

Household Scrapbook

By Roberta Lee

Mildew

Stains of mildew can be removed from linens by using a solution of four tablespoons of peroxide to one quart of water.

Rice

An easy way to wash rice is to place it in a sieve and let the cold water continue to run through until it comes through clear and free from starch.

Grease Spots

Grease spots can be removed from white and fast-color materials by saturating the spots with benzine, placing a blotter on both sides of the material, and applying a hot iron to the upper surface for several minutes.

Modern Etiquette

By Roberta Lee

Q. Is it proper to use a piece of bread as a "pusher" in order to take up items from the plate more easily on the fork?

A. No; this is ill-mannered. It is permissible, however, to hold the knife in the left hand, holding the edge down, and use it as a barrier against which the fork may pick up the articles of food more easily.

Q. Are the invitations to a home wedding usually limited?

A. Yes; usually to relatives and very close friends. Announcements are sent in place of wedding invitations to acquaintances not invited to the wedding.

Q. When walking with a woman who is carrying an umbrella, should a man offer to hold it for her?

A. Yes.

Morning Smile

WITTY

McTavish: "Can you let me have an empty bottle?" Chemist: "Yes, for 5c, but it will cost you nothing if you have something in it." McTavish: "Guid. Put a cork in it."

Better English

By B. G. Williams

- 1. What is wrong with this sentence? "His attitude differs with that of his father." 2. What is the correct pronunciation of "cement"? 3. Which one of these words is misspelled? Grandeur, guarantee, guileless, garnishes. 4. What does the word "counterpoise" mean? 5. What is a word beginning with ar that means "a sense of superiority"?

ANSWERS

1. Say, "His attitude differs from that of his father." 2. Pronounce first e as in see unstressed, and accent second syllable, not the first. 3. Guarantee. 4. An equivalent power or force acting in opposition; a state of balance. "We all experience certain counterpoises in our lives." 5. Arrogance.

The Stars Say

By Genevieve Kemble

For Wednesday, July 19

There is some indication that the recent high elation and thrills may be brought to an end or may find some unexpected obstacle or impediment, to thwart, postpone or arrest happy conditions. It might possibly be that an elder or superior may bring forth some shrewd opposition or deceitful malevolent attempt to "throw cold water" on high hopes, perhaps through jealousy or sinister intent. Or it could be ill health, or other depression, to postpone cherished hopes for the time being.

Those whose birthday it is are advised that a delay, postponement, or other obstacle or frustrating circumstance might interfere with promises of gay doings progressive plans or high adventure, either in business or personal aims. It could be that elders, superiors or malicious persons might attempt to interfere with cherished plans and desires. In any case keep alert to furtive schemes, sustained malice, and safeguard the health.

A child born on this day may find obstacles or handicaps to the fulfillment of its fondest hopes and wishes. A sinister undertone may block its labors or undermine its work.



For twenty years of service "For Home and Country", four members were presented with Provincial Life Membership pins by their local institutes at the recent convention of Women's Institutes held at Prince of Wales College. They are, left to right, Mrs. T. G. Ives, formerly of Montague; Mrs. Harrison MacFarlane, Bedouque; Mrs. W. W. Crosby, Meadowbank; Mrs. E. S. Rose, East Baltic. Garnham photo.

ELLEN'S DIARY

By An Island Farmer's Wife

Yes, it was right here at Alderlea, a place peopled by married folks and their small children, and concealed behind the old white birch on the lawn or around a house-corner that Dan Cupid bided yesterday, awaiting his game. Keeping a keen ear attuned and a sharp eye trained to catch sound and sight of the two guests-for-the-day who were certain to pass his way. And who were these? Ay, but that would be divulging sweet secrets! It was but another pair of those we have entertained through the years, on whom this old house beams its blessing, and the very breeze that has been sighing and whispering and promising about, ceases, so that the trees about can lean to hear the low-spoken words. Young things these two, about their later teens. "And tell me now" James queried at dinner of him, "How old might you be?" And he spoke proudly though a bit surprised at the fact: "Twenty—just twenty!" This is of course, under most circumstances, a glamorous age. She is pretty, though she only half suspects it, which contrives to make her further cultivate a pleasant manner. Poised too, for her years, and sympathetic. A good conversationalist—and a fine listener as well. If it be true that "gentlemen prefer blondes" then badly handicapped she was, we decided, doing admirably well with her dark hair, and ripe-olive tinted coloring. Dark eyes, she has too, and red lips, and a wide, cheerful smile and a faint blush of rose comes and goes in her cheeks. "Behind the coffee urn" which was yesterday nothing more or less than a neat aluminum tea-pot that granddaughter is satisfied "looks just like silver" we looked down (or is it up?) the table to fancy that James drew his eyes away from the one on his right to sigh. And then for a long minute of silence he went into his dreaming of past days. And with a decided shrug of his shoulders, good man! pick up his dropped thread of conversation inquired: "Anyone into the hayting yet, in your part of the country?" It was we felt an inappropriate question. Out of respect for our guests, thoughts off in a dream-world, "Did you notice how beautiful the sunset was last evening?" "And the moon-rise, was it not enchanting?"

How Can I!!!

By Anne Ashley

Q. How can I remove dandruff from the scalp? A. A good remedy is to rub pure olive oil thoroughly into the scalp every night before retiring. Also shampoo the hair every two weeks, and rinse well in cold water.

Q. How can I enclose postage stamps with a letter if there is no oiled paper at hand in which to wrap them? A. Attach them by a small spot in the centre of the stamp, leaving the glue around the edges untouched.

Q. How can I improve the flavor of coffee? A. Try sprinkling a little salt on the bottom of the coffee pot before the coffee is put in.

regard even the photographing an ill-taken for the pair. "Married!" he would inquire of a pictured twin. "Not yet—but shortly," we have smiled. "Well let me tell you, Ellen, they'll never be married, those two! It's the worst kind of luck for two to have their pictures taken together beforehand. I've seen that time and time again! I don't know why it should be like that—there must be some d—n hex or another to it. I'd never, never let two I wanted to see get married, have their photos taken together—not ever! Now you can laugh, Ellen, but I'm telling you the truth of it. I wouldn't myself—well I might, if I had a girl, I wasn't taken up with" he would chuckle happily. Nice pictures we are catching these days in the old camera—of the busy lovely days of Summer. And a small girl shadows our steps and by spells a wee lad creeps along our floor, while the rest of the family do slinks at the wedding. Fast the half-way mark they have come in this best of weeks for that work. "We've done well," James speaks out of the smoke-cloud about and above the old armchair "we've done remarkably well, I should say... but dear me, Ellen, is that clock running way? It's never as late—now tell me!"

Until tomorrow—Diary—Good-night....

Cook's Corner

By James W. Barton, M.D.

CANNED RASPBERRIES

Make a sugar-water syrup to suit your own preference. Boil this 5 minutes. Pack fruit in hot sterilized jars. Pour boiling syrup over fruit and seal airtight at once.

Have ready a large preserving kettle or large pan with a close-fitting lid, containing about 2 inches of boiling water in the bottom. Set jars in this water. Fill kettle with boiling water to 1 or 2 inches above the tops of the jars. Cover closely and allow jars to stand in kettle until the water is cool.

If possible, cover the kettle with a blanket or rug to hold the heat. Make sure the jars are sealed airtight. Store in a cool, dark place.

That Body Of Yours

By James W. Barton, M.D.

Vitamin A in Treatment Of Hardness of Hearing

The time may soon come when the hard-of-hearing will all be willing to use the excellent hearing aids now available. Every year there appear to be more of these individuals using hearing aids with great pleasure to themselves and convenience to their families and others.

There are some cases in which a surgical operation greatly increases the degree of hearing and still others in which blowing open the Eustachian tube, which carries air from throat to middle ear prevents further loss of hearing.

Another condition often present with hardness of hearing is tinnitus—head noises or ringing in ears. In many cases cutting down on all liquids and table salt in and on food helps relieve the hardness of hearing and the head noises because less fluid is present in and about the balancing canals (excess fluid is the cause of dizziness and head noises).

However, that vitamin A can help many cases of hardness of hearing is reported by Dr. M. J. Lebel in "Eye, Ear, Nose and Throat Monthly." Vitamin A in high strength is injected into the patient and quickly absorbed. Prolonged treatment with this preparation, which consists of olive oil, terpens, and vitamin A has brought about an appreciable gain in hearing in hard-of-hearing patients. It is injected into the muscles in doses of 50,000 units of vitamin A twice weekly.

Dr. Lebel states that vitamin A has been used by physicians to improve hearing for some time, but has failed in many cases because some gland change in the patient has prevented proper absorption of vitamin A by the blood. However, this preparation—vitamin A, olive oil, and terpens—is absorbed into the blood stream quite readily; vitamin A is stored and terpens (used so much in nose, throat, and chest congestions) relaxes the tissues. Vitamin A used in this manner can more easily reach the middle and inner ear.

In 300 patients treated for progressive deafness (in most cases in both ears) the amount of hearing loss did not affect the time required for improvement. Average net gain in hearing in patients receiving "prolonged treatment (five to 24 months) was seventeen per cent in right ear and 13 per cent in the left ear as compared with about 11 and 10 per cent in patients treated less than five months, although tinnitus was usually relieved after the first two or three weeks of treatment.

It is, therefore, never too late to try vitamin A.

VITAMIN CHART

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BLACKHEADS

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A Country Garden

By Mrs. Gordon Macmillan

The crimson glow has faded from the sky. And twilight dies in one last primrose flush; The world sinks into slumber with a sigh. And all around me falls a sudden hush.

I walk here in my garden all alone. It's lovely colours vanished with the light; Even the trees show but a duller tone Upon the deep blue canvas of the night.

I cannot see the beauty of the rose, Or gaze upon the lily's stately grace; The birds have fallen silent in repose, But yet I feel a presence in this place.

A presence I can neither hear nor see— The Spirit of the Garden walks with me. — F. Priestland.

Lavender and fragrant Pinks in the rock garden and Roses and Delphinium in the rose garden these days, and in the evening the fragrance of the Mockorange make it difficult to come indoors to do the necessary tasks.

The mock Orange, Philadelphia, is a very lovely shrub for our gardens, hardy and requiring little attention and easily started from an older bush by layering it makes the garden fragrant and beautiful. This perennial is easily grown from seed. The fragrant leaves of Feverfew or Matricaria is also a good cut flower and easy to increase from seed. I am particularly fond of fragrant leafed plants and this is one of the best.

Tuberous Begonias are blooming in many colors and varieties. Visitors seem to admire the large, colorful blooms, and perfect form of these flowers. The rose form is the most beautiful and classical and the ruffled is full of variation. This group has reached a perfection which is difficult to realize. The double Camellia Picotee

was developed by inter-crossing the large camellia type with the small marmorata type and the result was the beautiful camellia form, with two-toned combinations of color with a definitely contrasting edge. The Pendula or hanging begonia is one of the loveliest for hanging baskets or window boxes, a trailing habit and continuous bloomer, this begonia comes in many beautiful colors.

Begonia Multiflora is a dwarf plant and compact literally covered all Summer with double flowers about an inch across, it is excellent for bedding or as an attractive pot plant.

The abundant moisture this Summer has made it a delight to garden, and the growth is wonderful, it is a happy time for young and old.

The sound of summer is everywhere—in the passing breeze, in the hedge, in the broad-branching trees, in the grass as it swags; all the myriad particles that together make the summer, are in motion. The sap moves the trees, the pollen is pushed out from grass and flowering, and yet again these acres and acres of leaves and square miles of grass blades—for they would cover acres and square miles if reckoned edge to edge—are drawing their strength from the atmosphere. Exceedingly minute as these vibrations must be, their numbers perhaps may give them a volume almost reaching in the aggregate to the power of the ear. Besides the quivering leaf, the swinging grass, the fluttering bird wing, and the thousand oval membranes which innumerable insects whirl about, a faint resonance seems to come from the very earth itself. The fervour of the sunbeams descending in a tidal flood rings on the string harp of the earth." — R. Jeffries.

Annals are now showing good bloom and it is comforting to know that they will be colorful until frost. So many perennials bloom for a short season and then need trimming that it keeps the gardener very busy cutting seed pods and old spent branches. It is possible to save the seed of many early blooming plants and plant now; you will be amazed at the speed they grow and you will have many plants to replenish

your borders at little cost. They will not be true to type but they can be very nice indeed. Anthemis is making a bright golden corner in the garden. It is a daisy-like flower with strong stems suitable for cutting and long-lasting. This perennial is easily grown from seed. The fragrant leaves of Feverfew or Matricaria is also a good cut flower and easy to increase from seed. I am particularly fond of fragrant leafed plants and this is one of the best.

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NATIONAL GALLERY Canada's National Art Gallery was founded in 1880 by the Marquis of Lorne, Governor, General of Canada.

Gossiping Wife

Woman Airls Family Secrets For Neighbors' Benefit

DEAR DOROTHY DIX: All of my married life, which has been a good many years, my wife has discussed all of our private family affairs with the neighbors or anyone who will listen. I have implored her time and again not to do this, but it does no good. Every fault of the children and myself, every mistake we make, every wrong thing we do she broadcasts to the world. What can I do, or what should I do with a wife who is so indiscreet? H. E. B.

ANSWER: I doubt if women who go about publicizing all of their private affairs and rattling the family skeleton for the diversion of the neighbors are morally responsible and if they can help doing as they do. Certainly there is something wrong with the brain of one who has so little discretion as not to know what to tell and what not to tell about one's family, and so little taste as to be willing to make the faults and foibles of one's husband and children a subject for the criticism and the ridicule of all their acquaintances.

CAN HARM HUSBAND'S BUSINESS

Certainly no normal woman would want to injure her husband financially, since her own prosperity depends upon his, yet it is a common thing to hear a wife complain to any one who will listen about how she has to economize because her husband is such a poor business man, or telling all and sundry that her husband is indolent, or that he gambles or drinks. Very often not a word of these charges is true, but the wife's irresponsible chatter as it passes from lip to lip hoodoos the man and effectually blocks his chances of getting a better job.

Worse still, if possible, these women who tell all of their secret sorrows to the neighbors blacken the characters of their own children. They confide in the woman who keeps the corner grocery that they don't know what in the world they are going to do with Sally, who didn't get home until 4 o'clock and who is running with a wild crowd. And that Tom is drinking too much and Freddy won't stick at a job and Sammy is hanging around the pool-rooms instead of trying to get work.

And they never seem to realize that they have done their children a deadlier injury than malice itself could invent, because they have established them in everybody's mind as a lot of young wastrels who are no good and not to be trusted. What makes women talk too much, goodness only knows. Some just seem to be hypnotized by the sound of their own voices and when they once get started can't stop. Others want to hold their audience spellbound and the only way they can do this is by telling their family secrets. People will always listen to them.

And still others have such a morbid desire to be sympathized with and pitied that they are willing to offer up their families to be "poor dears" for having such mean husbands and such ungrateful children. But there is no way to stop 'em, and that's the pity of it.

DEAR MISS DIX: My home has been broken up by a tyrannical and interfering mother-in-law and it is now necessary for me to support myself and a 6-year-old son. Before marriage I was a secretary, but if I return to the business world I suppose I'll be lucky enough to get a stenographer's job. Since keeping house I have learned to be a fairly good cook and like cooking very much. My problem is this: Shall I brush up on secretarial work, or take a course in domestic science so as to be an excellent cook? Which is my best bet? MRS. SECRETARY-COOK

ANSWER: It seems to me that domestic work offers a field that is especially their own to women and which they can till to greater advantage than almost any other. And it is a field that offers particular opportunities to women of intelligence and education because most of the workers in it have little skill and knowledge and no ambition to do fine work. The woman who keeps a boarding house and who is thereby enabled to house and feed and keep with her a brood of children or her parents, as so many do, could never have hoped to earn a salary that would support them unless she had some very great talent.

You must, of course, decide your own problem, but if I were in your place I'd make myself a crackerjack cook and start some sort of little eating place. People will always go anywhere where there is superlatively good food.

DEAR MISS DIX: I want to marry. Where can I find a girl who is good and honest; who can take life on the chin and come up smiling; who has character and courage and would be a helpmate to a poor man; who would marry for keeps and be true to the end, somebody whom I can look up to; who is domestic and affectionate? RICHARD

ANSWER: You can probably find her right around the corner, some girl you have never noticed because she hasn't run after you, some girl who doesn't go out much because the boys don't date her.

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

Milk is well-protected by Aluminum. An Inside Story. The nourishing glass of milk from Grandma is the happy ending to this story. It started when Nature put aluminum in the earth itself. That is why this important mineral is right in the milk we drink.

1. The nourishing glass of milk from Grandma is the happy ending to this story. It started when Nature put aluminum in the earth itself. That is why this important mineral is right in the milk we drink. 2. And Nature gave aluminum qualities that make it ideal in contact with food. Many milk pails... many parts of modern milking machines are made of aluminum.

No other material is more "food-friendly" than aluminum. Whenever you see aluminum on the outside of a food or a drink, there's an "inside story" of perfectly protected flavour, quality and purity. ALUMINUM COMPANY OF CANADA, LTD. Hints to the Housewife! Some natural minerals in foods have a dark deposit on cooking utensils. These deposits are harmless and are easily removed by standard cleaners or steel wool and soap. Aluminum is friendly to food!

Coca-Cola makes good food taste better.

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Needlecraft - FOR THE HOM. RUFFLES ALL 'ROUND 2520 SIZES 1-6. The prettiest look in play clothes is captured in this latest style sun suit for the smallest sun worshipper! Its special feature—four rows of ruffled ruffles. No. 2520 is cut in sizes 2, 4, 6 and 8. Size 4, 1 3/4 yds. 36-in. 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 some number in your address. Address: Pattern Department, The Charlottetown Guardian, Pattern No. 2520. Name: Address: City: Province: CRAFT SUPPLIES Ask for FREE Booklet—Arts and Crafts Round-up and for complete service and handcraft supplies for all arts and crafts write to—Louis Craft Supplies LIMITED Maritime and Newfoundland Division 21 Beakmore St., Toronto 24, Ontario