent to the lungs to be purified by the fresh air drawn in. The erect position causes a drawing in (or back-wards) of the abdominal muscles. The strong natural support afforded by these muscles holds the organs of the abdomen up in their proper position, thus aiding digestion and helping to prevent constipation.

From the mental or emotional standpoint, erect carriage gives an air of confidence and ability which is felt not only by one's self but by the people one meets. Both men and women look better groomed and smarter when sitting, standing or walking correctly. Slumped shoulders and a protruding abdomen can ruin the appearance of the most expertly tailored suit or dress.

Stand sideways to a full length mirror in a natural position, that is, without thinking of your appearance or carriage, and then take a look at yourself. You will likely be shocked—chirp forward, a' dommen protruding, shoulders forward. Follow these suggestions: 1. Stand, sit and walk tall. 2. Keep chin in. 3. Draw abdomen in, trying to pull it backwards and upwards. This will raise your shoulders and pull them back.

Two simple exercises which will strengthen the abdominal muscles, the basis of good posture, are: 1. Try to touch toes with fingers with knees straight, 10 times increasing to 20 times. Don't bend knees even if you can't reach toes at first. Lie on back, raise both legs with knees straight, to a right angle with body 6 times, gradually increasing to 12 times. If this is difficult at first raise only one leg at a time, knees straight.

CONSTIPATION

It has been estimated that there are more persons with constipation than there are without it. For information on this subject send today for Dr. Barton's booklet entitled "constipation." 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.

NAMESAKE

FARNBOROUGH, Kent, England (CP) — T. E. Round, churchwarden of St. Giles Church, opened an 1891 marriage register out of curiosity. The first entry recorded the marriage of a T. E. Round.

ELLEN'S DIARY

By An Island Farmer's Wife

This was the day we shall recall in later years, if we be spared to then, as that in which the bridge "came up" — the one that spans the roadway, this that is always referred to by the family as "the Public bridge" but known to Judy in her time at Alderlea as "the County bridge". "The mailman's coming Mrs. Ellen," she would call, "he's almost to the County bridge" — I'm going to run and get it!" and she would be off, dark curls streaming in her haste to come to lane's end. Just across the width of our front meadow and the pond, it spans the stream which flows from the West slipping along through fields there or laying the feet of some of the farms that lie along the Spruce Grove road. By this bridge the two streams, from westward and North unite waters and broadly flow along to turn the mill-wheels.

In recent days great trucks have rumbled down along the hill to unload with echoing sound, and to the family's vast delight, the materials and machinery necessary for the task of rebuilding, which since Spring came in, has appeared to be insistent. Indeed James and Mr. C. from the house on the hill, knowing something of the old structure's weakened condition due to the heavy wear and tear of the years has watched the heavy machines roll over it of late with much anxiety, and invariably breathed a sigh of relief when safe crossing was made. "It's only the Lord's doings that that machine didn't drop in!" James has commented, adding, "if they don't get out and repair that bridge soon there'll be a tragedy right before our eyes!" So it was with much relief on the part of those in the neighborhood, we saw the undertaking that will presently be a new bridge, commencing, though tonight folks on this side are cut off from the south, unless they choose to come there by foot along the dam, by boat across the pond, wading the stream that runs "below" the mill, or by car in a lengthy detour along fields or by road to reach even as far as the corner store. "Can you tell me," a motorist came to the door a few minutes ago to inquire of us, "how I can get across the stream?"

And now the old bridge is no more. "We've sort of grown used to the look of it!" Jeanie commented as we stopped our work about the lawn to watch it being taken apart piecemeal today. What carryings it has held through the years! Strangers, neighbours, travellers from far and near. Time was when it took folks from miles away and their grists of wheat to the flour mill or to the Doctors, in whose memory for us these days the wild cherry trees up the creek wear garlands of white bloom. Gently the Summer waters rippled for us in the cool shadows beneath. And set beside and below on still mornings or at evening, when with small lads we drove the cows to the milking, two bridges there were, one real, one a shadowy reflection but naturally more beguiling.

"Well," James looked into the

DOROTHY DIX SAYS -

Table Manners

Boy Claims Bars Should Be Let Down At Home

DEAR MISS DIX: Should children always be criticized about their table manners? Should they not be able to let down at home so as to enjoy a meal? I can remember in our home that many a wonderful meal, laboriously prepared by Mother, was spoiled by the constant nagging of Dad about our table manners. Home should be a place where you can be yourself and enjoy whatever you wish in any way you may. It does seem funny that such a trifling thing as table manners should mean so much to some people. Such a small matter as making a sandwich at the home dinner table has all but caused a revolution in our family.

ANSWER: I agree with you that home should be a place for rest and relaxation where we are entitled to drop many of the ceremonial conventions we observe with strangers, but that does not mean that we can do away with the decencies of life, or are free to do the things that get on other people's nerves. In fact, just because we are brought in daily contact with the members of our own families it is the more necessary for us to watch our step and make ourselves attractive to them.

CAN BE IMPORTANT

And this matter of table etiquette cuts a much larger figure in that than you would suppose. You would be amazed at the number of letters I get from women who are on the verge of divorce because they have got to the point where they think they will commit murder if they have to watch the sloppy way their husbands eat another time, and from men who say they are married to perfectly good wives, but they can't stand them because they make a hissing sound when they drink their coffee of a morning.

Of course, you resent being nagged about your table manners by your father. Doubtless he is worn out nagging you and would be only too glad to quit. It is unfortunate that parents have to nag, but it is only by telling children thousands of times not to do this, and to do the other thing, that training soaks in somehow to teach them good manners and make them ladies and gentlemen.

DEAR MISS DIX: I have been married eight years. Have two children, a girl of 6 and a boy of 2. My husband is sensible. Makes a fair living. Doesn't drink, gamble or flirt. Is devoted to the children. We have a nice home and he stays home most of the time.

The trouble is I am careless by nature and my husband is very exact and punctual. He has tried to teach me to be careful, but no matter how hard I try I simply can't do it. At my first sign of carelessness my husband starts picking on me. He scolds me, insults me, calls me names and has got me so miserable that I am seriously thinking of leaving him. The only thing that keeps me with him is the children. If not for these arguments we would have been as happy a couple as could be found, but when he begins insulting me I actually go crazy. Would you advise me to leave him?

ANSWER: You say you have tried to cure yourself of your carelessness, but you haven't tried hard enough. You haven't put your whole determination into it. You haven't brought every bit of will power you have to bear on it. You haven't used your brains in figuring out ways to outwit your personal devil and get the better of him. You will commit a crime against your children if you deprive them of a good home and a good father because you resented his scolding you for your sloppiness. I simply can't do it. At my first sign of carelessness your husband will find that employers are not more tolerant of carelessness than your husband is, and that it will be just as much a bar to your success in business as it is to your success in matrimony.

Of course, nobody likes to be scolded, but if you will try to correct your carelessness your husband will be so pleased he will meet you halfway and try to encourage you, and you will get pats on the back instead of the hammer.

DEAR DOROTHY DIX: I have a son who has been out of college a year. He is very anxious to get a job and has one offered him, but it will take him out of town. However, as I am not very well I have talked him out of taking it. I would turn my business over to him, but I don't want him to be in it, as it has very little money in it any more. I give him a good home, clothes and spending money, but he is very dissatisfied.

ANSWER: Either let him go out and get a job with some one else, or else turn your business over to him. It may be that his young energy would put fresh vim into it and make it a success. You are being very selfish to your son in trying to keep him tied to you and refusing him his chance in the world.

DOROTHY DIX cannot reply personally to her readers, but will answer problems of general interest through her column.

Clever Planning Keynotes Modern Trousseau



Boon to the woman who wears only bra and half slip underneath! This blouse, with Schifflin-type lace yoke is lined with simulated slip top.



"Miracle Slip" by Stardut in combined acetate rayon and nylon crepe. Pleated and popped at priced and guaranteed for a full year of wearability and washability.

BABY'S RASHES

are often a sign of upset digestion. See how quickly this type of rash often disappears after the use of Baby's Own Tablets. Pleasant to take, easily crushed to a powder if desired, these little tablets sweeten up baby's stomach and clear out irritating material that also may be causing gas, fretfulness and fretfulness. Get Baby's Own Tablets today. They have been the standby of mothers for over 40 years. Only 29¢.

Grandmother whose trousseau was meant to last a lifetime, would be surprised at the modern bride's limited wardrobe.

Today, styles, colors and fabrics change too swiftly for long-range buying that would create a space problem as well.

Modern trousseaus include just a few smart outfits with accessories to match and to dramatize. If you are getting your trousseau together on a limited budget, build around a well cut wool jacket suit and a basic black frock. Tailored and lady blouses, sequined sweaters, good costume jewelry will give you plenty of variety and chic.

The important things to remember about trousseau planning are: to stay within your budget, buy only what you will need, select a color scheme and stick to it. It is important, too, to consider what kind of life you are going to lead and buy clothes that fit into that picture.

If you are continuing your career, your needs will be very different than if you are going to embark on a gay, social life. If you are going to be lucky enough to travel frequently, that, too, must be kept in mind.

Of course you will need new clothes, but you will still have use for last year's best basic wool, and your beloved tweed suit that you have had for years.

FOSTER MOTHER

FRESHWATER, Essex, England (CP) — An Alsatian here is rearing a kitten that has lost its mother. The dog lost all her pups and now won't be separated from the kitten.

BATHING STYLES



Bathing suit showing changes in style during the past 60 years are modelled by Doreen Even, who has been a swim suit model at the Canadian National Exhibition.

Bathing Styles Not So Revolving But Still Rate Whistles



Aquacades for the past two years. The 1950 suit is slated to be more conservative than two years ago. It will have no bare midriff, and no slits down the side, or other "French Riviera" accoutrements. Nevertheless, it will still get the wolf calls from the male at the beach.

Modern Etiquette

By Roberta Lee

SAVORY SURPRISES

Serve these piping hot — when the melting cheese will be very soft and rich-tasting. The chili sauce combines perfectly with the cheese, of course, and adds to the element of surprise. Though so very simple and inexpensive, these attractive savories are so good, we suggest them to serve at a shower party or on any other special occasion.

Yield—2 dozen savories.

3 cups once-sifted pastry flour
Or 2 2/3 cups once-sifted hard-wheat flour
5 1/2 teaspoons baking powder
3/4 teaspoon salt
1 1/2 teaspoons dry mustard
1/2 tablespoon chilled shortening
1 egg
1/2 cup chili sauce
1/2 cup milk
3/4-inch cubes of yellow loaf-type cheese

Measure and sift together three times the flour, baking powder, salt and dry mustard. Roll out into a rectangle, about 1/4-inch thick; cut dough into 2 1/2-inch squares and place a cube of cheese in the centre of each. Dampen edges of dough, draw the four corners together and seal the edges; pick each top 3 to 4 times.

Arrange on a lightly greased baking sheet.

Bake in hot oven, 425 degrees, until baked and nicely browned — about 15 minutes.

Serve piping hot.

past as he sat at dinner today. "There's been many a change on the road since the old bridge was built, yes many a change. We've grown older, Ellen. They needn't tell me that age is only a state of mind — I know better these days!" he smiled, "it's a state of muscles too!"

IT'S NO PICK-UP DINNER

It's no pick-up dinner your woman has for you today, granddaddy, our small maid who follows an agreeable schedule of her own choosing which allows her to eat breakfast at home and take her other meals of the day at our table, spoke up. "It's roast beef just out of the oven — and how will you like that?" And a black and gold be buzzed past our sight through an open door and we caught a glimpse of the yellow feathers of a "wild canary" as it visited along the lawn; a humming bird with out-stretched wings called at the door of a red tulip's house and atop the telephone pole in the yard a modest song sparrow cooed with lifted head. The sun loved the fresh new leaves of the lawn-trees, and a bit of a wind that could never be forgotten through Winter snows, so tender it was, touched the pond water to intriguing patterns and wandered along over velvety fields. And all was good for us then and so lovely . . .

And now? James coming in at day's end with "We sold the fat cattle this evening, Ellen. Yes — to go later, off the grass." "Until tomorrow — Diary — Good-night . . ."

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The moisture in BUTTER-NUT is good wholesome MILK. A sure Nutrition for all the Family. Eastern Bakeries.

Cook's Corner

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Q. Inasmuch as the family of the bride stands the expense of the wedding, is it their privilege to decide who should and who should not be invited to the wedding?
A. No; the bride and the bridegroom make out the list together. It would be very selfish to forget or disregard the personal friends of the bridegroom.

Q. Should a woman permit a man to pay for her meal in a restaurant, when they have met there merely by accident?
A. No; she should not permit it — nor should a well-bred man suggest it.

Q. What is the tip that one should give for having one's wraps checked?
A. Anywhere from ten cents to twenty-five cents is all right.

Q. How is that?
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DRESS FOR GIRL AND DOLL



A darling dress for the tiny tot 1 to 6 years and her dolly 12 to 18 inches are crocheted in a very short time. Pattern No. E-1114 contains complete instructions.

To order: Send 20 cents in coin to Needlework Bureau, Charlottetown Guardian.

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Send 25 cents 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 zone number in your address.

Address: Pattern Department The Charlottetown Guardian.

Pattern No. 2965



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Morning Smile

INFLUENCED

A visitor found himself seated next to a distinguished Maori at a public function. In the course of