

Weather Always Calm After An Evening's Storm

This morning revealed the delight of calm after storm, the countryside, peaceful, its white lit by the beams of the colorful sunrise. In a rainbow of shades the colors drifted away above the winter-set hills—amber, rose, violet suffusing fetchingly the cool blue of the dawn. No wind—not a wandering breath. Every last tree and bush reverently still in tribute to this shining new day.

But there is never a storm that does not have some tedious aftermath to mark its passing—even an emotional one, we doubt not leaves its heart-scars. Now paths must be cut through the drifts along the yards though with Jeanie we had cause to bless the winds that were, for having swept clean, for the most part, our road to the woodshed, where we come daily to glean intriguing curls of birch bark and sticks for our fires.

The horse of the Summer's buying, and mostly a gentleman of leisure, it was, that by sleigh took the children off to school, faces beaming in this a preferred mode of travel. Better than by machine: Definitely so to these youngsters much interested in the horses of the farm. We stopped by a window to see them go along the front meadow in the wintry condition which has given drifts in places and in others the lightly white stubble and roadway of red. They chose to mount the sleds along the fields, climbing in a roundabout course the rise of slope on the far

side of the millstream and pond, where we lost them to sight presently beyond its summit. Storm of January past— Anniversary Storm? they say—our living settled again to its familiar way. It was good to return to it. Not that we as one, do not actually enjoy a winter-storm finding in its isolation a decided content, but there are those whom duty calls abroad—with these we sympathize.

"If there were no outside chores, there would be nothing to a storm," we said to James at supper. "If there were no outside chores on a farm, Ellen," James smiled, "begging'd soon be the end of it. This was a day for loving the quiet white of the scene about—sunrise on snow, lengthening blue shadows spread by day, sparkle and cleanliness, cool serenity and peace... Bluejays in the orchard, wild ducks up the creek, tucking in a rose bush. A day for making rolls and baking cookies, tacking in snippings of cherries for color and peel from a Christmas left-over. To be tasteful fare before bedtime, with a fragrant cup of coffee, conjurer or only sweet dreams.

Where tonight will they lead us? Along green lanes where sweet brier of young years still opens fragile cups of blossom-pink to gather, and so have fanciful roses against our January snow. Until tomorrow—Diary—Goodnight. . . .

WOMEN

Lena Caroline McLure, Women's Editor. Phone 8506

Page 10 The Guardian Wednesday, Jan. 16, 1957

HAPPENINGS

Miss Lena McLure who has been staying at the Parker House, Boston, and with Miss Betty McCabe, Pinckney Street, has left for Ottawa. Prior to her departure from Boston, Miss McLure was the guest of honor at a luncheon at the Colonial Inn, Concord, Mass given by Mr. and Mrs. Alan Cowie of old Bielirica Road, Bedford. Mrs. Cowie is the daughter of the late Mr. and Mrs. John Cousins both of whom came from Prince Edward Island.

Mrs. John Coles of Stoneham, Mass., leaves shortly to spend the winter in Florida. Mrs. Coles is a daughter of Mrs. Colin C. McLure, Brackley Point.

Mr. Borden MacLure of Auburn-dale, Mass., who spends part of each summer in this province spent last weekend in New York City.

Dr. and Mrs. Charles F. Hyndman and 2 little sons, Edmonton, Alberta, have been visiting with Mrs. Hyndman's parents, Mr. and Mrs. A. W. Hyndman, North River Road. Dr. Hyndman is attending the Annual Convention of the Canadian Association of Radiologists in Montreal.

Miss Janet MacLeod, daughter of Mr. and Mrs. E. T. MacLeod, City, is leaving Thursday morning with her mother, Mrs. Earle MacLeod for New York, where they will spend some time. On their return Janet will stop at Montreal where she will enter the Royal Victoria Hospital, School of Nursing.

Rev. M. D. Dunbar was guest speaker for the Week of Prayer Service in the O'Leary United Church.

Rev. Howard Christie was guest speaker for the 'Week of Prayer Service' in Saint John, N.B.

Mr. and Mrs. George Jackson, returned to their home at Fortune Bridge, after a very pleasant visit with their son and daughter-in-law, Mr. and Mrs. Garnet Godfrey, Mont Joli, Quebec.

The Charlottetown Business and Professional Women's Club held their January meeting Monday evening at the Charlottetown Hotel. It was Municipal Night for the Club, and the Guest Speaker was Mayor J. David Stewart who gave a most interesting and enlightening talk on the administration of the City Council. The speaker was introduced by Mrs. Margaret Holmes, and thanked by Miss Ethel Taylor.

The attractive table decorations were carried out in the Club colours of Green and Gold. The business meeting followed in which there was considerable discussion concerning the contribution by the Club to the International Fund to aid Business and Professional women refugees from Hungary. It was agreed to send \$50.00 to the International Fund.

The programme committee consisted of: Chairman, Mrs. Margaret Holmes, Miss Ethel Taylor, Mrs. Mary Fullerton, Mrs. Gladys Bruce, Miss Isabelle MacDonald, Miss Verma Darrach, and Mrs. Amy Rogers.

RUHAMAH SCHEINFELD FRANK

WE AND OUR NEIGHBORS

HAPPY BALANCE

I met Mr. Davis, a community leader, and congratulated him on the success of a holiday project of one of his clubs.

"Thanks," he said, "they (the members of the club) did a fine job. I've always enjoyed working with them and I'll miss them."

"What's happening?" I asked. "Are you moving away?"

"No, just the opposite," he smiled. "I'm moving in."

"Moving in Where?" I asked. "Moving in with the rest of the family," he said with that warm grin that accounted in part for his popularity.

"That so?" I asked "I've heard if plenty of good things about you—I never heard you neglected your family."

"I did just the same," said Mr. Davis, "son Tom," he's fourteen, knocked some sense in me. There were some weeks just before the holidays when I plain forgot I had a home and one evening Tom said "Dad, wouldn't it save you a lot of bother if you just moved over to one of the clubs?"

"This way we sort of expect you to stay home and feel let down when you just grab a clean shirt and run."

"The kid wasn't being fresh, either," continued Mr. Davis. "He was dead serious."

"Tom," I told him, "you and Sis and Mom seem so busy and comfortable doing your homework together and watching TV, I didn't think you even noticed whether I was around or not."

"Oh, we noticed all right," he said, "but we knew you wouldn't like it if we held onto your coat-tails or begged you to stay. We aren't that kind of family."

"Was I proud of that boy—and Mom and Sis it didn't take me long to find out what I'd been missing evenings. I've never felt so happy and relaxed in my life," said Mr. Davis.

"You look wonderful," I said, "and a happy home is of course, the best community project of all. But you have a special gift for getting things done and I hope you're not dropping all your club work."

"No danger," said Mr. Davis. "I love working with people and don't get enough of it in my business. But the trouble was, I was beginning to think I had to take on everything. You know how it is—it gets to be a habit to call on a few in every organization and the newer members who could do a lot of things just as well if not

better, and need the training are too shy to speak up. And I— I could never say no."

"You always were a generous and good-natured person," I said. "Now don't go praising me," laughed Mr. Davis. "I sometimes think I was just looking for jobs to do—anything rather than to stay quietly at home."

"Who knows who deserve praise or blame—or what one's deep down reasons or motives may be?" I asked. "One thing is certain, you have a love and talent for working with people and those of us who haven't are glad to follow and depend on you to get things done."

"You're sure to be good," I said. "I am," laughed Mr. Davis. "I am looking around and have in mind one or two projects where maybe I can help and that I'll enjoy doing. An occasional evening away won't hurt the family—will do them good."

"That's what I call a Happy Balance between Home and Community Living," I said. "I used to think that was largely a woman's problem. Nic to know it's a problem shared by both sexes. What do you think, Mr. Davis?"

Mr. Davis grinned his charming grin.

HEATHERDALE W.I.

The members of the Heatherdale W.I. met at the home of their secretary, Mrs. Stanley MacLeod on January 2nd, to hold their regular monthly meeting. The meeting was called to order by the president, Mrs. Malcolm MacPhee and opened by repeating the Mary Stewart collect in unison.

Eight members responded to roll call by presenting a baby name of herself. New roll call is The career I could choose if I were sixteen again." One member renewed her membership.

The minutes of the previous meeting were read, approved and signed in the usual manner. The secretary reported \$10.75 made on fudge sold at Christmas concert. The correspondence included several Christmas cards, letters and gifts from friends; also thank-you letters from shut-ins for treats received at Christmas. The sick committee reported having attended to shut-in treats and the school

crummies before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

Men are going in for the square-fold handkerchief that has initials and other embroidery straight along the center of one edge. These are artistically but easily arranged to show off the embroidered touches.

But wearing a handkerchief in the pocket this smart way has one drawback. Invariably it sags and

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

crumbles before the day is out. To prevent this, the square-fold handkerchief is placed in an envelope of water-thin corrugated vinyl plastic which fits neatly into the breast pocket. The holder is completely concealed and nothing shows save the initialed inch of crisp linen.

WOOD ISLAND W.I.

The Wood Island West Women's Institute held its monthly meeting at the home of Mrs. L. B. MacMillan on Jan. 2nd, with the president presiding. Meeting opened by singing Institute ode, and repeating the Creed in unison. Roll call was responded to by nine members, with an article for auction. The minutes of last meeting were read and approved.

Reports were heard from sick and school committees. A discussion then took place regarding the holding of a Variety concert at a later date, also to send \$5.00 to T.B. League.

New committees were appointed. Roll call for next meeting to be answered by an article for a bazaar. Next meeting to be held

committee reported having treated children with apples and oranges at Christmas.

New sick committee is Mrs. Malcolm Matheson and Mrs. Martin MacDonald. New programme committee is Mrs. Malcolm Matheson and Mrs. Malcolm MacPhee. It was decided to send a gift to a new baby. All enjoyed the programme under the direction of Mrs. William Duncan which was won by Mrs. Preston Pearson. Penny sale was won by Ms. Malcolm MacPhee. Collection a d penny sale amounted to 90 cents. Place of next meeting is to be decided at a later date.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

The meeting closed with the Queen after which all enjoyed refreshments served by the hostess.

at the home of Mrs. Arthur MacMillan. There being no further business the meeting adjourned

Bringing Up Baby



HINTS COLLECTED BY Mrs. Dan Gerber (MOTHER OF 5)

Expecting? If you're on the threshold of this exciting experience you may find these tips helpful: • **Beauty sleep.** At least 8 hours to keep you fit. Any naps you can sneak in are all to the good. • **Dress rehearsal.** Clothing should be non-restricting, preferably hung from shoulders. Shoes should fit well, have reasonable heels, closed heel and toe. • **Daily doses.** Daily walks outdoors help tone muscles, relax the mind.

Once baby arrives it will be almost no time at all before your doctor may suggest solid food, probably cereal at first. That's when you'll find the five Gerber Cereals most helpful. Rice, Barley, Oatmeal, Wheat and Mixed Cereal—so baby can have plentiful variety. Besides providing baby with energy-giving calories, the Gerber Cereals are enriched with

iron, calcium and B-vitamins for extra nutritive value. Thoroughly pre-cooked and ready to serve. When mixed with formula or milk, the texture is smooth to the tongue and easy to swallow.

Nipple notation. If your bundle of joy is bottle-fed, be sure to select firm nipples. The development of baby's jaw and mouth muscles is dependent upon the sucking exercise he gets... the firmer the nipple the better the exercise. When nipples become softened or swollen from repeated boiling, discard them.

Nutrition notation. Sound gums, good teeth and healthy body tissues are dependent upon adequate amounts of vitamin C. When orange juice is added to baby's menu you'll find Gerber Strained Orange Juice an ideal way to give baby this important vitamin. Made from tree-ripened oranges, selected for mild flavor and uniformly high vitamin-C content, Gerber Orange Juice has practically no peel oil for easy digestibility. Gerber Baby Foods, Niagara Falls, Canada.

LOOKING FOR A REAL BARGAIN IN A FUR JACKET?
THEN BUY IT NOW—DURING OUR GREAT CLEARANCE SALE

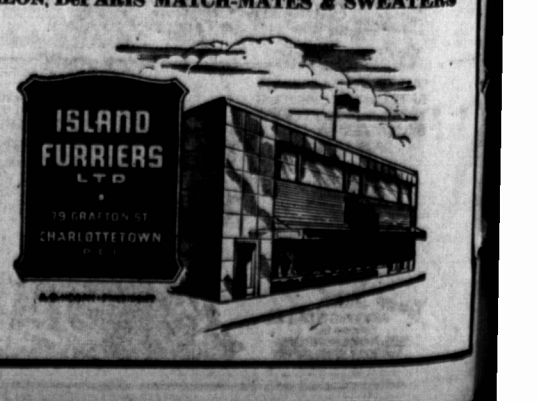


If the jacket or stole you want is listed below we can promise you that it is a REAL BARGAIN. This is the end of our season and we do not plan to carry stock over—so—offer terrific values and they are bound to sell—Here they are!

- Lapin (sheared rabbit, brown, 1 only) Reg. \$145 \$69
- Jap Rabbit (mink dyed (1 only) Reg. \$169 ... \$99
- Electric Seal (sheared rabbit, black) Reg. \$149 \$79
- Persian Lamb Paw (black), Reg. \$198 \$119
- Grey Kidskin (natural color 4 only) Reg. \$197 \$139
- Muskrat (dyed mink shades) Reg. \$275 \$215
- Grey Persian Lamb (1 only) Reg. \$395 \$295
- Russian Squirrel (brown 1 only) Reg. \$385 ... \$295
- Canadian Squirrel (brown 3 only) Reg. \$425 .. \$295
- Jap Rabbit Cape (mink dyed, 1 only) Reg. \$95 .. \$59
- Electric Seal Cape (dyed rabbit, 1 only) Reg. 139 \$69
- Russian Marmot Stoles (4 only) Reg. \$89 \$69
- Lapin Cape (dyed rabbit) Reg. \$69 \$39
- Muskrat Cape Stole, Reg. \$169 \$99

ALL NECKPIECES LESS 25%
Stone Martens, Mink, Kolinskyk, etc.

HEADQUARTERS FOR NAT GORDON SKIRTS
LEON, DePARIS MATCH-MATES & SWEATERS



LET'S EAT

Luxury - Type Dessert From Turkish Recipe

By IDA BAILEY ALLEN

"The cooking in the Eastern Mediterranean countries is very good," observed the Chef.

"The native tasty stew, made of lamb shanks. I consider quite outstanding. It is good to the palate and easy on the budget."

"Invariably lemon juice or this slice of lemon are cooked with lamb, but it does not make the meat taste tart. On the contrary, it blends pleasantly with it and gives it a zesty flavor. Dried mint is often cooked as a seasoning with lamb, instead of as a sauce."

"Let's have lamb shanks for a main dish today," Chef, I said, "and top the meal, the Halva Pudding we adapted from the Turkish recipe."

Halva Pudding: In a saucepan stir together 1 c. sugar 2 c. water 2 (2") sticks cinnamon and 1/4 tsp. crushed cardamom seeds (peel if in pods). Simmer 5 min. to make a syrup.

Meanwhile, melt 1/2 c. butter or margarine in a 10-in. frying pan. Add 1 1/2 c. quick-cooking rice cereal. Cook 5 to 10 min. over medium heat, stirring almost constantly, until golden brown.

Then add 2 1/2 c. seedless raisins and stir-heat 2 min.

Stir in 1/4 c. slivered blanched almonds. Strain in the syrup and stir constantly until very thick. Pack into a 1-qt. mold or 6 custard cups. Cool. Refrigerate until chilled.

Before serving, let stand at room temperature a few minutes. Unmold on serving plates. Serve cream, any whipped topping, or with ice cream.

Tomorrow's Dinner
Big Tossed Mixed Greens Saute
Lamb shanks a la Grecque
with Potatoes
and Green Beans
Halva Pudding
Coffee Tea Milk

All measurements are level; recipes proportioned to serve 4-6

Remove the bones from 5 large lamb shanks. Use in making soup stock.

Cut the meat in quarters. Dust with 1 tsp. enriched flour. Melt 2 tbsp. meat fat.

Add 1 chopped peeled onion, and 1 thin-sliced small lemon. Sauté until the color turns.

Add the lamb. Slow-saute, 10 min. or until lightly browned. Add 1 1/2 c. canned tomato, 1/4 tsp. salt, 1/4 tsp. monosodium glutamate, 1/4 tsp. pepper and 1/4 tsp. powdered mint. Cover. Simmer 1

MORNING SMILE

O.C.—Private, why didn't you salute? Do you realize I've taken over this entire camp of ten thousand men?

Recruit—You got a good job, sir, I hope you don't louse it up.

HOUSEHOLD HINT

To obtain a rust color for dyeing draperies or other fabrics, experiment with a mixture of red and brown. Start with red, and add brown dye until you obtain the desired color.

WIFE PRESERVERS

Coordinated with the popular Empire styles, some of the hankies have a lace eyelet insert through which you can pull a ribbon to match or contrast with a costume.

Even though they look as fragile as cobwebs, all these handkerchiefs are intended for repeated use and can be given the regular laundering care that will keep them lovely. Placed over a Turkish towel and ironed on the wrong side to bring out the luxury details, these handkerchiefs will make an impressive accent whenever they are brought into view.

Amphib life can be softened for easier by putting into an oven at low heat. Wear gloves when removing the files; wear and cut them immediately after removal from the oven.

Amphib life can be softened for easier by putting into an oven at low heat. Wear gloves when removing the files; wear and cut them immediately after removal from the oven.

Amphib life can be softened for easier by putting into an oven at low heat. Wear gloves when removing the files; wear and cut them immediately after removal from the oven.

Amphib life can be softened for easier by putting into an oven at low heat. Wear gloves when removing the files; wear and cut them immediately after removal from the oven.

Amphib life can be softened for easier by putting into an oven at low heat. Wear gloves when removing the files; wear and cut them immediately after removal from the oven.

Amphib life can be softened for easier by putting into an oven at low heat. Wear gloves when removing the files; wear and cut them immediately after removal from the oven.

Amphib life can be softened for easier by putting into an oven at low heat. Wear gloves when removing the files; wear and cut them immediately after removal from the oven.

Amphib life can be softened for easier by putting into an oven at low heat. Wear gloves when removing the files; wear and cut them immediately after removal from the oven.

Amphib life can be softened for easier by putting into an oven at low heat. Wear gloves when removing the files; wear and cut them immediately after removal from the oven.

Amphib life can be softened for easier by putting into an oven at low heat. Wear gloves when removing the files