

When Tempted To Say These --- Please Don't

Even if it's true, never remind your husband. That you warned him against taking a step that turns out badly. That he isn't as young as he was and is beginning to show it. That he doesn't seem to love you as much as he used to. That he made a fool of himself at last night's party. That he wouldn't be where he is today, except for your help. That one of his former rivals is doing better financially than he is. That you are the hard-headed, practical member of the family. Of the quarrel that has been settled and supposedly forgotten.

He Won't Like These Either Of the times he has let you down in the past. Of any occasion when he made a serious mistake in judgment. Of any incident of a friend's disloyalty he has chosen to overlook or forget. That his parents don't seem to like you or have faults he seems unaware of. That he hasn't given you as much materially as you expected. That he has "changed" — in a tone of voice that implies, "and not for the better." That you wish he wouldn't do this and wouldn't do that. That you are perfectly capable of looking out for yourself in any kind of situation.

How Can I!!!

By Anne Ashley

Q. How can I relieve tired eyes? A. Try bathing them in a hot Epsom salt solution before retiring. Dissolve a half-teaspoon of Epsom salts in a cup of hot water and apply pads dipped into the solution, just as hot as can be borne. Repeat several times and the strained feeling will disappear. Q. How can I soften paint that is hard and apparently useless? A. Pour an inch of turpentine on top of it and allow to stand for a few days. Then pour off the turpentine and stir with a stick until soft. Q. How can I harden the bristles of a hair brush? A. Dip the bristles into a strong solution of hot water and alum.

Modern Etiquette

By Roberta Lee

Q. Is it proper to breathe upon one's eyeglasses in public when one is cleaning them? A. No. In the first place, try to avoid cleaning the eyeglasses in public, and above all, the act of holding them in the open mouth

That Body Of Yours

By James W. Barton, M.D.

EMOTIONAL ILL HEALTH CAUSES MOST LOST TIME IN INDUSTRY

If we were asked what ailment or disability caused most absence from work, most of us would probably say the common cold, headache, and rheumatism, in that order. It may surprise us to learn that emotional ill health is the major cause of lost time in industry.

In Industrial Health, Dr. H. Graham Ross, writes on emotional ill health, basing his conclusions on a series of studies by McGill University Industrial Relations Center. Industrial Health is published by the Health League of Canada, a most worthy organization.

Dr. Ross concludes that emotional disturbances account for more than 50 per cent of industrial illness. Emotionally disturbed people also make up the accident-prone groups in industry, since emotional disturbances may be due either to causes outside the employee's work, or by tensions deriving from the work itself.

A major cause of tension and tiredness in the factory worker is that on the modern assembly line, the work is so divided that a man often performs a piece of work that has no meaning to him in relation to the finished job.

The tendency to excessive tension is further increased by such factors as undefined responsibility, divided responsibility, excessive responsibility and responsibility without authority.

Human relations also play an important part in producing emotional states in such cases as the following:

- 1. Employers' job standards and those of the employee may differ and cause tensions. 2. The worker may have inadequate qualifications, which means he is working under a handicap. This keeps the worker unnecessarily tense as he tries to keep his work up to standard requirements. 3. There may be inadequate supervision. Overdirection or underdirection by the supervisor will produce a sense of frustration or insecurity, leading to excessive tension. We know what tensions mean to us not only at work but in all the circumstances of life, and we can readily understand why emotional disturbances and their tensions take the mental and emotional strength from the worker and cause him to feel unfit for his daily work. Tension always tires.

and exhaling upon them. If absolutely necessary to clean them in the presence of others, try to wipe them without resorting to this last offensive method.

Q. When setting a dinner table, should the cutting edge of the knife be turned away from or towards the plate? A. The cutting edge of the knife should be turned towards the plate.

Q. Is it proper to write a letter of condolence on the typewriter? A. Never. This letter should always be written by hand to give it more personal, more sincere warmth.



Attending the opening ceremonies of Parliament were Mrs. Jean-Paul St. Laurent, left, daughter of prime minister; his wife, and Mrs. Raymond Thivierge. Legislation that can be used to deprive Communists or others of their citizenship if they "show by their conduct that they are not loyal to Canada" will be introduced at this session of parliament, the throne speech, made by Viscount Alexander, indicated.

ELLEN'S DIARY

By An Island Farmer's Wife

"This is always a hard time of year on older folk — yes, and on everyone. Mr. C. smiles. He draws the rocking chair at an angle to James' old armchair, so that they can visit more comfortably together. They have been discussing mutual ailments — twinges "in this here shoulder" and "a laggy feeling" which makes a fellow slow in the mornings. And they both agree they "Can't put the same weight under a log" at the lumbering, as they once could. And James observes now "If that Flu they have overseas reaches this Island, it won't be too good, not in it's anything like that which was here at the close of the first war. That was a dreary Fall on farms," he recalls. "Sometimes whole families came down with it. 'Black Flu' they called it. And many a one died from it — it was deadly. That would be in the Fall of '18. There were plenty of new graves that year. Do you remember it, Ellen? You and Rob were sick at the same time, and I never saw a child so ill. I hope I never see one so miserable again. Ellen was had enough too, but somehow a grown-up ill, is different from a child's."

Not long ago, when the Doctor's car, a stream-lined modern conveyance, came up the driveway, that spell of illness of the long ago returned to mind, though the interval had dimmed somewhat the recollection of our suffering, and the weight of despair, which was a part of the malady. Sufferers of those days did not benefit from the help and the healing of the miracle drugs which in many directions now work their magic so quickly. We can recall being ill, indeed extremely miserable, and a small quiet fellow on the next pillow to ours. We slept fitfully, both of us, through a few days and nights, feverish and listless, and then there was a period of weakness, from which he made a quicker recovery. We remember, the gray beclouded skies

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Morning Smile

Fair Enough Myrt: "I get paid on Friday, and by Tuesday I'm always broke." Marge: "How do you manage for the rest of the week?" Myrt: "Oh, I worked out a loan agreement with Meg. She gets paid on Tuesdays and is broke by Friday."

Room For Rent The inspector of tenement houses found four families living in one room, chalk marks marked the room for each family. "How've you been getting along here?" he asked. "Pretty good," was the reply. "until the old lady in the far corner began to take in boarders."

Simple-to-make Skirt in Fake Fur



The new fake furs give the home sewer a wealth of fabric textures to use for her separates. The softly flared skirt above makes up handsomely in posy pattern, a light warm brown fabric splashed with white. Only three pieces are cut for the skirt-front, back and waistband so it is an ideal project for those who are just learning to sew. Topped with a simple blouse, the skirt makes an attractive costume for entertaining. To have instructions for the FAKE FUR SKIRT, send a stamped, self-addressed envelope to the Needlework Dept. of this paper requesting Leaflet E-2735.

DOROTHY DIX SAYS—

How To Be Popular Consideration And Kindness Most Attractive Virtues In Long Run

DEAR DOROTHY DIX: I have finally come to the conclusion that in order to be popular one needs to be beautiful, witty and vivacious. It is not necessary to be sweet, considerate of others, and so on, as you have said. I have found that people who are the least considerate of others, who are selfish, who never regard any one's pleasure but their own, who say catty things and who never entertain others are the most popular and have the most invitations to other people's parties

ANSWER: Well, my dear, if this is the result of your thinking, I don't think you have reached the right conclusion. At any rate, not for the great majority of women, nor for the long pull. You are quite right in thinking that if you are extremely attractive you will be sought after. You will be invited about, no matter how selfish and inconsiderate of others you may be. At least, you will for a time and while your attractiveness lasts, but if you will observe you will see that the glamor soon passes, and that the popularity which is built upon just a surface never lasts long.

BEAUTY'S NOT EVERYTHING We all admire beauty, for instance. We are all attracted to a girl who is a feast to our eyes. We like to have her around just to look at. But if we find that she is dull and stupid to talk to, or that she is obsessed with vanity; if she monopolizes all the men; if she is never willing to do what other people want to do, how quickly her attractiveness vanishes! Likewise, we all admire a vivacious and witty girl. We laugh at her sallies and we like to be in her company. But only so long as she is good-natured and considerate of others. The minute her wisecracks have malice in them, the minute she begins holding up people to ridicule, the minute she begins clawing other girls, we become afraid of her. Many and many a girl cuts her throat with her own sharp tongue.

DEAR MISS DIX: About six years ago I was in love with a girl who turned me down when I asked her to marry me. I persisted until she got discouraged and married another girl and now have a young son. The girl married another man and also has a child. But the trouble is that we are madly in love with each other in spite of our being married to others, and we don't know what to do. Shall we go to her husband and my wife and tell them the truth?

ANSWER: Why lovers' tiffs so often result in their marrying strangers, nobody knows. Whether they think they spite each other by tying themselves up for life with someone they don't care for, or whether they think that marriage is a sort of poultice that will take the sting out of their wounded affections, is a mystery, but it is a fact that anybody can catch a heart on the rebound. Certainly it is a foolish and vain thing for a man who is in love with one woman to marry another in the belief that it will solace him. And it is a cruel thing to do because it ruthlessly sacrifices the woman who has a right to expect from her husband the affection that he has given to another. However, your mistake has been made and it seems to me that the fairest thing would be for you and your former sweetheart to make a clean breast of it to your mates. Perhaps they would not be as unwilling to give you up as you anticipate, because living with a husband or wife who is in love with someone else and feeling marriage a prison cannot make for a very satisfactory union.

DEAR DOROTHY DIX: Although my wife and I are both working, our income is just enough to live on, with a little left over to save for a future day, but from the beginning of our marriage my wife has been giving a great deal of her money to her mother. So much, in fact, that we are now in debt, even though we have cut out all amusements and are economizing on our food. If her mother needed the money, I should not complain, but she has an income twice as large as ours. How can this situation be handled tactfully?

ANSWER: This is no place for tact. It is one for forthright speaking and reading the riot act to both women. Make the mother see how unfair she is in taking her daughter's hard-earned money when she does not need it, and make your wife see how disloyal she is in enslaving you to her mother's greed.

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

Household Scrapbook

By Roberta Lee

Frosted Glass Frosted glass can be made in a bathroom or sleeping porch window as follows: Clean the glass thoroughly. Then cover with white tissue paper which fits exactly and apply clear waterproof varnish thinned 25 per cent with turpentine. The varnish soaks through the paper, sticking it to the glass, and thus affecting a frosted window.

Drink for Invalids A drink for invalids, often served in hospitals, is made by putting two tablespoonfuls of grape juice into a wineglass, adding the beaten white of an egg and a little chopped ice; sprinkle sugar over the top and serve.

Griddle Cakes A teaspoon of molasses or brown sugar added to griddle cake batter will cause the cakes to brown more easily.

Cook's Corner

FROSTED MEAT LOAF

Exceptionally good, nice for company with your favorite salad. Temperature 350 deg. F. 2 tbsp. shortening, 1 onion chopped, 1 lb. ground uncooked pork, 1 lb. ground beef, 1 1/2 teaspoons salt, pepper, 1/4 teaspoon dry mustard, 1/4 cup soft bread crumbs, 1 egg slightly beaten, 1/2 cup canned tomatoes, 1 cup cooked carrots, 2 cups fluffy mashed potatoes. Method: Heat shortening in frying pan, cook onion until tender but not brown. Add all remaining ingredients except carrots and mashed potatoes. Spoon meat mixture into a loaf pan. Bake in oven 250 deg. Pour off liquid 2 or 3 times, takes 1 1/2 hours. When done invert on hot platter frost with fluffy mashed potatoes, garnish with sliced cooked carrots. Serve with gravy made from the pan liquid. (Note, for fluffy mashed potatoes, always use hot milk. Add tablespoon of butter to the hot milk.)

The Stars Say --

By Genevieve Kemble

For Tomorrow

WHILE the auguries are excellent for a sudden turn of events, quite unanticipated and of high promise, at the same time it might be advantageous to postpone decisions since the mentality may be uncertain, obscure, liable to blunder. There could be unusual angles, dramatic and exciting, yet to be disclosed, and such surprising developments could warp the judgment, there could be an urge to take a change, to speculate or recklessly "grasp at straws."

If It Is Your Birthday

Those whose birthday it is are confronted by some unforeseen turn in the wheel of fortune, perhaps dramatic and emotionally stirring. Sudden change, fresh and exciting opportunities, of radical and far-reaching importance are forecast. Novelty, strange enterprises, keen emotional responses, may inflame the desires to take destiny by the hand. Yet under such quickened energies and desires the judgment is not to be relied upon, and could lead into error, mistake and over-sensitive and speculative drives, miscarriage of plans. A child born on this day, while enterprising, inventive, with highly stimulated energies and emotions, yet may nullify its unusual chances by bad judgment, highly impressionable and keen for change.

Better English

By B. C. Williams

- 1. What is wrong with this sentence? "I have every reason to believe that he is absolutely correct." 2. What is the correct pronunciation of "caffeine"? 3. Which one of these words is misspelled? Carbohydrate, cartilage, caricature, carburetor. 4. What does the word "lustrate" mean? 5. What is a word beginning with r that means "sensible"?

ANSWERS

- 1. Say, "I have ample (or, sufficient) reason to believe that he is (omit absolutely) correct." 2. Pronounce kaf-ee-in, as in calf, e as in me unstressed, i as in in, with three syllables, accent on the first. 3. Carburetor. 4. To make clear or pure by a propylatory of; to purify. "We must purge and lustrate the entire country." 5. Rational.

ONE TABLESPOONFUL

Such a little Javex makes such a big difference



Just add one tablespoonful of Javex to 2 gallons of rinse water, dip diapers, then rinse well. Diapers dry beautifully soft, white, stain-free and sweet-smelling!



AT YOUR GROCER'S— IN 4 CONVENIENT SIZES

The Pancake Day Story



HE'S IN PANCAKE DAY MOOD Day by mixing up some batter and making pancakes for his breakfast. Looks like he's right at home in that uniform too!

Pancakes—comin' up! Yessir—and they're golden brown and done to turn. This young chef is getting into the mood for Pancake Day by mixing up some batter and making pancakes for his breakfast. Looks like he's right at home in that uniform too! This ancient custom was gradually replaced by merry-making and the tolling of the bell touched off a gay celebration. Today in many Canadian, African, and American communities the observance is still the same, with contests and games and pancakes as king! The old and the new meet in a pancake designed especially for your celebration of the gala Pancake Day. These are Pimiento Pancakes—a novel and very delicious new rolled pancake topped with hot cheese sauce. Especially festive for parties, they contain colorful pimiento and green pepper. After baking the pancakes, keep them hot till serving time by placing them on a baking sheet in a warm oven.

Tricornes And Breton Sailors Favorite Lines In Paris Hats

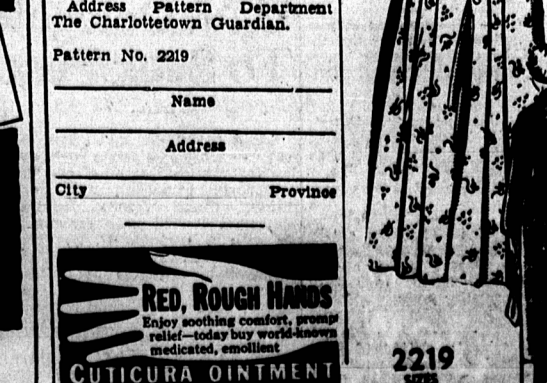
PARIS, Feb. 2.—The outstanding lines in Gilbert Orcels spring hats are Pagoda (of Indo-China inspiration), passe-partout, an easy-to-wear cloche line done in felt or summer fabrics or straws, with interchangeable bells for formal or informal occasions and the best of all, the petit maitre. The latter are derived from French classic comedy and particularly evocative headgear worn by French aristocracy, court vicars or "abbes," town and country footmen and flunkies. Bent brims point to variations of tricornes which have become Breton shaped. Many romantic shapes are reminiscent of shepherds and shepherdesse, further stressed by bee-peep four foot canes and umbrellas with very long handles in the Watteau mood. Flowered crooks, straw or pre-lour wood team the cane to the hat in color of fabric. Orcel uses straw fibre, hemp, transparent plastic, grass laize and saucer shaped veils with a heavy dark band he calls "sacret veils." Versailles red, Fontainebleau green are seen with dark gray. Much rose and black appear throughout round the clock.

Glamorous Touch Jewelled bands tie around the crown of classic sports clothes dressing it up for after dark. Glistening sequin embroidery is found in fitted cock tail calots in white satin, shell embroidery is good too. Brims are bent, folded back, rolled or cut into petal shaped or clover leaf lines. Many are puffed, double and softly rippled, in graded sizes, depending on the occasion. Outstanding features of Legroux Seours harmonious and skilled collection are first her new silhouettes and secondly the colors. Projected forward and generally worn straight over the brow the brim juts out in a shovel or scoop effect and is rolled or doubled at the edges. Legroux ably folds back entire brims on themselves cutting away sections or pleating large cartwheel or scoop shapes in the front, or rippling them becomingly above the face. Flowers are the one contrasting note throughout but shades are muted, soft and blended. A modernistic tropical flower is set on the cartwheel rim of a willow green milan and is of white feathers. Pale pink roses nestle on dressy Binglee midsummer shapes. The flower toques stress apple blossom, ravishing in pink with a corsage for your strapless black cocktail dress, charming in white bunches set on an elongated rolled bonnet.

Tartan Appears The Victorian note is expressed in daytime sports and afternoon hats. Green plaid taffeta is used in a snappy Glengarry correct in detail but accentuated in light green tartan taffeta appears again in small shapes with rollicking brim and demure bows or tall, trimming in the front. For after noon Mme. Legroux evokes the Victorian bonnet and drapes it in parma violet chiffon.

-Needlecraft- FOR THE HOME -

PLEAT DETAILED DRESS If you need soft lines, this dress will be good for your figure! The curving yoke controls bodice fullness in a very decorative way; the skirt gets in grace from front pleats. No. 2219 is cut in sizes 14, 16, 18, 20, 36, 38, 40, 42, 44, 46 and 48. Size 18, 3 1/2 yards 38-40.



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 zone number in your address. Address Pattern Department The Charlottetown Guardian. Pattern No. 2219 Name Address City Province

RED, ROUGH HANDS Enjoy soothing comfort, prompt relief—today buy world-famous medicated, emollient CUTICURA OINTMENT 2219 SEES

Advertisement for Aylmer Baby Foods. Features a baby eating carrots and a can of Aylmer Carrots. Text: "Janice is the Aylmer 'carrot lover'". "all the Hargreaves quads are thriving on Aylmer Baby Foods". "Their Doctor prescribed Aylmer for these lovely, healthy babies—Jennifer, Joyce, Joan and Janice Hargreaves, born Oct. 13, 1949, Sault Ste. Marie, Ont. Your Baby too will thrive on Aylmer."

Advertisement for a simple-to-make skirt in fake fur. Includes a photograph of a woman wearing the skirt and a small illustration of a baby.

Advertisement for Javex, a household cleaning product. Text: "ONE TABLESPOONFUL Such a little Javex makes such a big difference". Includes a list of uses and a coupon for a pattern.

Advertisement for Needlecraft patterns. Text: "Needlecraft - FOR THE HOME -". Includes a photograph of a woman in a dress and a coupon for a pattern.