

How Can I!!!

By Anne Ashley

Q. How can I make secure a cork in a bottle when packing for a trip?

A. Tie a strong string around the neck of the bottle, leaving the ends long enough to go over the top of the cork. Tie another string around the bottle with ends on opposite sides. Bring the ends up over the cork and tie securely.

Q. How can I prepare melba slices as thin as possible? Then place the slices in a shallow pan so that they do not touch, and bake in a slow oven until well browned.

Better English

By V. C. Williams

1. What is wrong with this sentence? "Each of us have their part to perform, and we shall surround the building completely."

2. What is the correct pronunciation of "Homo sapiens" (man-kind)?

3. Which one of these words is misspelled? Denunciate, delineate, delagate, demitasse.

4. What does the word "inadequate" mean?

5. What is a word beginning with der that means "ridicule; mockery"?

ANSWERS

1. Say, "Each of us has his part," and omit completely. 2. Pronounce ho-mo sa-pi-ens, both o's as in hoe, a as in say, i as in it, e as in end, accent first syllable in each word. 3. Delegate. 4. Insufficient. "The money they received was inadequate for their daily needs." 5. Derision.

IF BABY IS CROSS FIND OUT WHY

HEALTHY BABIES are not cross. Your baby should not be cross. If he is, then something in his little system is "out of order." Probably Baby's Own Tablets can promptly "put it right." One Quebec Mother had the experience. She writes: "My little girl was irritable, feverish and sometimes sick at her stomach—what a relief it was, after giving her Baby's Own Tablets, to see how much better she was. Sweet-tasting—no 'allegory' stuff—no dulling effect. Promptly effective in simple fevers, constipation, teething troubles, upset stomach and other minor ills. Never without a full box of Baby's Own Tablets. Sickless to often strikes in the night. Get a package today at your drugstore. Money back if you are not satisfied. Only 30¢.

Cook's Corner

Chicken Salad Pies

2 cups diced cooked chicken, 2 tablespoons chopped onion, 1-2 cup diced celery, 2 tablespoons chopped pickle, 1-2 cup diced green pepper, 4 hard-cooked eggs, 1 tablespoon lemon juice, 1-4 teaspoon salt, 1-2 cup mayonnaise, cheese pastry shells.

Roll your favorite pastry 1-4 inch thick and sprinkle lightly with grated cheese. Roll the cheese into the dough, line individual pans with the dough and bake at 425 degrees F. Combine the chicken and vegetables with one of the hard-cooked eggs, chopped, the lemon juice and salt, chill thoroughly. When ready to serve blend the mixture with the mayonnaise. Fill the cheese pastry shells with the salad and garnish with wedges or slices of hard-cooked eggs and lettuce leaves. Serves 6 to 8.

The Stars Say --

By Genevieve Kemble

For Tomorrow

A rather cryptic state of affairs, in which the personal rather than business or everyday interests seem to predominate. It would be well to treat domestic, affectional and social ties with the utmost consideration, as these could react on vital issues. The lunar opposition to major benefics calls for discretion, tact and a level head where singular or intriguing situations arise. The social element in business, too, may gain by the proper gesture or ritual.

For the Birthday

Those whose birthday it is may find the affairs of home and heart, of position and prestige, in the balance. These call for reflection and sound judgment in order to iron out peculiar developments. Employment and social environs demand attention, since in vital measure financial affairs, possessions, place and power, find important reactions. While head and heart are involved, mature judgment, progressive ideas and aspirations have telling worth. Placate opposing forces.

A child born on this day may be endowed with high social and moral ideals, with aims and aspirations to shine with particular glory and perhaps renown.

Curious

"Mother, why did you marry father?" "So you've begun to wonder, too, have you?"

ELLEN'S DIARY

By an Island Farmer's Wife

And so, last evening, we came away from our hearstone—in the velvet-dark of a night hung with lowering clouds. And as we journeyed, James contrasted the ease and safety of our travel with that of a trip made along the same trail some months before. Then a sudden snowfall succeeding a shower of rain clung to wind-shield and roadway making motoring hazardous.

We remembered it well. Remembered also a score of preceding trips made on this Queen's Highway: by horse and carriage, savouring the freshness and reverence of Sunday morning of the long ago or in the tranquility of evening when its peace and calm lay in lovely benediction over the farmlands.

Or again, wrapped well against the frost of a keen winter day, hot sticks of maple or smoothing-irons in the rugs to make the outing more comfortable, the regular creak of sleigh runners and jingle of bells making nice music for our passing. Affecting other rigs, faces somewhat concealed in furs and James commenting, "They're strangers to me, Ellen. But I'd say that's a Parkwood in the shafts. Yes," nodding, as though he had settled something in mind. "they all have the same style of going. I'd say—by the looks of the horse—they've already travelled quite a distance."

With sudden added brightness a lengthy machine came out of the dimness behind us and with an air a bit haughty slid effortlessly by our respected little truck. We smiled in the dark, rather expecting James to chirp: "some horse of memory and enjoy the exhilaration of a brush with the passing team . . . but realized we were living in a different age to that—one of machines and bcms. And James content now to sit quietly beside us, letting any light slip by. He was the younger farmer at the wheel.

Yes, times had changed. And yet in farm- and village-houses we passed, the living was not entirely different. Mothers infinitely patient still put their small ones to bed . . . faces shining as angels, prayers said. Their garments would be left in readiness for the morning. And at length folks weary from the toils of their day—the good, and those such as we, often forgetful and earthy, but with all their cares and their difficulties, their measures of happiness . . . tempted and tried even sorely, would come to their rest. And instead of the calm which was threat of rain, we were hearing the music of brook-water, and saw a horse drink again at a way-side fountain.

"I reckon," James spoke out of the dark beside us, "we should soon get to the rest of the manure-spreading—those heaps. In the fields will take some time, I'm thinking. And do you suppose" (this to the younger farmer), "we'll have enough timothy to do us or

Continued on page 11

DOROTHY DIX'S COLUMN—

Prize Ingrate

Begrudges Paragon Wife One Night's Dancing A Month!

DEAR MISS DIX: My wife is a fine woman who keeps a spotless house, is attractive and well groomed herself, and serves wonderful meals. Our children are clean, well-mannered and obedient; my clothes are always in repair and tidily arranged in drawers and closet. She is not extravagant and has never had a charge account. Still, I have one complaint. She likes to go out dancing or to a night club once a month. She claims it keeps her young to go out now and then. I have just spent quite a bit of money on a TV set and I think after looking at that four or five hours every night she gets enough entertainment. She says she's awfully tired of TV and likes to mix with people. I'm satisfied with TV. Why can't she be?



Muriel Nissen

ANSWER: I thought, while reading your letter, that it was a Utopian ideal of womanhood; never did I expect this perfect creature to be real. And then to have you find a flaw! John, John, how can you be so lacking in appreciation of your paragon? Just one set of these virtues would satisfy most men. Here you have every perfection in one creature and you find fault!

To begrudge a fine wife the pleasure of one night's dancing a month is ingratitude at its worst. Once a week would not be too great a reward for the blessings you have. Wake up, son! Be thankful for your boons—and show it.

TV ISN'T EVERYTHING

TV is very nice in its place, but it cannot be expected to provide all a woman's—or man's—relaxation and entertainment.

The pleasures of human companionship, the thrill of dancing to "live" music, the satisfaction of sitting down to a meal without worrying about dishes piling up in the kitchen—these are simple forms of entertainment to which any woman is entitled. In fact, they'll do even a hard-working man some good. Nothing is so conducive to a sluggish mind as a constant diet of TV. Television taken in proper doses can be entertaining, educational, stimulating, but as a steady thing it can become very boring.

Take your wife out dancing once a month; in fact, take her out twice a month, and be humbly grateful for the blessings she has brought you.

DEAR DOROTHY DIX: My problem is rather difficult to present. I'm 19 years old, have two sisters and a brother. A few months ago I had an argument with a relative, during which I was told that I am not a child of my mother and father. My parents do not know that I have heard this story. They have always treated me with the same love my sisters and brothers receive. I've never felt "left out." Naturally I would like to know the true facts, and am afraid of hurting my parents by asking them. I can think of no other way to discover the truth.

ANSWER: Most definitely you should tell your father and mother what you heard, and let them set you straight. Most likely the story was made up to hurt your feelings. However, even if it is true, the fact that you have always been loved and cared for as tenderly as the rest of the family gives the assurance that you were taken for love. If the situation is as presented by your spiteful relative, it should cause you no undue grief or worry. The important thing now is to stop brooding over it by yourself, and ascertain the truth. If you are a foster child, you should have been told long ago, but since the duty was neglected, your parents will be only too happy themselves to share the secret with you. Don't delay. Tell them what you've heard, and accept the truth gracefully.

DEAR MISS DIX: I have been married three years to a fine husband who does everything in his power to please me. One thing about him I can't understand is that he wants me to buy the type of dresses he likes. Since I am the one to wear them, I think I should get what I like.

ANSWER: If your husband's choices are, on the whole, acceptable. Continued on page 11

From One Cook to Another by Mary Blake. Carnation Home Service Director. HOW TO MAKE GOOD RECIPES BETTER. It can be done—yes, even with your favorite tried-and-true recipes! How? Use Carnation Evaporated Milk. For instance—a friend of mine prides herself on her pancakes. I suggested that she try making them with Carnation, mixed with an equal amount of water. Her family, who always have loved her pancakes, became positively lyrical! And no wonder! Carnation makes pancakes delightfully fluffy and golden—more delicious than ever before. Tomorrow, surprise your family with pancakes made with Carnation. Here's all you do:

PROOF OF THE PUDDING IS IN THE EATING. Words can't describe how deliciously different rice pudding can be when you make it with Carnation. Just as it improves all milk dishes, Carnation's famous "velvet-blend" gives rice pudding a wonderfully richer flavor, and a smoother, creamier texture.

CREAMY RICE PUDDING (Makes 4 to 6 servings) 1 large can Carnation Milk 1 1/2 cups water 1/2 cup granulated sugar 1/2 teaspoon salt 1/2 cup dry rice 1/2 teaspoon grated nutmeg 1 tablespoon grated lemon rind Beat Carnation, water, sugar and salt together. Pour over rice in buttered baking dish. Sprinkle with nutmeg and lemon rind. Bake in moderately slow oven (325°) about 1 hour, until rice is tender. Stir once or twice during baking. Serve warm or chilled.

"LET ME BE THE CREAM IN YOUR COFFEE" is Carnation's version of the popular song—and for millions of coffee-lovers, Carnation is the cream in their coffee. That's because they prefer Carnation to cream in coffee. They say that Carnation gives coffee a more tempting color . . . smoother consistency . . . richer flavor.

HOW MANY USES HAS CARNATION? I don't suppose anyone could really count them. How many uses has milk? Carnation Milk has them all when mixed with an equal amount of water. How many uses has cream? Carnation has them all when used undiluted. Then Carnation has special uses of its own because it can be partly diluted—in between bottled milk and undiluted Carnation. Yes—a very versatile milk!

QUICK MAYONNAISE 3 tps. sugar 1/4 tsp. (each) paprika and salt 1/4 tsp. white pepper 1/4 tsp. mustard 1/2 cup undiluted Carnation Milk 1/4 tps. vinegar 1 1/4 cups salad oil Mix dry ingredients with Carnation Milk. Beat in vinegar, add oil gradually, beating thoroughly. Makes 1 cup. May be thinned with undiluted Carnation for serving.

To open head lettuce, remove core with paring knife. Invert; run water from the cold tap into the cavity—the leaves will separate easily.

LISTEN to the delightful Saturday radio show, "Stars Over Hollywood." A complete half-hour play every week—specialty written for this entertaining programme. See your newspaper for time and stations.

FREE: Carnation's "Velvet Blend Book" of tested recipes, new and old. Write to Carnation Company Limited, Toronto or Vancouver.

"from Contented Cows"

That Body Of Yours

By James W. Bartok, M.D.

SOME TERMS USED IN PSYCHIATRY

Now that it is known to most of us that the mind controls the body most of the time and that at times the body controls the mind, we now quite often use the word, psychosomatic ('psychic' for mind and 'soma' for body), meaning that our body processes are being influenced by our minds or emotions.

Accordingly, about once a year I make it a point to give a definition of certain terms used in psychosomatic medicine or perhaps, more particularly, in psychiatry alone, using Dr. Edward A. Strecker's book "Fundamentals of Psychiatry." Dr. Strecker is professor of psychiatry, University of Pennsylvania. While most of my readers may be familiar with these terms, there are some to whom they may be unknown.

Amnesia—a gap in our memory, when we remember nothing (but fortunately for only a short time). Benign—means that ailment is not serious; is not malignant.

Complex—the individual gets an idea into his head which causes him to direct his thoughts and actions along this line, although he is not conscious of doing so.

Euphoria—an emotional reaction chiefly marked by a sense of feeling of well-being. Even patients dangerously ill sometimes have this feeling.

Disorientation—complete loss of the ability to place one's self in relation to person, time or place.

Extrovert—turned outward—an individual whose thoughts are all away from himself socially; a doer, not a thinker.

Introvert—turned inward—a person who is thinking inwardly of himself; a thinker and planner, not very social.

Phantasy—daydreaming too much; living in a dream state. Schizophrenia—double personality.

Phobia—fear. Usually the patient is not aware of the source of the fear, yet it is something that he is afraid to face. Something that occurred in childhood is the underlying cause of the fear, yet patient can't remember it until he is closely questioned by the psychiatrist.

Obsession—the mind of the patient is dominated or compelled to think certain things which he is unable to put out of his consciousness. His good sense does not prevent him thinking or acting in an odd or strange manner.

Morning Smile

High Stakes

"My wife left me because of gambling. I lost her in a game of cards."

Double Talk

"Sir, I have come to ask you for your daughter's hand, and a soft job in your glue factory."

Gone

"With all my worldly goods I thee endow." "Oh-Oh. There goes his new car. She can drive."

Anne Adams Patterns

IT'S MAGIC, MOTHER

Two main pieces for skirts! Mother, you'll sew these in a jiffy—and they're ever so thrifty. She wears sunsuit and skirt together for best, sunsuit alone for play. Easy ironing, as you can see!

Pattern R4523: Children's Sizes 2, 4, 6, 8. Size 6 sunsuit, skirt 2 1/8 yards 25-inch; 6-8 yard contrast. Transfer included.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five cents (35¢) in coin (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number. Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Ontario.

Household Scrapbook

By Roberta Lee

Complexion Aid

To whiten the skin and tend to remove wrinkles, mix one fluid ounce of tincture of benzoin, 1-2 ounce of pure glycerine, seven ounces of distilled rose-water. Bathe the face, neck, and hands with this at night and let dry on. Wash off in the morning with soft warm water and a very little castile soap.

Antique Brass

Antique brass articles can be polished by rubbing with a solution of tincture of benzoin. This will not produce a real bright finish, but will make the article clean-looking.

Spraying Roses

When spraying roses, do a complete job. To be effective, both sides of every leaf should be sprayed.

Modern Etiquette

By Roberta Lee

Q. When making an introduction, is it good manners to say, "Miss Brown, this is my friend, Miss Gray?"

A. No; it is not good form to apply the phrase "my friend" to just one of the persons, as this would seem to exclude the other person from your circle of friends. It would be better to eliminate

Q. Should all wedding gifts be sent to the bride, or may some of them be sent to the bridegroom, especially when one does not know the bride?

A. All wedding gifts are the property of the bride, and should, therefore, be sent to her home.

Q. Is it correct to have one's telephone number engraved on personal stationery?

A. No; the telephone number is never used on personal notepaper.

One Part Only

Dean: "So you admit that this unfortunate freshman was carried to the fishpond and drowned. What part did you take in this disgraceful affair?" Sophomore: "The right leg, sir."

Clean Your REFRIGERATOR for 1/2 cent a week! Baking soda banishes food odors and stains by emulsifying the greasy film that holds them. Keeps interior and ice cube trays sweet and fresh too. Just sprinkle a little baking soda on a damp cloth and wipe all inside surfaces every week. COW BRAND BAKING SODA

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To Mother with Love! Ideal gift for a busy Mother . . . sheer hosiery In the newest shades of May. Orient - Kayser - Gotham - Weldrest Evening Sheer, 60 gauge, 15 denier, pr. \$1.75 Party Sheer, 45 gauge, 15 denier, pr. . . . \$1.50 Daytime Sheer, 45 gauge, 30 denier, pr. \$1.50 Pure Silk Hose, pair \$1.95 MOORE & McLEOD Limited