

A Country Garden

By Mrs. Gordon MacMillan

The beauty with which Christmas has gladdened all the ages; The Glory that its story has spread o'er history's pages; Its blessedness, its good will, its memories, its cheer,— May all these light your Christmas And gladden your New Year.

Christmas flowers and plants make the Christmas season beautiful and gay. The other day a gentleman asked me about the variety of plant suitable for a gift for his best girl, and I suggested an Azalea, then he said "Will it bloom all winter?" and the answer was "There are very few ever-blooming plants".

There are some plants such as the African Violet, Wax Begonia, and Patience Plant that have some bloom almost all the year but if you want a wonderful display of color it will usually be for a few weeks and then the plant rests up for the next year.

An ever popular favorite is the Christmas Cactus; it will withstand hard knocks, high temperatures, and a dry atmosphere and still produce annually its shower of mid-winter blossoms.

Country gardens have evergreens for decorating your house for Christmas and it is easy to find everything you need when all the members of the family can enjoy the gathering in of the evergreens and the making of the wreaths and the setting up of the small trees and evergreen branches in window boxes and doorways.

Ever since our ancestors burned the yule log, the fragrance of balsam, fir, and spruce warm our hearts at Christmas. A tree sparkling with lights, a wreath in the window, a garland and mistletoe over the door are now symbols of the Yuletide.

The snow invades the land, silent and deep. Levels the meadows, blurs the darkened hill. And Christmas candles burn where good folk keep A welcome light for him who brings goodwill.

Across the centuries in alien land. Once wise men knelt and dreamed of kingdoms won Unscattered still the Christ-child's open hand Yet they perceived great destiny begun.

Bitter fate of our atomic day. Diminished now the glory of their dream. For many things for which we used to pray

Now most unlikely and illusive seem. Yet where the Christmas candles shed their light Behold how kind the face of Christ tonight.

Household Scrapbook

By Roberta Lee

Serge

To renovate a shiny serge garment, sponge it with boiling hot vinegar until the stains and grease marks disappear. Then thoroughly press on the wrong side with a fairly hot iron. For spots on blue serge, rub with a cloth wrung out of coffee.

Care of Mirrors

When washing mirrors or pictures be careful that no water runs down between the glass and the frame. The mirror will be ruined if its back is wet. Use a chamois wrung out of warm water until quite dry.

Table Linen

It is not a wise practice to put the table linen through the wringer. Creases will form that are very difficult to remove with the iron.

DOROTHY DIX SAYS—

Skirt-Chaser

Third Wife Complains Mate's Affairs Include Her Friends

DEAR MISS DIX: Is there any hope of a skirt-chasing husband ever reforming? I have been married six years to a man whom I love with all my heart, but he in turn loves every woman he meets and he doesn't care who knows it. He has had affairs with many women, even including some of my own girl friends. I try to be broad-minded about him, but it hurts to the point where my heart is shattered and I find going on with him is almost too hard to endure.

I am his third wife; he divorced his first wife and left her to raise two children all alone. His second wife divorced him. I had never been married before, and I hate the idea of divorce. My parents know nothing of the situation; they think the world of my husband. His parents are aged, and if he were to be divorced for a third time, he is very intelligent, a leader in his work, and we have a nice home. We have no children, as he never wanted any. I have a good education and could take care of myself if we separate.

GRACE

ANSWER: Your marriage was doomed to failure from the very beginning, Grace, on two counts. Your husband's previous marital record surely should have demonstrated his weakness as a husband, and his reluctance to have children when you, presumably, wanted them, established a very unsound foundation for happiness.

HE WON'T CHANGE

I can give you no encouragement that he will ever reform. On the contrary, his almost abnormal interest in other women offers you nothing but an unhappy future. Whether you decide to separate or not depends entirely on your own endurance. You will see these affairs repeated again and again, to your own increasing embarrassment and humiliation. If you are sufficiently attached to your husband, and

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Better English

By W. C. Williams

1. What is wrong with this sentence? "He contracted the habit of smoking."
2. What is the correct pronunciation of "comparable"?
3. Which one of these words is misspelled? Assessment, ascendancy, asparagus, assiduous.
4. What does the word "salutary" mean?
5. What is a word beginning with le that means "mercifully"?

ANSWERS

1. Say, "He acquired the habit of smoking." 2. Accent first syllable, not the second. 3. Assessment. 4. Promoting health; wholesome. "The general atmosphere of the resort was salutary." 5. Lenuently.

Cook's Corner

SCALLOPED VEGETABLES

2½ cups canned tomatoes, 1 tablespoon minced onion, 1½ teaspoons salt, 1 teaspoon granulated sugar, speck pepper, 3 tablespoons melted butter, 3 cups canned whole-grain corn, ½ cup soft bread crumbs.

Combine the tomatoes, onion, ½ teaspoon of the salt, sugar and pepper in a saucepan, and cook 10 minutes. Add 2 tablespoons of the butter, then arrange the tomatoes and corn in alternate layers in a 1½-quart baking dish, sprinkling each layer of corn with some of the remaining teaspoonful of salt. Top with the bread crumbs to which the remaining tablespoon of butter has been added. Bake in moderate oven, 350 degrees F. for 40 minutes. Serves 8.

Morning Smile

Lost Contact

A little boy worried his parents by refusing to be scared into being good. "It's no use telling me that angels will write down in their book if I'm naughty," he said. "I might as well tell you they think up in Heaven that I'm dead!" "But why should they think that?" "Because I haven't said my prayers for a fortnight."

Anne Adams Patterns

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How Can I!!!

By Anne Ashley

- Q. How can I remove perfume spots from furniture?
A. Perfume spots on furniture should be smeared with linseed oil, olive oil, or camphorated oil immediately. Mop up an apply more oil on a woolen cloth.
- Q. How can I treat hands that are sensitive and roughen easily?
A. Try rubbing olive oil into the hands every night, and then sleep with an old pair of gloves on them. A week of this, and the hands will be soft and white.
- Q. How can I make shoes waterproof?
A. Rub them with castor oil once or twice a week.



12-20 30-42 by Anne Adams

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That Body Of Yours

By James W. Barton, M.D.

THE USE OF PHYSICAL MEDICINE IN TREATMENT OF DISEASE

Some years ago the dean of a very large medical college discussed with me the idea of prolonging the stay of patients in hospital until they were really strong and well, so that when they returned home to work, they could carry on just as well as before their illness or injury.

Fortunately, our military hospitals are rapidly becoming equipped with necessary apparatus and skilled technicians able to use what is called physical medicine to rehabilitate the sick and the injured. The improvement in their physical condition raises their morale so that they are more able to face life and its difficulties.

Rehabilitation is now known as the third stage of medical care which carries the patient beyond diagnosis and definite or specific treatment to full restoration of body and mind.

In addition to rehabilitation of members of our armed forces, the life span is now so much longer (16 years increase in the last 50) that there are many of our aging men and women whose life, health and happiness can be prolonged for years by rehabilitation or physical medicine. If our older folks can continue to do some useful or gainful work, something that interests them and keeps their health normal, they will be an asset to their family and to the community.

In connection with rehabilitation of our civilians and with the crowded state of hospitals, other means of restoring strength and energy are being sought. Among these are health resorts.

According to the Council on Physical Medicine and Rehabilitation American Medical Association, a health resort is an institution which gives major attention to the systematic use of climate and other natural therapeutic resources, including mineral waters and peloids (mud baths) with which it is endowed by virtue of its geographic location.

In the matter of climate, many are undecided as to the best place to go to get the greatest amount of good for their time and money. Generally speaking, a warm and moist climate is best for the heart patient who is not permitted to take exercise but must rest his heart till it recovers its strength or has been completely healed after a coronary thrombosis. He doesn't want to take exercise.

For arthritic, sinus and asthmatic patients, a warm, dry climate is best.

ELLEN'S DIARY

By an Island Farmer's Wife

"Both of you will be able to make us a visit soon" a friend of the family called as she entered the car at homing-time the other evening, "now that the farming is over". . . . Beyond the lighted yards the night rested dark along the valleys and odd flakes of snow were drifting down—careless bits of white, that settled here and there a moment and were lost in the damp ground about.

And it came to mind as we lingered there with James until the car lights picked out the quiet surroundings of the laneway, as "the world is waiting for the sunrise" of peace, so the night awaited the arrival of winter—the frosty white of it which makes the countryside and all it holds, settle down in content to that season.

"Now that the farming is over" James chuckled coming in then to his old armchair. "Isn't that a funny notion that some folk have of farming? They don't seem to realize that if a farmer has livestock to tend to, he's about as busy now as he was through the days of the field-work. Indeed I sometimes think we are busier—"

—and what will it be when we get off to the woods? We've wood and lumber to cut."

If fortunes be favorable to the undertaking, "the hay-barn" which contains besides the mow, the horse stable and quarters for any overflow of stock either of the low kind or pig, is to be moved back a distance to form a nice angle with the new barn. At present it crowds the latter shutting out the light from some of the windows. So plans are being made and presently material will be gathered so that come another spring, this work will commence. Meanwhile as the old year journeys to a close, the farmers are kept busy with the choring. What a round of it there is! And how happily they take it up, finish it—to begin it shortly again!

The feeding, cleaning and bedding. The milking too, though this still calls for help from a housewife. Feeding-time is apt to bring hay from a stack by the line, one which in spite of James' suspicions to the contrary, kept very well. The manure spreader takes care of the cleaning of stables and in "one fell swoop" spreads the daily fallings along the fields. The bedding takes great armfuls of straw to those nooks and corners of the buildings that house the out-dwellers from the piggeries. And sometimes now in a delightful excursion for a small girl, bedding to refill the lofts that have lowered is brought by team and wagon from that stored at the other farm.

There was bedding-straw hauled today when the short afternoon was waning and the sunset shades were flooding the west. There was a glory of rose and purple and amber, and the cold silver of the clouds that "just might mean more snow" came down to touch the bright colors above the dark spruce-clad slopes.

The mill stream flowed darkly then between its snovy banks and everything about was so still it seemed as though the evening held its breath while shadows dimmed the depths of our valley. . . . But now at Alderlea, momentary rest from our daily labors, the mention of which is bound to bring a smile to James' features pretty moon-shadows about the yard, and her face beaming out of the silver-blue of the night above a near wooded hill.

Until tomorrow — Diary — Good-night

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