

The Stars Say - -

By Genevieve Kemble

For Tomorrow

A CHAIN of generally adverse and inimical forces may make this a day of challenge, perplexities, with varied complications affecting all contacts, plans and projects...

For the Birthday

Those whose birthday it is may have to confront a year of many and varied difficulties, delays and setbacks as well as open and forthright involvements.

Cook's Corner

CANNED HOMEMADE VEGETABLE SOUP (WITH MEAT)

These quantities make about 10 quarts. One peck tomatoes, 10 medium onions, 2 quarts corn cut from cobs, 2 quarts shelled-out lima beans, 2 medium bunches of celery, 5 quarts water, 1 large head cabbage, very finely shredded, 2 cups diced or ground carrots, 3 sweet red peppers, chopped, 2 sweet green peppers, chopped, 1/2 to 1 cup salt (depending on your taste), 1 teaspoon pepper. Peel and pare and wash all of the vegetables. Add the beans to the boiling water first and the tomatoes last with the salt and pepper. Cook slowly covered until all vegetables are tender. Pour into sterile quart jars and seal. Process for 3 hours in hot water bath.

BEEF ROLLS WITH VEGETABLES

1 pound flank steak, 1 tablespoon prepared mustard, 2 stalks of celery, 3 rather small carrots, 3 tablespoons flour, 1 teaspoon salt, few grains pepper, 2 tablespoons fat, 2 small onions, sliced, 1 cup canned tomatoes, 6 small potatoes. Cut the steak in 3 oblong pieces. Rub in the mustard. Cut the celery and carrots in small thin strips and roll them in the steak; fasten each roll with a toothpick or skewer.

That Body Of Yours

By James W. Barton, M.D.

IMPORTANCE OF EARLY DIAGNOSIS IN ACUTE RHEUMATIC FEVER

It has often been truthfully stated that rheumatic fever is childhood's greatest enemy. It is also a great enemy of young adults and on up to middle age. Rheumatic fever is often followed by heart disease. Each attack of rheumatic fever weakens the heart and after several attacks of rheumatic fever, the heart is so weakened that death may occur before middle age.

In the Journal of the American Medical Association, Dr. Arild E. Hansen, Galveston, Texas, states that the fundamental cause of rheumatic fever remains obscure; nevertheless, progress is being made in conquering this disease, a leading killer of school-age children and a leading cause of heart crippling in youth and young adults. The significant observation that active rheumatic involvement may be "nipped in the bud" by the early administration of corticotropin (ACTH) or Cortison places even greater responsibility on the practicing physician.

The peak age of onset of rheumatic fever is about six to eight years although it occurs throughout school age (five to 15 years).

Pain is an outstanding symptom, usually in the joints or the tissues adjoining the joints—ligaments and ends of muscles—but may occur in the abdomen, chest and various muscle groups. The old definition of rheumatic fever as "pain, redness and swelling" is still true. Another common sign is that more than one joint or group of muscles may be attacked at the one time (polyarthritis).

The rheumatic pain is present often on awakening in the morning and frequently causes the child to limp but tends to disappear in the evening, when the child is in bed.

Pains due to fatigue are common in young children, become worse when the child retires and are improved when the painful region is massaged.

Because heart disease so often accompanies and follows rheumatic fever, physicians always watch for evidences of heart disturbances, rhythm, murmurs and other sound changes.

Roll in flour seasoned with salt and pepper. Brown the rolls in hot fat in a Dutch oven or large, heavy frying pan with cover. Add the onions and tomatoes, cover and cook slowly for about 2 1/2 hours. Add potatoes about 30 minutes before meat is done. Just before serving, thicken the gravy, using 1 level tablespoon bread flour, to each cup of liquid. Serves 3.

A Country Garden

By Mrs. Gordon MacMillan

"So always, and go where he may, the gardener shall find genial friends, and though he has left his apron at home, shall be recognized and welcomed by the craft, just as we freemasons realize our brotherhood, however far we have wandered from our lodge."

This was very true at the Flower Show last week when many gardeners enjoyed meeting with other members of the craft and admiring beautiful exhibits of flowers grown by them.

This Island has a great number of flower lovers, who grow lovely flowers, and it was a surprise to everyone to see the interest in the first Flower Show, and every year there will be improvements and larger entries in every class. The committee are to be congratulated on their successful show.

Bulbs that were forced for winter blooming should be cleared and made ready for planting out in the garden this month. Hyacinths and daffodils will do very well in the garden but will not do for putting out the second time. In this garden they have grown for years after forcing one year.

New bulbs from the mountains of Western Ethiopia are blooming with many sweetly-scented large cream flowers about four inches across, with crimson maroon blotch. They are excellent for cuttings with tall stems three feet and more, resembling the gladiolus and needing the same treatment. This bulb has a difficult name to remember... acanthus.

The fuschias planted on the north side of the house are covered with bloom and these plants need to be on a stand or window box to show off their beauty. I save some very lovely standard fuschia this year in other gardens, and used in this way, they can be seen to advantage with their lovely crimson pendant flowers.

The pendulous, "Burning-at-noonday" Magic lantern fuschia.

In England in the warmer counties this beautiful shrub will live outdoors all winter but in this country they need to be lifted and stored in a basement. There are many varieties and colors and they are a fine addition to the garden as accent plants.

The month of September is busy in the garden or should be if a better garden is needed for next year. It is far easier to rearrange and divide overcrowded perennials at this time.

When replanting any perennial be sure to renew the soil and add a mulch of manure as they are heavy feeders. A garden is never finished; every season brings changes and improvements. This is a good month to look at your garden with a critical eye, and then decide to correct any mistakes if it is possible to do so.

Morning Smile

Doing His Bit

The funds of the local nursing association were getting low, and it was decided to raise money by an entertainment in the village hall. Tickets were issued at 50c each, which included a free tea before the show.

One young man filled the workers with dismay as he devoured eight big sandwiches, five pork pies, six fruit tarts, and three slices of cake, washing down the delicacies with seven cups of tea.

Smilingly regarding the havoc he had wrought the young man sat back and turned to his neighbor. "That's good," he said. "You know, I always think one should patronize anything of this kind. It's all for a good cause."

Tough Luck

A picture was being shown on a cinema screen of a girl taking off her clothes at the edge of a river, before plunging into the water. In front of her ran a railway line, and just as the girl was removing her last garment a train came along, obscuring the view. When the train had passed, the girl was swimming vigorously. At this point a man muttered, "Damn."

"I beg your pardon," said his neighbor: "did you say something?" "Yes," said the other, "I've been to see this picture five times this week, and that darned train's on time every night."

Wasted Time

Said the film actor, disappointed at not being called on to make a speech at the farewell luncheon to a big cinema executive before his departure to Hollywood: "What makes it worse, old man, is that I spent all morning in the make-up department having a lump put in my throat."

COLD MEATS

Better with French's PREPARED MUSTARD

7373 by Alice Brooks



"G'WAN, NO PICTURES"—Reddy the photographer. Reddy was enjoying the icecream cone and didn't want to be interrupted. (CP Photo)

DOROTHY DIX'S COLUMN—

Undemonstrative Husband Wife Years For Greater Display Of Affection

DEAR MISS DIX: I could love my husband very much if he gave me a chance, but he holds himself aloof and acts as if he were ridiculous to show a little affection toward me. I try to discuss this situation with him, but it seems to make him irritable. I know there is no one else in the picture. I keep up my personal appearance, do all my household duties, and try to be cheerful even if things go wrong. I don't expect him to be an ardent lover and I don't have a lot of silly romantic notions. I do feel, though, that there should be a little happiness aside from the routine, everyday things.



Mariel Nissen

Before we were married he was quite different; then he did act as though he cared for me. We have been married two years. He is 55, and I am 30. I have four children by a former marriage and they keep me occupied but I still would like more attention from my husband.

ANSWER: I like the way you added the real reason for the difficulty almost as an afterthought—he is 55, you are 30. A difference of 25 years in age is a considerable span to bridge, and you cannot expect a man old enough to be your father in all other ways, to be a fine person and the fact that he has undertaken the care of your four children and is being a good stepfather to them is more important than gazing soulfully into your eyes.

COUNT YOUR BLESSINGS

It is a wonderful thing when a husband continues his courtship attentions into marriage, but when you have a man who is faithful, sober, good-tempered and congenial in every way, you can figure the extra attentiveness as the frosting on the cake; if you get it—praise you have. You may not realize it, but unless your husband has previously been accustomed to children, your four lively youngsters may be quite a strain on his nerves. Older folk who have grown past the age of close association with small children are apt to find them quite a nerve-wracking experience. If, on top of this unaccustomed activity, he has to contend with your nagging for special attention—well, the man must be a paragon of males to stay put so generally. Certainly, you could have no greater proof of love than even a passive acceptance of this matrimonial merry-go-round.

Young husbands show their love with constant endearments, demonstrative gestures, loving attention; older husbands can be even more convincing by being merely contented in the bosoms of their families. When your husband comes home every night and is quite satisfied to spend a quiet—or reasonably quiet—evening with you and your children, you may rest assured he loves you. Be willing to skip the frosting!

DEAR DOROTHY DIX: I'm 16 and have been seeing a young man for three years. He wants to give me an engagement ring but my mother says no. Since she married at 18, I don't know what her objection can be.

ANSWER: Mom is right; you are much too young to be engaged. Perhaps the fact that your mother married young herself makes her especially aware of the disadvantages of too-early marriage. Why not concentrate on school for the next two years and then think about the engagement?

DEAR MISS DIX: I have been going steady with a boy for three months and, while he is all I have ever wanted in a boy—considerate, fun loving, easy to get along with—sometimes I get so fed up I could scream at him. I see him six days a week. Do you think I should see him less often?

ANSWER: Perhaps your friend is too perfect and you are simply bored with him. You have been seeing him too frequently for such a short acquaintance. Why not taper off the dating and take a

Alice Brooks Designs



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How Can I... By Anne Ashley

Q. How can I prevent drying of uncooked pie crust when putting it away for a few days?

A. When one wishes to put away the uncooked pie crust to be used a few days later, brush it thickly all over with butter, then place in a covered bowl in the refrigerator. This method prevents drying.

Q. How can I remove scorch stains?

A. One treatment is to wet the stains with cold water, then pat some borax into the fabric. Let stand awhile, then brush and hang in the sun to dry.

ELLEN'S DIARY

By An Island Farmer's Wife

"But," she replied, eyes wide, "I have already asked him—he sent me to you. He doesn't seem to know much about it." Then she laughed merrily. "Between you and me and the gatepost, Mrs. Ellen," she offered, "when it comes down to the fine thing, men don't know too much at all about women's work. They like to think they do... my Dad tells me how to make a cake. 'Do it this way—or that' you know how it is? I let the words come in one ear and slip out the other."

"But one of these times I'm going to call his bluff! I'll give him the mixing bowl and let him go to it. And," she chuckled, "I can just see the cake he would make... And so you don't think it will need butter-color today, now that the cows are on the grass? That's what I thought myself," she smiled, "but I just didn't care to take the responsibility in case of a failure."

James last evening nodded casually—and sighed. "We used to make a nice bit out of butter in those days... not that it would be but a drop in the bucket now with prices as they are. Take twine for example, I declare. It's gone out of reason altogether. Those days you could get enough to tie up the harvest on several farms for what a fellow has to pay for a bale nowadays. Why, there's no substance to money any more!"

"And the old chum, Ellen, where is it?" "In the cellar at home—minus a hoop," we replied. "What a remarkable vessel it was! Why, it was old before you came to Alderlea. Many a hoop I've replaced about it in my day. We should take care of it—it was such a faithful friend... Well, at any rate, he continued, "we went back to the fencing with the old mare and heart, and Ellen was bound to come with us."

"She played about for a while, as happy as could be—gathering flowers and playing with bits and pieces of sticks. Then all of a sudden—and we right in the middle of fencing! she began to cry and 'Wanna go home!' So there was no other course but to take her to you. And she was all smiles then... but she was only a baby wasn't she? only as old as Mack. She was," he smiled remembering, "fearless and fair and honest in her outlook... even then, she should do well in her profession."

Ellen is a brother's child—one of six. She was named for us and also we suspect out of regard for a name which had been handed down from antiquity, it seems, to succeeding generations of the family. It is a nice gesture... "No," a young mother said to us recently, "we're not giving him a name that doesn't mean anything to us except that it's sort of pretty at the moment. We're calling him 'Murdoch' after his uncle on his father's side... the poor lad never came back from the war and there never was a nicer boy than Murdoch—so thoughtful of others; light-hearted too, and good." So with such bestowals are kept in mind the charm and virtue of loved ones we knew.

The writing on the envelope was strange to us. Despite James' assertion of evidence of an early confidence in herself this was never confirmed in her childish handwriting. Then her characters were twisted and uneven, indicative to our mind of perplexity and a sensitive nature easily disturbed... "Help me to keep a kind heart," goes a woman's prayer. "Never let me become so petty and sensitive that I must defend myself at the slightest provocation. Keep me from taking offence every time another's viewpoint is at odds with mine. But now Ellen's letters are formed neatly, an indication of her trained, serene mind.

Until tomorrow... Diary... Good-night...

Anne Adams Patterns

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R4807 12-20, 40 by Anne Adams

Modern Etiquette

By Roberta Leo

Q. What do you do when someone whom you have forgotten says "You don't remember me, do you?"

A. Inasmuch as it is rather wounding to one's pride to be forgotten, the kindest thing to do is to say, "Of course I do," and then try to bluff your way through the rest of the conversation. Try later, of course, to find out who that person was!

Q. If tea is served and a guest does not care for it, would it be all right for this guest to ask for a cup of coffee?

A. Not unless the hostess asks if the guest prefers coffee. Otherwise, drink the tea, or part of it, and express no preferences.

Q. Should a man who is traveling alone use the prefix "Mr." when registering at a hotel?

A. No; he should register as John B. Harrington, New York City.

Household Scrapbook

By Roberta Leo

When Basting

Do not knot the end of the thread when basting. Merely start by making two stitches in the same place. This will hold the end of the thread sufficiently and when the basting is pulled out, there will be no forgotten knot to make holes along the lines of basting.

Milky Water

If water has a milky appearance, it can be quickly cleared by dissolving a small piece of rock alum in a pint of boiling water and using this much to a tub of water.

Better English

By G. C. Williams

1. What is wrong with this sentence? "We only asked her once to do this, but she seemed terribly tired."

2. What is the correct pronunciation of "percale"?

3. Which one of these words is misspelled? Sophomore, sophism, sorgum, sonnet.

4. What does the word "facile" mean?

5. What is a word beginning with ga that means "a glove"?

ANSWERS

1. Say, "We asked her only once to do this, but she seemed very tired." 2. Pronounce the a as in kale, not as in calory. 3. Sorghum 4. Easy of performance. "Order will render the work facile and delightful." 5. Gauntlet.

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