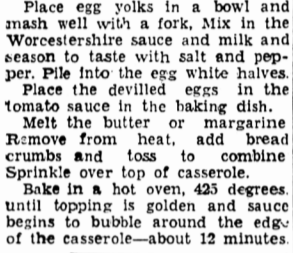


Cook's Corner

BAKED SPANISH EGGS

Yield—Six servings.
 4 tablespoons shortening
 1/4 cup chopped onion
 1/4 cup finely diced celery
 1 tablespoon flour
 1/2 cups (28-ounce can) tomatoes
 Salt
 Pepper
 1/4 teaspoon garlic salt, optional
 1 teaspoon granulated sugar
 Hard-cooked eggs
 1 teaspoon Worcestershire sauce
 1 tablespoon milk
 1 tablespoon butter or margarine
 1 cup coarse, soft bread crumbs
 Heat the shortening. Add onion and celery and fry over low heat until vegetables are tender and onion golden.
 Remove from heat and blend in the flour. Gradually stir in the tomatoes, stirring constantly, until smoothly thickened. Stir in 1 teaspoon salt, 1/4 teaspoon pepper, garlic salt (if used) and sugar. Pour sauce into a large baking dish.
 Cut the hard-cooked eggs lengthwise into halves.
 Place egg yolks in a bowl and mash well with a fork. Mix in the Worcestershire sauce and milk and season to taste with salt and pepper. Fill into the egg white halves.
 Place the devilled eggs in the tomato sauce in the baking dish. Melt the butter or margarine. Remove from heat, add bread crumbs and toss to combine. Sprinkle over top of casserole.
 Bake in a hot oven, 425 degrees, until topping is golden and sauce begins to bubble around the edges of the casserole—about 12 minutes.

Crocheted Hat is Washable and Packable
 A crocheted hat is a good traveler, takes to any kind of weather and comes out smiling after days of packing. Make one of these flattering clothes for your vacation wardrobe in white or a pretty pastel. Black velvet ribbon is run through the heading above the scalloped brim and ties in a bow at the back. If you would like directions for crocheting this SHELL STITCH HAT, send a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. PC-3985.



That Body Of Yours

By James W. Barton, M.D.

TRAINING IN PSYCHOTHERAPY FOR ALL PHYSICIANS

There was a time, not many years ago, when if a patient consulting his physician talked or behaved a little strangely, the physician referred him to a neurologist or nerve specialist. This was before the time of our modern psychiatrists.
 A neurologist is a specialist who works on the brain, spinal cord and nerves of the body from the standpoint of their structure. The psychiatrist is interested particularly in the behavior of the patient and tries to find out why the patient behaves in an odd manner.
 In our upset world, there is naturally an increasing number of patients who do not behave in a normal manner. This is not from any lack of brain power, but from a lack of being able to get along well with others.
 So great is the present demand for psychiatrists that the medical profession is realizing that the only way to meet the situation is to train the general physician in the knowledge of practical psychiatry.
 We all know that our family physician, with all his years of treating all the members of a family, has learned much about the family's normal and abnormal behavior.
 In the Journal of the American Medical Association, Dr. Eugene Ziskind, Associate Clinical Professor of Medicine (Psychiatry and Neurology), University of Southern California, states that every physician should be trained in psychotherapy and expect to use it in his practice. This psychotherapy (treatment of the effects of the emotions of the individual's behavior) will not be the same as that of a psychiatrist but rather a form of treatment modified to the special needs of the general practitioner. It is generally admitted that about one-third of the patients seen by physicians (general and specialists) have upsetting symptoms caused by emotional disturbances, one-third have changes in the body's working processes, and the other one-third have both.
 The general practitioner sees the patient first. If he is equipped with special study of psychiatry, he will be able to straighten out the "tangled skein" in the patient's mind. For this reason emphasis must be placed on the fact that treatment in their first stage of emotional illness is not for the psychiatrist to administer, for at this early stage the great bulk of patients would resent being referred to a psychiatrist.
 And, if the family doctor, after careful examination, points out how the emotions are causing the symptoms as no organic disease is present, his reassurance may make consultation with psychiatrist unnecessary.

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 It may be that someday when life's challenges can try us no more and we are a child again, we shall try to find those haunts once more. . . . "Why does she say that—when there are no children here?" we recall a younger girl whisper with wonder in her eyes when a little woman at bedtime in the long ago lingered by her nurse at the door to say, "Come children, it's time for you to be in your beds! You really should have been there before this. Can't you see how late it is! Then, make haste now, like good children."

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ELLEN'S DIARY

By an Island Farmer's Wife

And now James hums an air as he prepares to wash at the kitchen sink. Forgetting our presence entirely, the act is doubtless taking him back to a time when this hour of night would call him to rove.
 Then work of day over, scrubbed and shining and in his Sunday or second best, by the light of the lantern he would "run out that sleigh" from "the coach-house."
 And presently, smoothing a mane and tying a tail, a remembered steed would be harnessed and hitched and he would be off to court the affection of some sweetheart of yore. It is a sentimental tune . . . pretty: "Give me the right to love you all the while — my only light, the sunshine of your smile!" Whose? We can only conjecture. Should we ask — not with hope? or be content with what we have — the here and now.

Then leaving him to revisit some Memory Lane we perhaps do not know, we shall wander back along one of our own, one which winds intriguingly between the hills of yesterday. Ours usually keeps the sea within sight. The lonely cries of sea-birds hangs about; and often boats ply the waters though sometimes a reach of it is clad in winter-white.
 There was — and still is, the village at cross-roads, lacking the quiet dignity and charm of once, since now a busy highway runs through the place. The Church is there, not perched on a lofty corner as it was, but moved aside and back to a new and — granted — better location. . . . but strange. As is the school, the lustrous bell of which once summoned us to classes — not the summit of a rise.
 Sometimes it hurried us so that we could give little attention to the new treasures the season was setting for us to find along the hard-beaten path by the roadside. . . . Violets . . . emerald-green ferns, tiny anemones, trilliums, buttercups, and in Autumn the sad brown of dying bracken and the slow drift of the leaves!

There are no roadsides paths there now and the knoll shaded by the overhanging branches of a wide-spreading spruce where we once foregathered with the select from the Grade to discuss the probable fortunes we should one day find—the golds at the foot of the rainbow—in the years to come. It is no longer there. The trees have gone too, given away in exchange for the sleek highway which now paces there.
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DOROTHY DIX'S COLUMN

Maladjusted Boy

Girl Can Help Him Regain His Confidence In People



Muriel Nissen

DEAR DOROTHY DIX: I am a girl in my late teens, and for the past three years have gone with a boy whose background is entirely different from mine. He was raised in a home that was shattered by divorce and has been more or less on his own for many years. He is a gentleman, of more than average intelligence and has a sense of fine values, which he acquired on his own, not from home example.
 When I first met him, I was not quite 17 and therefore took delight in making him jealous. Now that we love each other, and I want him to believe in me, he is still jealous. I can't mention even a male business acquaintance without having him flare up. When he was in the Marines he was jilted, and I wonder if that might have something to do with his obsessive jealousy. He has, unfortunately, seen a great deal of female infidelity in his life. Do you think I could be happy, married to him? He is 26.
 RUTH R.

ANSWER: You have drawn a picture of a man who needs help desperately. If you can restore his confidence in mankind (and womankind) and overcome his feeling of futility, you'll have accomplished a fine job and will have yourself a wonderful husband. Reaching the age of 26 with a background so full of deceit, disloyalty and distrust is not a happy state. To have been betrayed by family and friends alike is enough to make anyone bitter. The job of rehabilitation is up to you, though you, of course, hatched it considerably with your adolescent efforts to make him jealous.
 TALK OUT PROBLEM
 Have you tried a frank discussion, admitting just why you acted as you did in the early days of your friendship? This might clear the atmosphere a little. I am assuming that you really are a girl of integrity and loyalty; if you're not, let the boy go before he suffers more heartache.
 If, in spite of your youth, you have the maturity to feel compassion at another's trouble, do your best to convince the boy that there is good in the world. If your mother is an understanding person, she can help immeasurably too, by welcoming him into the home and spreading around him the warmth and hospitality of a contented family. Actually, the boy needs mothering even more than he needs dating. Try to give him both; don't let him down!

DEAR MISS DIX: My husband deeply resents me trying to make my older girl mind. She is 1 1/2 and very spoiled. I'm afraid if I don't exercise some discipline now she'll be very difficult to handle later. I am 20 and have been married three years.
 V. A. S.

ANSWER: Perhaps you are expecting too much from an 18-month-old baby. While it is true that she should be taught to mind, disciplining can be overdone. You have your hands full with two babies so close together; both you and your husband need patience to bring them up carefully. Read a good book on baby care and see just how much you should expect from your daughter. Don't strive for perfection at the expense of the family's health and happiness.
 DEAR MISS DIX: My wife and I are happily married, with just one problem. She smoked when we were married five years ago, and though she stopped while carrying our baby, she began again a few weeks ago. I don't like her to smoke, and she felt much better when she did stop.
 J. M.

ANSWER: Be thankful that there is only one small rift in the heaven of your happiness. In an age when so many women do smoke, it can't be regarded as a habit bad enough to ruin your marital bliss. However, if it does annoy you so much, it seems to me your wife could make a sacrifice and give it up, particularly when she admits herself she feels better when not smoking. This is a personal matter and should be left up to her. Just be grateful for her virtues and overlook the one fault.
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How Can I!!!

By Anne Ashley

Q. How can I fertilize plants?
 A. Cold tea, or ammonia water that has been used for washing, is an excellent fertilizer for plants. Or, add a teaspoon of ammonia to two quarts of lukewarm water and use this to water plants every two weeks. Grapevines and rose bushes thrive well if greasy dishwater is poured at the roots every day.
 Q. How can I brighten a faded rug or carpet?
 A. After thoroughly sweeping and cleaning the rug or carpet, wipe it with a cloth wrung out of diluted ammonia.
 Q. How can I make a silk article retain its whiteness when washing?
 A. Try adding a tablespoonful of vinegar to each quart of water for the last rinse.

Modern Etiquette

By Roberta Lee

Q. Is it proper for a girl's father to ask his prospective son-in-law how much money he makes?
 A. Although formerly a father was entitled to this information, he is not quite so blunt about asking for it today. He, of course, still has the right to know that his daughter's future husband is financially able to support her.
 Q. Are wedding announcements mailed to those people who received invitations to the wedding?
 A. No; they are mailed only to those who did not receive invitations.
 Q. In what way should a sherry-glass be held, by the bowl or by the stem?
 A. The base of the bowl should be taken with the fingers, not the whole hand.

Household Scrapbook

By Roberta Lee

Home-Made Cedar Chest
 An efficient and inexpensive cedar chest can be made at home very easily. Take a box of any soft wood and fasten the cover on with hinges. Then stain the outside of the box the desired color, brush the inside with oil of cedar, and keep a bag of cedar chips inside to insure its keeping qualities.
Cooking Spinach
 There is an art in cooking spinach properly. An open kettle should be used with no water. Cook slowly until the juice is drawn; then quickly.
Prevent Staining
 If you usually work in the garden without gloves, rub a little soap under the nails to prevent their staining.

Anne Adams Patterns

WEEKLY SEW-THRIFTY

JIFFY DRESS! Duster-coat! Evening Wrap! Beach-Coat! Get the most use, with the least sewing from this! Make it in a shantung for a spring coat-dress. Later you'll wear it over your suit to beach and back if you make it in a tubbale cotton!
 Pattern 4530: Misses' Sizes 12, 14, 16, 18, 20; 40. Size 16 takes 4 1/2 yards 36-inch fabric.
 This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.
 Send order to ANNE ADAMS, c/o of The Guardian, 60 Front Street West, Toronto, Ontario.



4530 12-20: 40 by Anne Adams

Morning Smile

See-Saw

The housewife spoke to the tramp who had asked for work. "Did you see that pile of wood when you came in?"
 "No, I didn't," he answered.
 "Oh, come now," the lady replied. "I saw you see it."
 "Lady," the tramp said, "maybe you saw me see it, but you aren't going to see me saw it."

Barred!

The man had bought a prefabricated house and put it together himself. With pride, he was showing it to some friends. "What puzzles me, though," he said, "is that when I go down into the basement, I come out on the roof."
 "No wonder," snorted one of his friends. "You've got it upside down."

The Stars Say --

By Genevieve Kemble

For Tomorrow

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