

ELLEN'S DIARY

By an Island Farmer's Wife

We think pussy willows keep ears to the ground these mild winter days, listening eagerly for a sound of a stirring, white warm winds come in above the hills to the south. Already we hear the farmers voice anxiety that "the snow will be gone before we have finished our hauling" — fuel-wood to the yard, lumber to the mill, manure for "bigger and better" crops, to far fields.

Meanwhile, we smile over some particular season's incidentals, ruefully sometimes and yet with some understanding the passing years have given. It is true that the annoyances of the yesterdays diminish and even fade entirely in the turn of time. And new ones appear? Perhaps... though it is wiser to weigh on an opposite balance, the number and variety of pleasures that contribute to ones interest and comfort.

At Alderlea, whetting an axe belongs peculiarly to this season of woods' work. It is usual for James to bring his in between spells of morning choring to have it warm for the sharpening. As a discerning cook must keep the various ingredients of her wake at room temperature for easier and better mixing. Somewhat apologetically, James places it by a wall, his expression a bit puzzling.

Does he compliment our forbearance? Or is he rather ashamed that our housewifery should allow the tool room in this strange old kitchen?

"The woman Thou gavest me" a first man tried to save his position over something similar in the yesterdays. What numberless opportunities are given to womenkind, the weaker vessel, to inspire and better the race, though it be only within the bosom of her family!

After dinner — one flavored by the neighborly kindness which had brought in gift pork chops from a recent butchering and a dish of sauerkraut, homemade, to give zest to this all-white season — James reached an old satin-smooth whetstone from a shelf.

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Modern Etiquette

By Roberta Lee

Q. In an elevator containing a number of people, should the men step aside to allow the women to leave first, or should they step out first?

A. In any crowded situation, everyone should go ahead as quickly as possible. In an elevator it saves a lot of confusion if those nearest the door go first.

Q. Is it proper to fill water glasses for the dinner table to their brims?

A. No; neither water nor beverage glasses should ever be more than three-fourths full.

Q. Is it proper for a girl who is engaged to be married to give her fiancé a watch or ring for his birthday?

A. Yes.

How Can I...!

By Anne Ashley

Q. How can I prevent fish from breaking when frying?

A. When frying the fish, if the pieces are put into the hot fat with the skin side uppermost, and allowed to brown before turning, the fish will not break when cooking.

Q. How can I brighten the colors of ribbons and silks?

A. Add a tablespoonful of vinegar to the first rinse water, and it will aid wonderfully in brightening the colors of the ribbons and silks.

A Country Garden

By Mrs. Gordon MacMillan

No one save spring can open these small buds. She holds the key alone; Winter may try with force of hall and frost. His lusty labour is too truly lost, The secret still unknown.

Only to spring these caskets will reveal. Their treasures greenly gold; Winter may fret and fume around each tree. His striving useless for he cannot see. Such suasion is too bold.

No one save spring can coax these so shy buds. To leave their brown retreat; Winter may shout with voice wind-borne and strong. His calling foolish, for it is a song Spring useth, low and sweet.

— H. I. Rostron

Forsythia branches have been brought in to the house to open in deep water and they will be brought to the light and sun in a few days to bring out their bright sunny color and tender leaves. Gardeners do these strange things at this time of the year, and spring seems nearer.

Tuberous Begonias can be started now for early bloom after their rest period. Clean the bulb of all clay and roots (I am speaking of old bulbs saved from other years) and bring them to a warm place and water them carefully. Plant them after the leaves have formed and for the present place them up on a dish of sand, peat-moss or other such medium until growth starts. They must not become dried out and they should not have so much water that there is danger of their rotting. There is not a flower like the Tuberous Begonia so colorful and perfect in form. They do especially well in a sheltered and shady spot in the garden after the danger of frost has passed, and for window boxes and house plants they cannot be surpassed. If you have never had them, order some today, all good seedhouses carry them and I will gladly give anyone the address where they can obtain them.

When planting out after the leaves have formed be careful not to disturb the root system too much. Outdoors any light soil containing a lot of humus will grow Begonias. Heavy soil should have strong application of well-rotted manure, leaf mold or sand of lightness. If well grown specimens are desired, additional feeding is required.

There are many lovely types of Begonias, the rose form is one of the choicest and the Pendula or hanging Begonia is lovely for hanging baskets. The Picotee is marked with a contrasting edge and the carnation is like a carnation in form. The ruffled is described by its name and the hybridists are perfecting new varieties every year. Bulbs have lasted from year to year in this garden and more will be bought in the coming month.

Begin

Loss this day loitering, 'twill be the same story Tomorrow and the next more dilatory. Each indecision rings its own delays. And days are lost lamenting o'er last days.

Are you in earnest? Seize this very minute. Boldness has genius, power and magic in it.

Only engage and then the mind grows heated. Begin and then the work will be completed.

Goethe.

Q. How can I keep chamomile gloves pliable?

A. Chamomile gloves may be kept pliable and the leather preserved, by adding a few drops of olive oil to the water used for washing them.



QUEEN JULIANNA OF HOLLAND AND HER CONSORT



KING PAUL OF GREECE, HIS QUEEN AND CHILDREN

DOROTHY DIX'S COLUMN—

Spendthrift Husband

Man Puts Needed Money Into Sports Equipment

DEAR MISS DIX: I am a young (21) wife and mother of a 3-year-old boy, with another child on the way. My husband has a steady job but after paying all our bills there's seldom anything left to put away. I do my best to economize and never spend money on myself without consulting him first. He considers most of my personal expenditures, such as money for cosmetics, foolish. Lately, our neighbors, mostly older men, have been asking my husband to go hunting and fishing with them. He has been more than glad to go but wanted all the equipment they had. First came fishing. He bought a cheap outfit, but had hardly used it before he purchased an expensive one. Then it was hunting, for which he needed expensive guns, clothes, etc. All this he has bought without consulting me. All this is taking money we need for other things.

Besides the finances involved, he spends so much time on these hobbies, with various trips and long evenings with the neighbors discussing them, that I seldom have a chance to talk with him.

WENDY ANSWER: It's a fine thing for a man to be interested in masculine activities, but like most good things it can be carried too far. When the sporting goods budget runs into the housekeeping or savings account money, a halt should be called. The perfect financial setup in any family calls for mutual consultation on any major, and most minor, expenditures. Your husband is greatly at fault for spending so much money on his hobbies, yet allowing you so little for small feminine luxuries.

INSIST ON YOUR RIGHTS

You have a right to insist on this much consideration. Naturally your husband will accuse you of nagging; that's the usual male reaction. Continued on page 12

That Body Of Yours

By James W. Barton, M.D.

HEART AND BLOOD VESSEL EXAMINATION OF PHYSICIANS OVER FORTY

It is known that there are fewer deaths from diabetes among physicians than among any other single group. This is because physicians know they can control diabetes by use of insulin. Unfortunately, this same statement cannot be made about heart and blood vessel disease, which carries off many physicians (as well as others) between the ages of 40 and 60.

Some months ago we learned that in a certain hospital in New York City, about one-half of the physicians in attendance were suffering with heart disease. Some later figures are now available. In The New York State Medical Journal we learn of a heart and blood vessel examination performed on 200 unselected practicing physicians ranging in age from 40 to 81. The investigation included a history, a physical examination, a 12-lead resting electrocardiogram, a ray of heart's size and position, the two-step exercise and other tests.

Of the 200 physicians, 94 had definitely heart disease of which coronary thrombosis constituted 90 per cent (85 cases). Thirty-four were considered to have potential heart disease because of some abnormal heart action test. The high frequency of coronary insufficiency among physicians is probably related to their busy, tense life, combined perhaps with their obesity (excessive overweight) and excessive use of tobacco.

As we read about the care physicians with diabetes give themselves by careful diet and use of insulin, their carelessness is allowing themselves to become overweight and smoking too much is hard to understand. Added to this, of course, the irregularity of their health habits, lack of sufficient sleep, and rest, hurried and often incomplete meals, the tenseness of their nerves and muscles when human life is at stake and their feeling of respectability to their patients and the community. From these factors we can understand, in part, why so many suffer with heart and blood vessel disease. In fact, in reading the death notices of physicians as printed in the medical journals, it would seem that the great majority die by a heart stroke (coronary thrombosis) or a brain stroke (apoplexy).

Cook's Corner

BUTTERSCOTCH TWIRLS

Yield—16 biscuits.
6 tablespoons butter or margarine
1/2 cup plus 2/3 cup lightly-packed brown sugar
1/4 cup corn syrup
3 cups once-sifted hardwheat flour
5 1/2 teaspoons baking powder
1/2 teaspoon salt
6 tablespoons chilled shortening
1 egg
1 1/2 cup milk
1/4 teaspoon vanilla
1/2 cup seedless raisins, washed and dried
1/4 cup chopped nuts

Melt 2 tablespoons of the butter or margarine in a 9-inch square cake pan; brush the sides of pan with this fat and leave the rest in the bottom of the pan. Sprinkle in the 1/2 cup brown sugar and drizzle with the corn syrup.

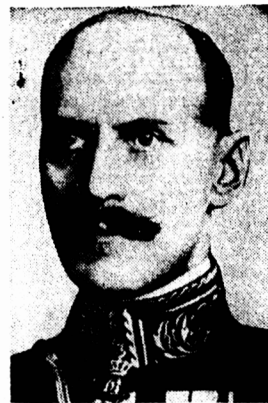
Cream the remaining 4 tablespoons butter or margarine; blend in remaining 2/3 cup brown sugar. Measure and sift together once, then sift into mixing bowl, the flour, baking powder and salt; add the shortening and cut it in finely.

Beat the egg until thick and light; stir in milk and vanilla. Make a well in the flour mixture and pour in the liquids; combine lightly.

Turn dough onto lightly floured canvas or baking board and knead a few seconds; roll into a rectangle approximately 8 by 16 inches. Spread dough with the creamed butter, margarine and brown sugar; sprinkle with the raisins and nuts. Roll up like a jelly roll, beginning at a long edge.

Cut roll into 16 slices of equal width and arrange the slices, cut-side down, in the prepared pan. Bake in a hot oven 400 degrees, about 20 minutes.

As soon as biscuits are baked, turn onto a cake cooler and serve hot.



KING HAAKON, NORWAY



CHARLOTTE OF LUXEMBOURG

Better English

By V. C. Williams

1. What is wrong with this sentence? "It's an actual fact that my daughter-in-laws attended the concert." 2. What is the correct pronunciation of "mandamus"? 3. Which one of these words is misspelled? Respectability, respelence, resperation, restoration. 4. What does the word "multitudinous" mean? 5. What is a word beginning with hr that means "boastful behavior"?

ANSWERS

1. Say, "It's a fact (omit actual) that my daughters-in-law attended the concert." 2. Pronounce mandamus, first as a in man, second as in day, accent second syllable. 3. Respiration. 4. Great in number or extent. "We were confronted by multitudinous details." 5. Bravado.

Household Scrapbook

By Roberta Lee

Painting Tinware

Pain can be made to adhere to tinware by use of the following method: Rub the surface thoroughly with a piece of rough pumice stone or coarse sandpaper. Then apply a thin coat of shellac varnish, after which the surface may be painted very nicely.

Dress Shields

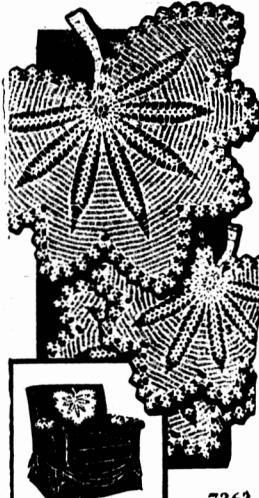
Lukewarm water and a teaspoon of baking soda should be used for washing a dress shield. Rub soap on a small brush and brush both sides. Rinse in water of the same temperature.

Prevent Rust

A lump of freshly-burned lime placed in the drawer or box when storing away steel articles, will prevent them from rusting.

Alice Brooks Designs

MAPLE LEAF DOILIES
EXQUISITE! Graceful! Make these leaf-dollies in tones of soft spring green, or in russets and yellows of autumn. A new fashion in table-settings — will bring ohs and ahs from pleased guests.
Trebble crochet and shell-stitch! Pattern 7363; directions.
Send Twenty-five cents in coin 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.



The Stars Say --

By Genevieve Kemble

For Tomorrow

ALTHOUGH there are some prospects of anxious or obstructing situations, over all there is definite promise of an expansive, encouraging and gainful state of affairs. In this there is much growth and progress in the direction of fulfilled hopes and wishes. Major projects of scope and enterprise are under a very expansive influence for sound and enduring promise. Fresh ventures as well as safe investments are in for long-range development. Enterprise, new skills and creative efforts prosper. The young may find much enjoyment and romantic activity.

For the Birthday

Those whose birthday it is may look for a year of much growth and expansion, with major ambitions, ventures, hopes and wishes marked for fruition, fulfillment, with enduring worth and solidarity. There may be certain delays, revisions, probably minor disappointments, to tax the ingenuity



and patience. While there are forthcoming, there is sound encouragement for new ventures or in established investments. The young and romantic may find much happiness and pleasant engagements.
A child born on this day has promise of a lively and progressive career, with fulfilled ambitions and romantic enjoyments.

Anne Adams Patterns



FOREVER IN FASHION

YOUR SMARTEST shirtdress! So neat, so trim, always in good taste! It has sharply notched collar, and pointed cuffs which look equally attractive in contrast or matched to the dress. Princess lines are so new — and sew-easy! Pattern 4811 comes in Misses' sizes 12, 14, 16, 18, 20; 30, 32, 34, 36, 38, 40, 42. Size 16 takes 4 1/2 yards 36-inch, 3/4 yard contrast. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five Cents (36c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.
Send order to ANNE ADAMS, c/o of The Guardian, 60 Front Street West, Toronto, Ontario.

Morning Smile

Short

Mabel was the only child in the class who spoke up briskly when, for the benefit of some visitors, the teacher asked: "Can any little girl recite?"
"Please, teacher, I can."
"That's a good girl, Mabel. Step out in front. Now, what can you say for us?"
"Mabel's Farewell to his Mother."
"Splendid. Well, now, begin."
"Ta-ta, Mum," said Mabel dramatically and returned to her desk.

BUCKLEY SCORES AGAIN WITH JACK-J/LL Cough Syrup

FOR KIDDIES
COUGHS AND COLDS

It tastes so good they buy for more
CONTAINS VITAMIN C Price 50¢

Dad amazed us all with his Hot Fudge Sundae

HOT FUDGE SAUCE

1 1/2 ounces Baker's Unsweetened Chocolate
1 cup milk
1 cup sugar
Dash of salt
2 tablespoons corn syrup
1/2 teaspoon vanilla

Add chocolate to milk and place over low heat. Bring to boil and cook until mixture is smooth and blended, stirring constantly. Add sugar, salt and syrup; stir until sugar dissolves and mixture boils. Continue boiling, without stirring, until a small amount forms a jelled mass in cold water (220°F.). Add vanilla. May be served hot or cold.

This is a most delicious sauce for serving on ice cream and on simple puddings. Or for a very special dessert, top a square of plain cake with vanilla ice cream and pour this Hot Fudge Sauce over top.

BAKER'S CHOCOLATE Unsweetened

YESSIR — when Dad got busy in the kitchen and turned out that satiny, mellow, dark-brown Hot Fudge Sauce, we thought we were seeing things. Dad can cook. But we never expected to taste a home-made Chocolate Sauce as good as that!

"Nothing to it", he said. "Just use Baker's Chocolate — and you can't miss. But don't let anybody kid you that you can get that real chocolate color and flavor with anything but Baker's Chocolate".

Baker's is all pure high-quality chocolate. Milled to satin-smoothness from carefully roasted, choice cacao beans. Then it is tempered for uniformity... and moulded in handy 1-ounce squares. Nothing is added to alter its true chocolate flavor, nothing is taken away. Baker's Chocolate has been a favorite of good cooks for over 180 years.

For Home Candy-Making

Use smooth, rich, Baker's Dot Chocolate. A delicious, semi-sweet chocolate made especially for better, easier home candy-making. Grand for quick sauces and frostings. Look for the red and yellow packages. Recipes on the package.

BAKER'S DOT CHOCOLATE

A Product of General Foods